

Id	Dish Title	Menu	Per Portion								
			Weight (g)	Calories (Kcal)	Carbs (g)	Sugar (g)	Fat (g)	Sat Fat (g)	Fibre (g)	Protein (g)	Salt (g)
1662926	Asian Greens SEC	Secondary	60	18	2	1.4	0.2	0.1	2	1.3	0
786018	Baked Beans SEC	Secondary	100	83	12.8	3.6	0.4	0.1	4.1	4.8	0.6
785786	Battered Sausage SEC	Secondary	132	291	28.5	1.5	12.2	4	2.7	15.3	2.8
683772	BBQ Beans	Secondary	113	94	15.5	5.8	0.4	0.1	4.2	4.9	0.7
1662137	Berberere Spice Mix SEC	Secondary	45	150	14.3	1.9	5	0.7	12.9	5.7	0.4
1658254	Butter CHICKpea Curry Mint yoghurt & naan nachos SEC	Secondary	231	339	32	5.9	17.7	3.2	5.3	10.2	0.6
	Naan Nachos	Secondary	20	57	10.8	0.1	0.7	0.1	0.5	1.6	0.2
	Mint Yoghurt	Secondary	20	70	1.3	1	7.2	0.5	0.1	0.3	0.3
	Butter Chickpea Curry	Secondary	191	212	19.9	4.8	9.8	2.6	4.7	8.3	0.1
1658943	Cajun Chicken Loaded Mac Cheese with Spicy BBQ Drizzle SEC	Secondary	220	650	84	15.3	23.3	11.7	3.4	23.8	2
	Cajun Chicken	Secondary	50	63	1	0.4	2.9	0.9	0.1	8.1	0.6
	Spicy BBQ Sauce	Secondary	25	24	5.6	4.4	0.1	0	0.1	0.2	0.6
	Crunchy Mac n Cheese	Secondary	145	564	77.4	10.5	20.3	10.8	3.2	15.5	0.8
628559	Carrots SEC	Secondary	85	27	5	4.7	0.4	0.1	2	0.6	0.1
1662155	Chakalaka Salad SEC	Secondary	143	60	9.8	5.7	0.6	0.1	4.4	2.8	0.1
1658099	Cheesy Butternut Puff Pastry Slice SEC	Secondary	148	240	21.2	4.5	14.3	7.3	2.4	6.7	0.6
1658194	Chicken Madras, Naan Nachos & Mint Yoghurt SEC	Secondary	194	277	20.9	6.2	14.7	2.1	3	15.5	1.7
	Naan Nachos	Secondary	20	57	10.8	0.1	0.7	0.1	0.5	1.6	0.2
	Mint Yoghurt	Secondary	20	70	1.3	1	7.2	0.5	0.1	0.3	0.3
	Chicken Madras	Secondary	154	150	8.8	5.1	6.8	1.5	2.4	13.6	1.2
1077414	Chicken Nuggets SEC	Secondary	88	203	15	0.4	10.6	2.3	0.4	11.4	0.4
683212	Chips	Secondary	150	179	31.5	0.8	3.8	0.5	3.3	3.3	0

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1078690	Classic Baked Mac with Garlic Crispy Crumb SEC	Secondary	147	565	77.7	10.5	20.4	10.8	3.2	15.6	0.8
1657952	Coconut Rice SEC	Secondary	85	253	53.5	0.3	1.9	1.3	1.3	4.7	0.1
1657964	Creamy Chicken Carbonara Style Lasagne SEC	Secondary	263	498	51.4	7.3	20.2	10.4	1.9	26.2	1.2
1662904	Crispy Honey Sesame Chicken SEC	Secondary	115	146	12.6	6	4.8	1.5	0.5	13.3	1.5
1659085	Cumin Yorkshire Pudding SEC	Secondary	76	209	15.2	1.2	14	1.8	0.7	5.5	0.1
1662933	Five Bean Chilli Topping SEC	Secondary	128	66	7.8	2.6	1.6	0.1	4	3.2	0.1
1662966	Garlic & Thyme Roasted Vegetable Bean Bake SEC	Secondary	272	141	18.3	6.5	3.3	0.4	6.6	7.1	0.1
1657971	Garlic Focaccia Side SEC	Secondary	20	83	10.9	0.4	3.4	0.4	0.8	1.9	0.2
629731	Gravy SEC	Secondary	4	11	2.8	0.2	0.1	0	0	0.2	0.5
1659013	Greek Pork Souvlaki Flatbread with Tzatziki SEC	Secondary	229	271	25.8	3.3	9	1.8	2.4	21.3	0.3
	Flat Bread	Secondary	205	261	24.7	2.4	8.8	1.7	2.3	20.6	0.3
	Tzatziki	Secondary	24	10	1.2	1.0	0.3	0.1	0.1	0.7	0.0
628562	Green Beans SEC	Secondary	80	25	2.5	1.8	0.3	0.1	2.7	1.7	0
701874	Hand Battered Fish SEC	Secondary	99	121	15.5	0.2	1	0.3	1.2	12.7	0.9
1659148	Harissa Lemon Chicken Tagine SEC	Secondary	163	203	10.3	7.8	11	1.6	2.2	14.9	1.1
671564	Homemade Curry Sauce KS1 & KS2	Secondary	87	39	4.7	3.3	1.7	0.1	1.3	1.1	0.1
785412	Homemade Oven Baked Seasoned Wedges SEC	Secondary	201	155	35	1.3	0.4	0.1	4.1	4.3	0.1

