

**NYES Catering**  
**Autumn 2024 Nutrition Information**

<b>Week 1</b>	<b>Recipe</b>	<b>Recipe Number</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>	<b>Satd Fat (g)</b>	<b>Protein (g)</b>
<b>Monday</b>								
	Chicken & Vegetable Pie	RS03187	345	279	22	11	3.8	22
	Gravy	RS000996	85.96	24.8	3.8	1	1	0.2
	Roast Potatoes	RS000322	137	113.8	23	2	0.1	2.4
	LJ Shawarma Wrap with Persian Relish	RS03623	151	452	35	13	1.6	19
	Pulled Pork Dirty Wedges	RS03366	368.24	405.8	39.2	12.6	5.9	36.1
	Flapjack	RS000887	65	281	34.2	14.8	5.1	3
<b>Tuesday</b>								
	Spaghetti Bolognese	RS003478	334.56	362.6	52.4	6.4	2.5	24.6
	Garlic Flatbread Bread	RS03298	60.4	225.3	45.1	1.7	0.4	7.6
	Chicken Tikka	RS04079	199	138	2.3	5.6	2	19
	50/50 Rice	RS000825	60	212.4	46.1	1.1	0.2	4.4
	Naan Bread	RS000590	41.6	115.2	21.9	1.5	0.2	3.2
	Cheesy Bean Nachos	RS04067	169.64	192.1	23.6	6.8	3.1	8.7
	Apple Crumble Sponge	RS04082	101.64	300.6	36.4	16.3	2	3.5
	Custard	RS00047	119.4	83.2	15.1	2.1	1.4	1.3
<b>Wednesday</b>								
	Toad in the Hole	RS04042	194.36	341.8	39.7	11.4	3.2	20.7
	Gravy	RS000996	85.96	24.8	3.8	1	1	0.2
	Mashed Potatoes	RS00316	250	240.3	40.8	7.7	2.8	4.3
	Cheese 4 Mac Pasta Pot	RS04063	175	309.3	60.4	2.4	0.4	10.6
	Salmon Taco with Salsa	RS04043	108	161	8	5.3	1	19
	Carrot Cake	RS001231	93.2	270.3	35.4	14	1.1	3.1
<b>Thursday</b>								
	Autumnal Veg & Potato Bake	RS001407	239.48	181.7	25.9	6.5	3.2	6.4
	LJ Chinese 5 Spice Chicken & Noodles	RS04044	250	450	66	6.6	1.5	30
	TUGO Pizza Bar	RS03468	117.25	232.1	24.7	7.8	4.4	13.8
	Tugo Pizza Bar Toppings	RS003492	108.92	224.1	18	9.9	5.2	14.3
	Rice Pudding with Peaches	RS00044	42.4	223.5	46.3	3.8	2.2	3.6
<b>Friday</b>								
	Battered Fish	RS000441	42.4	86.7	15.9	2.1	0.2	1.9
	Chipped Potatoes	RS00315	135	170.1	28.5	4.2	0.5	3.1
	Mediterranean Chicken Rice Pot	RS04064	160	265	53	2	0.5	8
	BBQ Burrito	RS04092	249.72	382.6	74	4.9	0.7	9.2
	Tiramisu Mousse Pot	RS04080	242	397	45	21	13	9
	Fatless Sponge	RS001273	198.2	102.8	22.6	1	0.3	2.3

