

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: MONDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
LEXINGTON INDEPENDENTS - DESSERTS - JELLY STRAWBERRY (wibble)	-	-	13.3	0.0	0.0	8.1	3.3	0.0	0.0	5.7
Strawberry Low Sugar & Vegan Jelly Crystals	18693	9.5 g	13.3	0.0	0.0	8.1	3.3	0.0	0.0	1.9
Tap Water	00001	0.1 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
LEXINGTON INDEPENDENTS - DESSERTS - JELLY ORANGE (wibble)	-	-	13.3	0.0	0.0	8.1	3.3	0.0	0.0	5.7
Orange Low Sugar & Vegan Jelly Crystals	18688	9.5 g	13.3	0.0	0.0	8.1	3.3	0.0	0.0	1.9
Tap Water	00001	0.1 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
LEXINGTON INDEPENDENTS - DESSERTS - YOGHURT POT (peach ubley)	-	-	69.0	1.3	0.8	10.2	8.4	4.1	0.0	40.0
Ubley Low Fat Peach Yogurt	14470	0.1 kg	69.0	1.3	0.8	10.2	8.4	4.1	0.0	40.0
LEXINGTON INDEPENDENTS - DESSERTS - YOGHURT POT (strawberry ubley)	-	-	69.0	1.2	0.8	10.4	9.4	4.2	0.0	44.0
Ubley Lowfat Strawberry Yog	14469	0.1 kg	69.0	1.2	0.8	10.4	9.4	4.2	0.0	44.0
LEXINGTON INDEPENDENTS - FRUIT (primary) - MIXED FRUIT POT	-	-	36.0	0.2	0.0	8.3	8.3	0.4	1.1	5.3
Soft Fruits > Grapes Black Seedless 1Kg	102448K	5.71 g	3.4	0.0	0.0	0.9	0.9	0.0	0.1	0.1
Soft Fruits > Grapes White Seedless 1Kg	102450K	5.71 g	3.4	0.0	0.0	0.9	0.9	0.0	0.1	0.1
Melons > Melon Water	119015S	11.43 g	3.5	0.0	0.0	0.8	0.8	0.1	0.0	0.2
Melons > Melon Honeydew 6's 1Ind	117787S	11.43 g	3.2	0.0	0.0	0.8	0.8	0.1	0.1	3.7
Soft Fruits > Kiwi 6Ind	119095S	0.14 ea	5.6	0.1	0.0	1.2	1.2	0.1	0.3	0.5
Speciality Fruit > Pineapple Large 1Ind	102005S	37.29 g	16.8	0.0	0.0	3.8	3.8	0.1	0.6	0.7
LEXINGTON INDEPENDENTS - JACKETS (primary) - BAKED POTATO (50'S)	-	-	135.0	2.8	0.2	25.8	0.9	3.1	2.6	70.2
Potatoes > Potato Jacket 50's 15Kg	121785C	0.5 ea	112.5	0.3	0.0	25.8	0.9	3.1	2.6	10.5
Everyday Favourites Extended Life Vegetable	03444	2.5 ml	22.5	2.5	0.2	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Table Salt	60726	0.15 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	59.7
LEXINGTON INDEPENDENTS - JACKETS - BAKED BEANS	-	-	86.0	0.4	0.1	14.5	5.5	4.2	3.7	296.0
Everyday Favourites Baked Beans	03334	0.1 kg	86.0	0.4	0.1	14.5	5.5	4.2	3.7	296.0
LEXINGTON INDEPENDENTS - JACKETS - GRATED CHEESE	-	-	166.0	13.7	8.5	0.7	0.0	10.0	0.0	298.0
Everyday Favourites Grated Mild White	29714	40 g	166.0	13.7	8.5	0.7	0.0	10.0	0.0	298.0
LEXINGTON INDEPENDENTS - SALAD BAR - BEETROOT	-	-	15.5	0.3	0.1	3.3	2.1	0.4	0.9	0.0
Beetroot Sliced In Water	84730	50 g	15.5	0.3	0.1	3.3	2.1	0.4	0.9	0.0
LEXINGTON INDEPENDENTS - SALAD BAR - CUCUMBER SLICES	-	-	5.0	0.1	0.0	0.8	0.7	0.4	0.4	1.5
Protected crops > Cucumber 12's 1Ind	117796S	50 g	5.0	0.1	0.0	0.8	0.7	0.4	0.4	1.5
LEXINGTON INDEPENDENTS - SALAD BAR -	-	-	17.5	0.2	0.1	4.0	3.7	0.3	1.6	12.5

