

Menu Nutritional Analysis for SECONDARY CORE MENU

AUTUMN WINTER 24/25

Filter



Dishes	30 of 30	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Tuscan Sausage Lasagne, Garlic Wedges, Chop House Salad SEC	576	654 32.7%	20.7 29.5%	8.0 40.0%	87.1 33.5%	14.0 15.5%	28.0 56.0%	9.4 -	3.4 57.0%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Pulled Chicken Tikka Pie, Crispy Bombay Potatoes, Cumin Roast Carrots & Parsnips SEC	498	533 26.6%	18.1 25.9%	7.5 37.4%	73.1 28.1%	11.9 13.2%	18.6 37.3%	11.0 -	0.8 12.6%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Chana Masala Stuffed Pie, Crispy Bombay Potatoes, Cumin Roast Carrots & Parsnips SEC	508	489 24.5%	13.6 19.5%	4.6 22.8%	78.0 30.0%	13.5 15.0%	12.8 25.5%	12.8 -	0.3 5.4%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Smokey Chilli Beef, Smashed Nachos, Spring Onion, Sour Cream & Smoky Corn SEC	Not configured									
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Spanish Vegetable Tortilla, Spanish Rice, Tomato & Green Bean Salad SEC	339	397 19.9%	10.9 15.5%	2.2 11.2%	59.9 23.0%	6.5 7.3%	16.0 32.1%	4.7 -	1.1 18.0%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, ...	996	1299 64.9%	39.7 56.8%	13.1 65.7%	166.7 64.1%	11.7 13.0%	58.0 116.1%	24.5 -	6.4 106.4%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Nashville Baked Crispy Chicken Bap with Ranch Slaw, Crispy Baked Home Fries SEC	Not configured									
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Veggie Bean Chilli Loaded Nachos with Spring onion, avocado & smoky corn SEC	Not configured									
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Sweet & Sour Chickpea Vegetable Pathia Curry, Cardamom Rice, Green Beans SEC	401	452 22.6%	6.9 9.8%	1.1 5.4%	79.5 30.6%	13.1 14.6%	14.4 28.8%	8.6 -	0.2 4.2%	

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ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Kung Pao Pulled Pork, 5 Spice Rice & Stir Fried Green SEC		Not configured								
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Veggie Sausage Toad in the Hole with Onion Gravy & Carrots, Skin On Garlic Roasties SEC		381	390 19.5%	13.0 18.6%	2.4 11.8%	51.3 19.7%	9.0 10.0%	16.1 32.2%	7.5 -	1.4 23.1%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Bang Bang Cauliflower, 5 Spice Rice & Stir Fried Green SEC		Not configured								
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Curry Sauce, Gravy, Chips, Baked B...		972	1271 63.6%	30.4 43.5%	14.4 71.9%	184.0 70.8%	11.2 12.4%	53.7 107.4%	26.3 -	3.7 62.1%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Roast Pork, Stuffing & Apple 1/2 Baguette With Gravy Dip, Skin On Roasties & Green Beans SEC		409	588 29.4%	21.9 31.2%	5.2 25.8%	72.3 27.8%	6.5 7.3%	25.0 50.1%	8.0 -	1.7 27.6%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Provençal Vegetable Lasagne, Garlic Wedges, Chop House Salad SEC		558	491 24.5%	9.7 13.9%	4.3 21.4%	82.7 31.8%	15.3 16.9%	17.5 35.0%	10.6 -	0.9 14.8%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Garlic Chicken & Kale Creamy Puff Pastry Pie, Chive Mash & Mixed Greens SEC		462	506 25.3%	17.0 24.2%	5.7 28.3%	66.0 25.4%	6.9 7.7%	20.5 41.1%	12.1 -	1.1 18.5%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Garlic Chilli Chicken Curry, Cardamom Rice, Green Beans SEC		Not configured								
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Cauliflower Schnitzel, Potato Salad & Red cabbage SEC		454	402 20.1%	8.9 12.7%	1.0 5.0%	69.8 26.8%	13.1 14.5%	11.8 23.6%	8.7 -	1.3 21.1%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Meatball Marinara Wholegrain Pasta Bake with Cheesy Garlic Crumb, Crunchy rainbow Salad SEC		345	429 21.4%	8.0 11.5%	2.7 13.3%	63.5 24.4%	11.1 12.3%	22.3 44.6%	9.7 -	1.5 24.7%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Sausage Toad in the Hole with Onion Gravy & Carrots, Skin On Garlic Roasties SEC		445	541 27.1%	22.6 32.3%	5.5 27.6%	61.0 23.5%	10.3 11.4%	22.2 44.5%	7.8 -	3.5 58.9%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Currywurst & Crusty Bread, Potato Salad & Red cabbage SEC		481	590 29.5%	19.4 27.7%	4.6 23.2%	79.7 30.6%	11.9 13.2%	22.2 44.4%	9.5 -	3.9 65.5%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Cajun Spiced Baked Veggie Burger with Pink Pickled Slaw, Crispy Baked Home Fries SEC		Not configured								
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25		424	605 30.2%	25.2 36.0%	8.5 42.5%	81.0 31.2%	11.6 12.9%	16.6 33.1%	10.1 -	2.2 36.7%

Dishes	30 of 30	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Roasted Roots Filo Strudel, Skin On Roasties & Green Beans SEC										
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25										
Smoky Sweet Potato & Red Pepper Pie, Chive Mash & Mixed Greens SEC	511	479	12.4	4.7	78.3	13.1	14.7	13.8	0.7	
		24.0%	17.8%	23.5%	30.1%	14.6%	29.3%	-	11.0%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25										
Aspens Loaded Mac & Cheese with Spring Onion, Pepper & Garlic, Crunchy Rainbow Salad SEC	361	542	20.5	9.0	75.6	12.3	19.1	5.2	1.4	
		27.1%	29.2%	44.8%	29.1%	13.6%	38.2%	-	23.6%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25										
Smoky Albondigas (Meatballs), Spanish Rice, Tomato & Green Bean Salad SEC	359	391	4.6	0.8	67.1	9.9	19.6	5.7	1.9	
		19.5%	6.5%	3.9%	25.8%	11.0%	39.3%	-	31.1%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25										
Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, ...	996	1299	39.7	13.1	166.7	11.7	58.0	24.5	6.4	
		64.9%	56.8%	65.7%	64.1%	13.0%	116.1%	-	106.4%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25										
Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, ...	996	1299	39.7	13.1	166.7	11.7	58.0	24.5	6.4	
		64.9%	56.8%	65.7%	64.1%	13.0%	116.1%	-	106.4%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25										
Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Curry Sauce, Gravy, Chips, Baked B...	972	1271	30.4	14.4	184.0	11.2	53.7	26.3	3.7	
		63.6%	43.5%	71.9%	70.8%	12.4%	107.4%	-	62.1%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25										
Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Curry Sauce, Gravy, Chips, Baked B...	972	1271	30.4	14.4	184.0	11.2	53.7	26.3	3.7	
		63.6%	43.5%	71.9%	70.8%	12.4%	107.4%	-	62.1%	