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<b>Week 2</b>	<b>Recipe</b>	<b>Recipe Number</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>	<b>Satd Fat (g)</b>	<b>Protein (g)</b>
<b>Monday</b>								
	Vegetarian Shepherds Pie	RS000564	498.52	318.8	48.8	5.7	1.1	17.6
	Onion Gravy	RS03604	104.16	31.2	5.3	1	1	0.3
	Pork Meatballs in BBQ Tomato Sauce	RS03163	169.84	180.9	14.2	9	2.8	11.2
	Pasta	RS000325	75	270	55.2	1.1	0.2	8.6
	Tugo Pizza Bar	RS03468	117.25	232.1	24.7	7.8	4.4	13.8
	Tugo Pizza Bar Toppings	RS003492	108.92	224.1	18	9.9	5.2	14.3
	Chocolate Brownie	RS04085	51	204.2	28.2	9.6	3.7	3
<b>Tuesday</b>								
	Homemade Sausage Roll VG	RS04084	71.16	164.1	13.1	10.1	5.3	5.1
	Baked Potato Wedges	RS03889	135	97.2	23	0.1	tr	2.4
	Baked Beans	RS03425	104.8	84.9	13.3	0.5	0.1	4.3
	LJ Southern Fried Chick Burger BBQ	RS03250	200	395	52	12	5	19.5
	Pork Char Sui with Rice	RS03606	262.04	336.2	51.3	5.1	1.2	21.8
	Sticky Toffee Pudding	RS04086	68.32	272.4	35.5	13.4	4.9	3.7
	Custard	RS00047	119.4	83.2	15.1	2.1	1.4	1.3
<b>Wednesday</b>								
	Beef Stew & Dumplings	RS04046	214	402.7	36.9	20.7	7.6	19.7
	Mashed Potatoes	RS00316	250	240.3	40.8	7.7	2.8	4.3
	Potato, Cauli & Chick Pea Curry	RS04047	257.16	129.2	17.3	5.1	1.9	3.9
	50/50 Rice	RS000825	60	212.4	46.1	1.1	0.2	4.4
	Naan Bread	RS000590	41.6	115.2	21.9	1.5	0.2	3.2
	Sweet & Sour Chicken Noodle Pot	RS04065	175	423.5	63.5	10.9	6.3	16.4
	Mandarin Trifle	RS02938	247.8	256.6	37.1	11.4	7	2.4
	Fatless Sponge	RS001273	247.8	102.8	22.6	1	0.3	2.3
<b>Thursday</b>								
	Chicken Casserole & Yorkshire Pudding	RS02405	436	447	68	8	1.9	28
	Giant Yorkshire Pudding	RS01947	436.36	286.2	53.7	5.4	1.5	8.8
	Parsley Potatoes	RS001015	201.16	144.4	34	0.2	?	3.6
	Ratatouille Rice Pot	RS04066	160	272	53	3.3	0.8	5.8
	Philly Beef Topped Bagel	RS04048	103	257	25	8	3	21
	Jammy Shortbread	RS04089	43.08	177.4	24.6	8.7	3.2	1.5
<b>Friday</b>								
	Battered Fish	RS000441	42.4	86.7	15.9	2.1	0.2	1.9
	Chipped Potatoes	RS00315	135	170.1	28.5	4.2	0.5	3.1
	Chilli Loaded Crispy Fries	RS04049	298.6	259.8	45.5	5.7	0.7	6.2
	Chipped Potatoes	RS00315	135	170.1	28.5	4.2	0.5	3.1
	Love Joes Chicken Fajita	RS03255	228	386	39	14	2.7	25
	Chocolate Orange Mousse Cake	RS03624	75	185	27	8	1	2.7

