

Menu Nutritional Analysis for ASPENS STREATERIES SEPT 23/24 WEEK 1

Filter



Dishes	10 of 10	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Curried Coconut Chilli Chicken, Wholegrain Rice & Peas, Lime Dressed Slaw SEC	413	521	16.8	6.3	71.8	12.1	24.4	7.5	0.7	
		26.0%	24.0%	31.6%	27.6%	13.4%	48.8%	-	11.2%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Jamaican Black Eyed Peas Stew, Wholegrain Rice & Peas, Lime Dressed Slaw SEC	429	547	7.7	2.4	103.2	14.5	22.7	14.2	0.2	
		27.3%	11.0%	11.9%	39.7%	16.1%	45.5%	-	3.8%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Homemade Spicy Falafel Flatbread, Mixed Salad SEC	314	318	7.3	0.7	49.6	6.7	12.7	7.6	0.6	
		15.9%	10.4%	3.6%	19.1%	7.4%	25.5%	-	10.2%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Plant Based Creamy Green Pasta, Mixed Salad SEC	316	462	7.6	5.3	80.3	6.3	21.1	10.8	0.2	
		23.1%	10.9%	26.3%	30.9%	7.0%	42.2%	-	3.6%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Glazed Gammon Roast, Yorkshire Pudding, Roasties, Gravy, Roast Carrots & Parsnips SEC	357	475	17.7	3.0	60.5	13.9	19.9	7.9	2.6	
		23.7%	25.3%	14.9%	23.3%	15.5%	39.8%	-	42.7%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Root Veg & Bean Stew, Roasties, Gravy, Roast Carrots & Parsnips SEC	480	359	12.5	1.1	65.0	15.3	10.8	14.5	1.4	
		17.9%	17.8%	5.5%	25.0%	17.0%	21.6%	-	23.4%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Low Salt & Chilli Chicken. Firecracker Rice, Sweet Chilli Sticky Greens SEC	271	458	11.2	2.5	64.4	5.8	21.2	3.9	1.9	
		22.9%	16.0%	12.3%	24.8%	6.5%	42.5%	-	31.8%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Japanese Yakisoba Stir Fried Noodles, Sweet Chilli Sticky Greens SEC	335	426	11.2	1.5	61.9	14.4	16.3	8.8	1.2	
		21.3%	16.0%	7.3%	23.8%	16.0%	32.6%	-	20.7%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, ...	664	955	30.5	8.4	109.4	8.2	55.5	15.3	5.5	
		47.7%	43.6%	42.2%	42.1%	9.1%	111.0%	-	91.5%	

Dishes	10 of 10	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34		505	665	12.4	5.5	105.7	8.1	25.5	15.1	2.2
Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Curry Sauce, Gravy, Chips, Baked B...			33.2%	17.7%	27.7%	40.7%	9.0%	51.0%	-	37.5%

