

Id	Dish Title	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	60.0	18.4	2.0	1.4	0.2	0.1	2.0	1.3	0.0
786018	Baked Beans SEC	100.0	82.9	12.8	3.6	0.4	0.1	4.1	4.8	0.6
785786	Battered Sausage SEC	132.0	290.7	28.5	1.5	12.2	4.0	2.7	15.3	2.8
683772	BBQ Beans	112.5	94.3	15.5	5.8	0.4	0.1	4.2	4.9	0.7
1662137	Berbere Spice Mix SEC	45.0	150.0	14.3	1.9	5.0	0.7	12.9	5.7	0.4
1658254	Butter CHICKpea Curry Mint yoghurt & naan nachos SEC	230.8	338.9	32.0	5.9	17.7	3.2	5.3	10.2	0.6
1658943	Cajun Chicken Loaded Mac Cheese with Spicy BBQ Drizz	220.0	650.1	84.0	15.3	23.3	11.7	3.4	23.8	2.0
628559	Carrots SEC	85.0	26.6	5.0	4.7	0.4	0.1	2.0	0.6	0.1
1662155	Chakalaka Salad SEC	143.2	60.2	9.8	5.7	0.6	0.1	4.4	2.8	0.1
1658099	Cheesy Butternut Puff Pastry Slice SEC	148.3	239.5	21.2	4.5	14.3	7.3	2.4	6.7	0.6
1658194	Chicken Madras, Naan Nachos & Mint Yoghurt SEC	194.4	276.8	20.9	6.2	14.7	2.1	3.0	15.5	1.7
1077414	Chicken Nuggets SEC	88.0	202.5	15.0	0.4	10.6	2.3	0.4	11.4	0.4
683212	Chips	150.0	178.5	31.5	0.8	3.8	0.5	3.3	3.3	0.0
1078690	Classic Baked Mac with Garlic Crispy Crumb SEC	146.5	565.0	77.7	10.5	20.4	10.8	3.2	15.6	0.8
1657952	Coconut Rice SEC	85.0	249.9	50.9	0.3	2.7	1.5	0.8	5.0	0.1
1657964	Creamy Chicken Carbonara Style Lasagne SEC	263.0	498.1	51.4	7.3	20.2	10.4	1.9	26.2	1.2
1662904	Crispy Honey Sesame Chicken SEC	120.3	151.8	12.7	6.0	5.1	1.6	0.5	14.1	1.6
1659085	Cumin Yorkshire Pudding SEC	75.8	208.6	15.2	1.2	14.0	1.8	0.7	5.5	0.1
1662933	Five Bean Chilli Topping SEC	137.0	144.8	7.6	2.5	10.7	0.8	4.0	3.2	0.1
1662966	Garlic & Thyme Roasted Vegetable Bean Bake SEC	271.7	141.0	18.3	6.5	3.3	0.4	6.6	7.1	0.1
1657971	Garlic Focaccia Side SEC	19.8	83.1	10.9	0.4	3.4	0.4	0.8	1.9	0.2
629731	Gravy SEC	3.8	11.3	2.8	0.2	0.1	0.0	0.0	0.2	0.5
1659013	Greek Pork Souvlaki Flatbread with Tzatziki SEC	244.4	273.1	26.0	3.5	9.0	1.8	2.6	21.5	0.3
628562	Green Beans SEC	80.0	24.9	2.5	1.8	0.3	0.1	2.7	1.7	0.0
701874	Hand Battered Fish SEC	98.5	121.3	15.5	0.2	1.0	0.3	1.2	12.7	0.9
1659148	Harissa Lemon Chicken Tagine SEC	162.7	202.6	10.3	7.8	11.0	1.6	2.2	14.9	1.1
671564	Homemade Curry Sauce KS1 & KS2	87.3	39.0	4.7	3.3	1.7	0.1	1.3	1.1	0.1
785412	Homemade Oven Baked Seasoned Wedges SEC	201.0	154.7	35.0	1.3	0.4	0.1	4.1	4.3	0.1
712176	HOMEMADE RAS EL HANOUT	1.9	6.5	0.6	0.0	0.2	0.0	0.6	0.2	0.0
1662570	Homemade Smoky Pork & Red Onion Sausage Roll	121.7	294.1	23.7	1.9	17.3	7.3	2.1	10.0	1.6
623194	House Salad SEC	61.0	7.9	1.2	1.2	0.1	0.0	0.8	0.6	0.0
1540898	IRISH STYLE Chip Shop Curry Sauce SEC	9.0	35.7	6.5	3.7	0.9	0.5	0.3	0.4	0.4
710434	Kachumber Salad SEC	85.2	14.0	2.0	1.9	0.3	0.0	0.7	0.7	0.0