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<b>Week 3</b>	<b>Recipe</b>	<b>Recipe Number</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>	<b>Satd Fat (g)</b>	<b>Protein (g)</b>
<b>Monday</b>								
	Jumbo Fishcake	RS04081	85	152	17	5.7	0.4	8
	Fries	RS04093	135	170.1	28.5	4.2	0.5	3.1
	Mushy Peas	RS000584	70	56.7	9.7	0.5	0.1	4.1
	Salt & Chilli Chicken Fries	RS04083	222.04	274	32.8	9.7	3.6	16.4
	TUGO Pizza Bar	RS03468	117.25	232.1	24.7	7.8	4.4	13.8
	Tugo Pizza Bar Toppings	RS003492	108.92	224.1	18	9.9	5.2	14.3
	Autumn Fruit Muffin	RS04061	110.6	302.1	37	16.4	1.2	3.2
<b>Tuesday</b>								
	Minced Beef Pie	RS04051	250.6	290.5	24.6	13	6.3	19.6
	Gravy	RS000996	85.96	24.8	3.8	1	1	0.2
	Mashed Potatoes	RS00316	250	240.3	40.8	7.7	2.8	4.3
	TUGO Mascarpone, Tomato & Basil Pasta Pot	RS03463	175	403.3	61.1	12	7.5	11.4
	LJ Lamb Shish Kebab Pitta & MY Dressing	RS03545	116	261	25	13	1.8	11
	Jam Roly Poly	RS000597	74.8	246.7	34.1	11.6	4.2	3.1
	Custard	RS00047	119.4	83.2	15.1	2.1	1.4	1.3
<b>Wednesday</b>								
	Roast Chicken & Stuffing	RS001207	164	220.1	24.6	3.3	1.2	26.5
	Gravy	RS000996	85.96	24.8	3.8	1	1	0.2
	Boiled Potatoes Ware	RS00313	200	144	34	0.2	tr	3.6
	Pork Gyros topped Pitta with Garlic Sauce	RS04052	182.8	406.9	43.4	13.4	1.8	26.8
	Cheesy Bean Loaded Potato Skins	RS04087	227.64	334.3	59.6	6.6	3.9	12.3
	Lemon Drizzle Cookie	RS04088	31.76	136	19.8	6.2	2.3	1.2
<b>Thursday</b>								
	Vegetable Lasagne	RS00034	400.6	369.5	43.4	18	8.3	11.5
	Crusty White Bread	RS001364	45	111.6	23.6	0.5	0.1	4.8
	Minced Beef Enchilada	RS001041	230.96	357.2	36.9	12.9	4.9	23.5
	Spicy Rice	RS03146	107.92	137.2	24.8	2.5	0.2	3.4
	TUGO Tomato & Chorizo Pasta Pot	RS03467	175	392	64	9	2.7	13
	Chocolate Fudge Pudding	RS04090	133.92	202.9	25.9	10.1	3.8	2.9
	Vanilla Sauce	RS01535	119.8	83.5	15.2	2.1	1.4	1.3
<b>Friday</b>								
	Battered Fish	RS000441	42.4	86.7	15.9	2.1	0.2	1.9
	Chipped Potatoes	RS00315	135	170.1	28.5	4.2	0.5	3.1
	Cheeseburger with BBQ Sauce & Salad	RS04053	217	414	49	16	6	15
	Rooster Chicken Bites	RS03592	80	182	12	7	3	17.6
	Garlic Potatoes	RS04054	211.6	160.9	35.8	1.2	0.1	3.8
	Coleslaw	RS03171	64.76	46.4	3.6	3.4	0.3	0.5
	Banoffee Mousse Pot	RS04091	105	178	27	6	3	5