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712176	HOMEMADE RAS EL HANOUT	Secondary	2	7	0.6	0	0.2	0	0.6	0.2	0
1662570	Homemade Smoky Pork & Red Onion Sausage Roll	Secondary	122	294	23.7	1.9	17.3	7.3	2.1	10	1.6
623194	House Salad SEC	Secondary	61	8	1.2	1.2	0.1	0	0.8	0.6	0
1540898	IRISH STYLE Chip Shop Curry Sauce SEC	Secondary	9	36	6.5	3.7	0.9	0.5	0.3	0.4	0.4
710434	Kachumber Salad SEC	Secondary	78	13	1.9	1.7	0.3	0	0.6	0.6	0
1659032	Lemon Oregano Wedges SEC	Secondary	204	156	34.7	1.3	0.5	0.1	4.5	4.4	0
1659092	Masala Spiced Veggie Sausage SEC	Secondary	52	91	2.9	0.1	4.6	1	2.1	8.5	0.4
1659042	Mediterranean Salad SEC	Secondary	50	9	1.7	1.5	0.1	0	0.5	0.4	0
778077	Mexican Chopped Salad SEC	Secondary	92	68	7.5	3.6	3.4	0.3	2	1.9	0
786007	Minted Crushed Peas SEC	Secondary	88	73	7.2	2.1	1.9	0.5	4.1	4.7	0
1662132	Misir Wot Ethiopian Lentil Stew SEC	Secondary	100	167	21.6	4.3	3.8	1.3	6.9	8.8	0.3
1677893	NUT FREE Thai Style Chicken Satay SEC	Secondary	171	140	10.5	6.5	4.9	1.5	2	14.2	1.9
1658574	Pepper Lime Slaw SEC	Secondary	85	21	3.7	3.1	0.3	0	2.1	0.8	0
1658021	Pineapple Glazed Gammon SEC	Secondary	132	139	11.5	11.4	4.3	1.6	0.9	13.1	1.7
710406	Plain Rice SEC	Secondary	65	240	53.3	0.3	0.7	0.1	1.1	4.6	0
1662001	Roasted New Potatoes SEC	Secondary	205	183	32.2	2.6	5.2	0.5	3.6	3.4	0
1424015	Roasted Summer Veg SEC	Secondary	82	32	3	2.5	2.2	0.2	0.8	1.1	0.2
1311831	Skin On Garlic Roasties SEC	Secondary	159	182	26	0.9	7.9	0.6	3.2	3.2	0.1
1659094	Skin On Masala Roasties SEC	Secondary	161	184	26.3	0.9	7.9	0.6	3.3	3.2	0.1

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1662936	Slow Roast Pulled Garlic & Thyme Pork SEC	Secondary	83	177	0.6	0	13	4.3	0.2	14.6	0.1
761214	Smoked Cheese & Onion Puff Pastry Slice SEC	Secondary	190	395	39.3	1.4	21.9	11.7	3.8	10.4	0.9
1659089	Spiced Gravy SEC	Secondary	4	12	2.8	0.2	0.1	0	0.1	0.2	0.5
1663025	Spicy Bean & Cheese Quesadilla SEC	Secondary	209	324	40.6	4.4	12.1	5.2	5.4	10.8	0.9
1662990	Spicy Mexicana Beef Corn Tacos Avocado Crema SEC	Secondary	187	233	23.1	4.2	9.9	3.4	5.7	13.7	0.3
1319078	Steamed Mixed Greens SEC	Secondary	83	40	4.5	2.3	0.5	0.1	3.1	2.7	0
	Peas	Secondary	30	23	2.6	0.8	0.3	0.1	1.5	1.7	0
	Green Beans	Secondary	30	9	0.9	0.7	0.1	0	1	0.6	0
	Cabbage	Secondary	23	8	1	1	0	0	1	0	0
1662920	Stir Fried Noodle with Beansprout SEC- Aspens Services	Secondary	81	236	46.5	1.5	0.8	0.2	2.2	9	1.5
691182	Sweet & Sour Sauce	Secondary	56	46	10.6	9.1	0.2	0	0.2	0.4	0.4
1657944	Sweet & Spicy Vegetable Stir Fry SEC	Secondary	188	164	22.3	15.5	5	1.1	3.9	7.1	0.7
1662912	Sweet Chilli Aubergine, Mushroom & Edamame Stir Fry SEC	Secondary	175	93	10.9	6.3	2.5	0.7	3.9	5.7	0.3
1659072	Tikka Roasted Chicken SEC	Secondary	80	102	1.8	0.4	4.7	1.4	0.2	12.9	0.8
1354278	TIROPITA Greek Cheese Pies SEC	Secondary	127	325	35	2.1	14.5	7.6	1.6	12.6	1.4
629853	Tomato Rice SEC	Secondary	81	257	56.1	1.9	1	0.2	2	5.3	1.4
622768	Tugo Pizza Slice - 12.5 Round Margherita HD	Secondary	81	197	29.3	1.2	5	2.7	1.3	8	0.8
683125	Turmeric Rice SEC	Secondary	66	241	53.4	0.3	0.7	0.1	1.2	4.6	0

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1092867	Tzatziki SEC	Secondary	48	19	2.3	1.9	0.5	0.2	0.2	1.4	0
723495	Vegetable Lasagne SEC	Secondary	327	324	42.5	13.5	11.4	5.5	4.3	11.7	0.9
1056323	Veggie Battered Sausage SEC	Secondary	69	143	17.6	0.2	2.8	0.9	2.8	10.1	0.6