

## Menu Nutrition Breakdown

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## Menu: 0001PCMB24 Primary Christmas Menu Bronze 2024

| Group  | Recipe Description                              | Recipe Code | Portion Weight (g/ml) | Calories (K/Cal) | Total Fat (g) | Of Which Saturated Fat (g) | Total Protein (g) | Total Carbohydrate (g) |
|--------|---|-------------|-----------------------|------------------|---------------|----------------------------|-------------------|------------------------|
| (None) | Roast Turkey (65gm)                             | PBB-08746   | 65                    | 68               | 0.5           | 0.2                        | 15.9              | 0.0                    |
| (None) | Roast Turkey (Halal)                            | PBB-08986   | 65                    | 68               | 0.5           | 0.2                        | 15.9              | 0.0                    |
| (None) | Christmas Roast Turkey (40gm)                   | PBB-09529   | 40                    | 42               | 0.3           | 0.1                        | 9.8               | 0.0                    |
| (None) | Christmas Turkey (40g) Halal                    | PBB-09530   | 40                    | 42               | 0.3           | 0.1                        | 9.8               | 0.0                    |
| (None) | Turkey, Ham & Vegetable Pie - Puff Pastry       | PBB-14823   | 273                   | 447              | 24.4          | 10.7                       | 24.4              | 31.0                   |
| (None) | Turkey, Ham & Vegetable Pie Halal - Puff Pastry | PBB-14824   | 273                   | 447              | 24.9          | 10.8                       | 23.3              | 31.0                   |
| (None) | Quorn Roast                                     | PBB-09538   | 50                    | 45               | 0.5           | 0.3                        | 7.7               | 1.1                    |
| (None) | White Margherita Pizza                          | PBB-09115   | 89                    | 213              | 9.3           | 4.4                        | 8.1               | 23.7                   |
| (None) | Macaroni Cheese with Sage & Onion Crumble Toppi | PBB-14822   | 242                   | 539              | 21.7          | 11.5                       | 22.4              | 63.0                   |
| (None) | Roasted Root Vegetable & Sage Wellington        | PBB-12572   | 169                   | 387              | 26.8          | 11.7                       | 9.8               | 26.0                   |
| (None) | Cheesy Bubble & Squeak Quorn and Vegetable Pie  | PBB-14825   | 292                   | 354              | 19.8          | 7.9                        | 14.0              | 29.3                   |
| (None) | Winter Vegetable Bake                           | PBB-12487   | 199                   | 186              | 7.6           | 2.4                        | 5.4               | 23.2                   |
| (None) | Cheese, Pepper and Red Onion Flan/Quiche        | PBB-14885   | 152                   | 341              | 21.0          | 8.8                        | 12.1              | 25.2                   |
| (None) | Aussie BBQ Chicken Wrap                         | PBB-14887   | 124                   | 233              | 4.9           | 1.9                        | 16.0              | 30.5                   |
| (None) | Aussie BBQ Chicken Wrap Halal                   | PBB-14888   | 124                   | 234              | 5.3           | 2.0                        | 15.3              | 30.5                   |
| (None) | Christmas Pork Sausage Portion                  | PBB-10348   | 28                    | 68               | 4.6           | 1.3                        | 3.6               | 3.0                    |
| (None) | Christmas Pigs in Blankets Portion              | PBB-14817   | 48                    | 104              | 7.2           | 2.3                        | 6.8               | 3.1                    |
| (None) | Christmas Sausage portion (quorn)               | PBB-09532   | 50                    | 69               | 2.3           | 0.8                        | 7.5               | 4.1                    |
| (None) | Christmas Sausage portion (Halal) (Cont Beef)   | PBB-09531   | 28                    | 52               | 3.3           | 1.3                        | 3.6               | 1.9                    |
| (None) | Christmas sausage portion (Contains Beef)       | PBB-09528   | 28                    | 52               | 3.3           | 1.3                        | 3.6               | 1.9                    |
| (None) | Christmas Sausage portion (Halal) (No Beef)     | PBB-14815   | 28                    | 46               | 2.9           | 0.7                        | 4.0               | 1.7                    |
| (None) | Christmas sausage portion (No Beef)             | PBB-14816   | 28                    | 46               | 2.9           | 0.7                        | 4.0               | 1.7                    |
| (None) | Sage and Onion Stuffing                         | PBB-02956   | 56                    | 52               | 0.7           | 0.3                        | 1.4               | 9.8                    |
| (None) | Yorkshire Pudding                               | PBB-08832   | 18                    | 46               | 1.3           | 0.1                        | 1.5               | 6.7                    |
| (None) | Gravy   | PBB-08852   | 27                    | 6                | 0.1           | 0.0                        | 0.1               | 1.4                    |