Available Daily	Recipe Number	Portion Size (g)	Energy (kcal)	Carbohydrate (g)	Fat (g)	Satd Fat (g)	Protein (g)
<b>Vegetable - choice from the following to serve</b>							
Broccoli Frozen	RS000331	90	23.4	1.8	0	0	2.7
Broccoli	RS000330	61	20.1	1.1	0.6	0.1	2.7
Carrots	RS000336	93.48	31.8	7.2	0.4	0.1	0.5
Peas	RS000338	90	62.1	8.1	0.3	0.1	4.7
Green Beans	RS000340	90	29.7	3.3	0.5	0.1	1.8
Sweetcorn	RS000342	90	66.6	10.8	1.3	0.4	2.3
Mushy Peas	RS000584	70	56.7	9.7	0.5	0.1	4.1
Medley of Vegetables	RS001221	90	26.2	4	0.3	0	1.2
Cauliflower Frozen	RS000333	19.8	19.8	1.9	0.5	0.1	1.7
Mixed Salad	RS000346	51.32	7.5	1.2	0.2	0	0.4
Bread Secondary	RS001363	62.44	230.3	44.9	2.5	0.6	8
Poppy Seed Roll	RS000601	62.44	223.8	45	3.4	0.6	8.4
7oz Mixed Fresh Fruit Pot	RS01961	84.6	39	9.3	0.2	0	0.7
Yoghurt	RS02443	81.6	63.7	11.2	0.9	0.7	3.4
<b>Tray Bakes</b>							
Australian Crunch	RS000596	63	313	30	20	10	2.6
Apricot Bar	RS001027	73	287	37	13	4.6	4.9
Banana Brownies	RS00053	106	236	38	8	1	3
Carrot Cake	RS001231	92	270	35	14	1	3
Chewy Oat & Seed Bar	RS001237	39	170	16	10	3.8	3
Chocolate Banana Muffin	RS001244	64	174	34	2.4	0.9	4.6
Chocolate Crispie	RS001062	57	237	31	11	4.5	2.8
Chocolate Muesli Krispie	RS001234	42	211	16	15	6	2.5
Date & Oat Squares	RS001236	90	278	38	12	4	4.5
Ginger Biscuit	RS000724	40	166	26	6.7	2.4	2
Grannies Crunch	RS001242	74	351	37	20	11	3.7
Flapjack Forest Fruits	RS001241	64	254	25	15	5	3.5
Banana & Sunflower Loaf	RS001240	94	313	40	14	4	8.4
Oaty Biscuits	RS000725	53	227	26	11	4	3.7
Orange Brownies	RS001235	50	153	20	7	0.8	2.4
Orange Loaf Cake	RS001232	64	205	27	10	3.7	2.6
Sticky Date & Apple Bars	RS001020	62	237	32	10	3.5	4
Treacle Bites	RS001239	30	132	18	6	2.6	1.6

Available Daily	Recipe Number	Portion Size (g)	Energy (kcal)	Carbohydrate (g)	Fat (g)	Satd Fat (g)	Protein (g)
<b>Jacket Potato &amp; Fillings</b>							
Jacket Potato 50'S							
Grated Red Cheese	RS03372	377	689	93	35	22	29
Tuna Mix for sandwiches	RS001439	354	484	94	4	0.3	24
Baked Beans	R04158	294	400	93	0.6	tr	11.5
Chicken Korma	R04157	381	474	95	3.5	1	21
<b>Soup of Day</b>							
Bread Dough	RS000656	295	271.4	51.4	4.2	1.6	9.1
Leek and Potato	RS000611	261	60	9.7	1.9	0.7	1.6
Creamed Tomato & Basil	RS000806	187	111	13	6	2.2	2.3
Sweet Potato & Red Pepper	RS000809	271	142	18.6	6.7	2.4	3.2
Minestrone	RS000812	268	91	14	2.3	0.7	3
Hearty Vegetable	RS000814	280	127	13	6.5	2.3	3.9
Cream of Mushroom	RS000817	196	124	10	8	3	3.7
Carrot and Coriander	RS01533	331	103	20	1.6	2.2	3.8
Broccoli & Wensleydale	RS01697	339	149	10	7.2	4.4	9
<b>Fresh Fruit (R02992) and Yoghurts (R0152, R02442) are available daily. If you need any additional information for these please get in touch.</b>							

## Notes

**Tugo Pizza Bar Toppings - RS003492 - Each topping option is varied for nutrition, please get in touch for specific topping requirements.**

### **Pasta & Rice**

**We have used cooked weights within the nutrition to aid with ease of weighing the cooked product. This calculation is based on the development team weighing the product before and after cooking to get a cook weight percentage increase. The raw weight when adding the product to the recipe should be followed as the calculations are based on this initial raw weight.**