Menu Nutritional Analysis for ASPENS STREATERIES SEPT 23/24 WEEK 2

Filter



Dishes	10 of 10	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Spicy Chicken Dhansak, Wholegrain Rice, Kachumber Salad SEC	310	477	12.4	2.0	75.1	10.3	20.5	6.9	0.7	
		23.8%	17.6%	9.8%	28.9%	11.4%	41.0%	-	11.2%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Baked Vada Pav Burger, Wholegrain Rice, Kachumber Salad SEC	331	525	6.1	0.9	106.1	12.0	14.9	7.0	0.9	
		26.3%	8.7%	4.3%	40.8%	13.4%	29.7%	-	15.1%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Burrito Bar, Chipotle Chicken Burrito, Spicy Beef Burrito, Mexican Slaw, Tomato Salsa SEC	619	1044	44.7	17.0	123.1	18.4	36.3	8.2	3.5	
		52.2%	63.9%	85.0%	47.4%	20.4%	72.7%	-	58.2%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Crispy Topped Mac n Cheese with BBQ Drizzle, Mexican Slaw, Tomato Salsa SEC	320	670	27.9	11.7	91.6	20.6	18.0	5.7	1.3	
		33.5%	39.8%	58.4%	35.2%	22.9%	36.0%	-	22.2%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Sticky Red Onion Sausages, Roasties, Gravy, Carrots & Peas SEC	437	519	20.3	4.7	63.7	13.9	19.9	9.3	3.8	
		26.0%	29.1%	23.6%	24.5%	15.4%	39.8%	-	63.5%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Veggie Bangers & Gravy, Cheesy Chive Mash, Carrots & Peas SEC	419	441	9.2	4.4	74.9	7.8	13.1	11.1	1.8	
		22.1%	13.2%	22.0%	28.8%	8.6%	26.3%	-	29.7%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Meatballs in Baharat Tomato Sauce, Moorish Cous Cous, Green Salad SEC	313	443	11.8	2.2	62.4	8.8	25.2	4.6	1.0	
		22.1%	16.9%	11.1%	24.0%	9.8%	50.5%	-	16.1%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Cumin Chickpea & Veg Bake in Baharat Tomato Sauce, Moorish Cous Cous, Green Salad SEC	353	427	10.8	1.0	69.3	8.9	15.4	8.5	0.1	
		21.4%	15.4%	5.0%	26.6%	9.9%	30.8%	-	1.1%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, ...	353	460	13.6	4.5	58.8	3.9	22.3	8.3	2.3	
		23.0%	19.4%	22.4%	22.6%	4.3%	44.6%	-	37.5%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Curry Sauce, Gravy, Chips, Baked B...	327	418	8.5	4.0	66.8	4.2	14.5	8.9	1.3	
		20.9%	12.2%	19.8%	25.7%	4.7%	29.0%	-	21.9%	

Menu Nutritional Analysis for ASPENS STREATERIES SEPT 23/24 WEEK 3

Filter



Dishes	10 of 10	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 NY Open Chicken Bagel with American Mustard Slaw, Hand Cut Wedges SEC	388	462	8.0	1.6	77.6	7.9	22.9	7.2	1.7	
		23.1%	11.4%	8.1%	29.8%	8.8%	45.9%	-	28.9%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Chipotle Sweet Potato & Lime Taco, American Mustard Slaw, Hand Cut Wedges SEC	458	571	24.3	7.3	76.9	11.8	12.4	10.2	1.6	
		28.6%	34.7%	36.4%	29.6%	13.1%	24.8%	-	27.3%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Spicy Thai Pork & Lettuce Cups, Lime Wholegrain Rice, Wok Fried Oriental Vegetables SEC	289	457	14.4	3.7	62.7	8.9	22.9	3.5	0.5	
		22.8%	20.6%	18.7%	24.1%	9.9%	45.8%	-	8.6%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Veggie Thai Style Noodles, Wok Fried Oriental Vegetables SEC	302	397	10.2	1.4	60.0	12.4	15.8	6.2	1.3	
		19.9%	14.6%	6.9%	23.1%	13.8%	31.6%	-	21.6%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Creamy Chicken & Leek Pie, Roasties, Fresh Vegetables SEC	402	597	24.3	5.1	72.7	6.9	23.4	12.3	0.5	
		29.9%	34.8%	25.3%	28.0%	7.7%	46.7%	-	7.6%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Lentil & Onion Pie, Roasties, Fresh Vegetables SEC	405	608	20.2	4.1	88.2	10.4	20.2	14.0	1.2	
		30.4%	28.9%	20.7%	33.9%	11.5%	40.5%	-	19.5%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Aspens Favourite Chicken Tikka Masala, Yellow Rice, Kachumber Salad SEC	364	464	14.1	5.2	61.5	8.4	20.6	2.5	0.8	
		23.2%	20.2%	26.2%	23.7%	9.4%	41.2%	-	14.0%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Chana Masala, Yellow Rice, Kachumber Salad SEC	317	419	8.4	1.1	69.9	5.9	12.2	5.9	0.1	
		20.9%	12.0%	5.6%	26.9%	6.6%	24.3%	-	1.4%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, ...	353	460	13.6	4.5	58.8	3.9	22.3	8.3	2.3	
		23.0%	19.4%	22.4%	22.6%	4.3%	44.6%	-	37.5%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Curry Sauce, Gravy, Chips, Baked B...	327	418	8.5	4.0	66.8	4.2	14.5	8.9	1.3	
		20.9%	12.2%	19.8%	25.7%	4.7%	29.0%	-	21.9%	