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1659032	Lemon Oregano Wedges SEC	204.3	156.3	34.7	1.3	0.5	0.1	4.5	4.4	0.0
1659092	Masala Spiced Veggie Sausage SEC	52.2	91.2	2.9	0.1	4.6	1.0	2.1	8.5	0.4
1659042	Mediterranean Salad SEC	57.5	10.4	1.8	1.6	0.2	0.0	0.5	0.4	0.0
778077	Mexican Chopped Salad SEC	91.8	68.4	7.5	3.6	3.4	0.3	2.0	1.9	0.0
786007	Minted Crushed Peas SEC	87.5	73.2	7.2	2.1	1.9	0.5	4.1	4.7	0.0
1662132	Misir Wot Ethiopian Lentil Stew SEC	99.8	167.4	21.6	4.3	3.8	1.3	6.9	8.8	0.3
1677893	NUT FREE Thai Style Chicken Satay SEC	171.0	140.2	10.5	6.5	4.9	1.5	2.0	14.2	1.9
1658574	Pepper Lime Slaw SEC	85.2	20.7	3.7	3.1	0.3	0.0	2.1	0.8	0.0
1658021	Pineapple Glazed Gammon SEC	132.0	138.6	11.5	11.4	4.3	1.6	0.9	13.1	1.7
710406	Plain Rice SEC	65.0	237.1	50.7	0.3	1.4	0.4	0.7	4.8	0.0
1662001	Roasted New Potatoes SEC	205.0	182.8	32.2	2.6	5.2	0.5	3.6	3.4	0.0
1424015	Roasted Summer Veg SEC	82.0	31.9	3.0	2.5	2.2	0.2	0.8	1.1	0.2
1311831	Skin On Garlic Roasties SEC	160.2	183.0	26.3	0.9	7.9	0.6	3.2	3.2	0.1
1659094	Skin On Masala Roasties SEC	160.6	184.0	26.3	0.9	7.9	0.6	3.3	3.2	0.1
1662936	Slow Roast Pulled Garlic & Thyme Pork SEC	83.2	176.8	0.6	0.0	13.0	4.3	0.2	14.6	0.1
761214	Smoked Cheese & Onion Puff Pastry Slice SEC	189.8	394.9	39.3	1.4	21.9	11.7	3.8	10.4	0.9
1659089	Spiced Gravy SEC	3.9	11.6	2.8	0.2	0.1	0.0	0.1	0.2	0.5
1663025	Spicy Bean & Cheese Quesadilla SEC	218.0	403.2	40.3	4.2	21.1	5.9	5.4	10.8	0.9
1662990	Spicy Mexicana Beef Corn Tacos Avocado Crema SEC	179.8	216.9	19.7	4.2	9.7	3.4	5.4	13.4	0.3
1319078	Steamed Mixed Greens SEC	83.1	39.7	4.5	2.3	0.5	0.1	3.1	2.7	0.0
1662920	Stir Fried Noodle with Beansprout SEC- Aspens Services	81.0	236.0	46.5	1.5	0.8	0.2	2.2	9.0	1.5
691182	Sweet & Sour Sauce	56.0	46.3	10.6	9.1	0.2	0.0	0.2	0.4	0.4
1657944	Sweet & Spicy Vegetable Stir Fry SEC	188.1	163.9	22.3	15.5	5.0	1.1	3.9	7.1	0.7
1662912	Sweet Chilli Aubergine, Mushroom & Edamame Stir Fry	175.0	92.6	10.9	6.3	2.5	0.7	3.9	5.7	0.3
1659072	Tikka Roasted Chicken SEC	80.0	101.7	1.8	0.4	4.7	1.4	0.2	12.9	0.8
1354278	TIROPITA Greek Cheese Pies SEC	111.0	303.6	35.0	2.2	13.1	7.1	1.6	10.6	1.3
629853	Tomato Rice SEC	80.5	254.3	53.5	1.9	1.7	0.4	1.5	5.6	1.4
622768	Tugo Pizza Slice - 12.5 Round Margherita HD	85.0	212.0	29.3	1.2	6.3	3.5	1.3	9.0	0.8
683125	Turmeric Rice SEC	65.5	238.1	50.8	0.3	1.4	0.4	0.8	4.9	0.0
1092867	Tzatziki SEC	48.0	19.4	2.3	1.9	0.5	0.2	0.2	1.4	0.0
723495	Vegetable Lasagne SEC	326.7	323.5	42.5	13.5	11.4	5.5	4.3	11.7	0.9
1056323	Veggie Battered Sausage SEC	68.5	143.4	17.6	0.2	2.8	0.9	2.8	10.1	0.6