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|--------|---|-------------|-----------------------|------------------|---------------|----------------------------|-------------------|------------------------|
| (None) | Roast Potatoes                                | PBB-08831   | 90                    | 115              | 5.1           | 0.4                        | 1.6               | 16.7                   |
| (None) | Mashed Potato                                 | PBB-08828   | 130                   | 103              | 0.3           | 0.1                        | 2.6               | 24.0                   |
| (None) | Potato Wedges (Oil)                           | PBB-09427   | 102                   | 100              | 2.1           | 0.2                        | 1.9               | 19.6                   |
| (None) | Garlic & Herb Wedges                          | PBB-08621   | 152                   | 126              | 0.2           | 0.1                        | 3.0               | 29.8                   |
| (None) | Peas  | PBB-08839   | 30                    | 29               | 0.5           | 0.2                        | 2.1               | 3.3                    |
| (None) | Sweetcorn                                     | PBB-08838   | 30                    | 20               | 0.5           | 0.1                        | 1.0               | 2.4                    |
| (None) | Carrots                                       | PBB-08837   | 30                    | 10               | 0.1           | 0.0                        | 0.2               | 2.3                    |
| (None) | Frozen Carrots - Sliced                       | PBB-14683   | 25                    | 11               | 0.0           | 0.0                        | 0.2               | 1.8                    |
| (None) | Brussel Sprouts Frozen                        | PBB-09470   | 25                    | 13               | 0.4           | 0.1                        | 0.9               | 1.0                    |
| (None) | Roasted Parsnips                              | PBB-08947   | 30                    | 61               | 5.3           | 0.4                        | 0.5               | 3.1                    |
| (None) | Roasting Parsnips (frozen)                    | PBB-09469   | 25                    | 23               | 1.0           | 0.1                        | 0.4               | 2.2                    |
| (None) | Ice Cream Tubs Vanilla, Straw & Choc          | PBB-00166   | 40                    | 60               | 3.0           | 2.0                        | 1.0               | 7.2                    |
| (None) | Ice Cream Vanilla Scoop                       | PBB-07581   | 60                    | 106              | 5.0           | 4.2                        | 2.8               | 12.0                   |
| (None) | Orange Jelly (vegetarian)                     | PBB-08893   | 88                    | 9                | 0.1           | 0.0                        | 0.1               | 2.2                    |
| (None) | Fudgey Chocolate Brownie Ice Cream Sundae     | PBB-14818   | 112                   | 319              | 20.3          | 10.4                       | 4.0               | 29.7                   |
| (None) | Iced Chocolate Orange Swirl Cake (Using Eggs) | PBB-14821   | 58                    | 179              | 9.9           | 3.7                        | 3.2               | 19.2                   |
| (None) | Apple & Cinnamon Strudel (Plant Based)        | PBB-12150   | 95                    | 195              | 10.8          | 5.4                        | 2.4               | 20.0                   |
| (None) | Sticky Marmalade & Parsnip Sponge             | PBB-15023   | 60                    | 154              | 5.2           | 1.9                        | 3.2               | 23.4                   |
| (None) | Christmas Pudding                             | PBB-08162   | 78                    | 157              | 3.2           | 1.1                        | 3.5               | 27.8                   |
| (None) | Chocolate Shortbread                          | PBB-11149   | 32                    | 149              | 7.9           | 3.0                        | 2.0               | 16.9                   |
| (None) | Gingerbread Cookie                            | PBB-14364   | 66                    | 169              | 5.4           | 1.9                        | 2.9               | 27.1                   |
| (None) | Chocolate Sponge (Using Eggs)                 | PBB-14589   | 43                    | 164              | 8.8           | 3.2                        | 2.7               | 18.3                   |
| (None) | Custard                                       | PBB-08888   | 86                    | 60               | 1.3           | 0.8                        | 2.7               | 9.4                    |
| (None) | Gingerbread Cookie & Decoration               | PBB-14850   | 66                    | 187              | 5.4           | 1.9                        | 2.9               | 31.6                   |
| (None) | Grinch Cupcakes (Christmas)                   | PBB-14820   | 94                    | 399              | 21.0          | 7.7                        | 3.1               | 50.0                   |