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Menu: LEXINGTON

Course: MONDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
GRATED CARROT										
Root Vegetables > Carrot 1Kg	102485K	50 g	17.5	0.2	0.1	4.0	3.7	0.3	1.6	12.5
LEXINGTON INDEPENDENTS - SALAD BAR - MIXED LEAVES										
Salad Leaves > Lettuce Iceberg Imported 1Ind	117783S	20 g	2.6	0.1	0.0	0.4	0.4	0.1	0.2	0.4
Salad Leaves > Lettuce Radicchio 1Ind	119092S	10 g	1.4	0.1	0.0	0.2	0.2	0.1	0.1	0.3
Herbs > Herb Rocket 100g	117925S	10 g	1.7	0.1	0.0	0.2	0.2	0.0	0.0	0.0
Salad Leaves > Spinach Baby 250g	119093S	10 g	2.5	0.1	0.0	0.2	0.2	0.3	0.3	14.0
LEXINGTON INDEPENDENTS - SALAD BAR - RAINBOW PEPPERS										
Protected crops > Peppers Green 5Kg	119075C	16.67 g	2.5	0.0	0.0	0.4	0.4	0.1	0.4	0.7
Protected crops > Peppers Red 5Kg	119077C	16.67 g	5.3	0.1	0.0	1.1	1.0	0.2	0.4	0.7
Protected crops > Peppers Yellow	119078C	16.67 g	4.3	0.0	0.0	0.9	0.8	0.2	0.4	0.7
LEXINGTON INDEPENDENTS - SALAD BAR - SLAW (REGULAR)										
Brassica > Cabbage White (Minimum 2Kg) 1Kg	113721K	25 g	6.8	0.1	0.0	1.3	1.2	0.4	0.7	1.8
Root Vegetables > Carrot 1Kg	102485K	10 g	3.5	0.0	0.0	0.8	0.7	0.1	0.3	2.5
Alliums > Onion Medium 1Kg	102493K	5 g	1.8	0.0	0.0	0.4	0.3	0.1	0.1	0.2
Herbs > Herb Parsley Flat Leaf 100g	117771S	1 g	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.3
Everyday Favourites Light Mayonnaise	04132	9 g	24.4	2.4	0.3	0.7	0.3	0.0	0.0	40.9
LEXINGTON INDEPENDENTS - SALAD BAR - SWEETCORN (tinned)										
Sweetcorn In Water	03570	50 g	42.5	0.8	0.2	6.7	2.4	1.4	0.0	28.0
LEXINGTON INDEPENDENTS - SALAD BAR - TOMATO WEDGES										
Protected crops > Tomato Imported 6Kg	114107C	50 g	8.5	0.2	0.1	1.6	1.6	0.4	0.7	4.5
LEXINGTON INDEPENDENTS - PASTA (primary) - 50/50 FUSILLI										
Everyday Favourites Whole Wheat Fusilli	29580	25 g	83.8	0.5	0.1	16.0	0.8	3.0	1.6	3.0
Everyday Favourites Fusilli	70486	25 g	90.0	0.4	0.1	18.4	0.9	2.9	0.8	2.5
Tap Water For RI Purposes	00002	50 ml	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0
LEXINGTON INDEPENDENTS - MAINS - MIXED PEPPER & TOMATO SAUCE										
Everyday Favourites Extended Life Vegetable	61312	0.67 ml	6.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0
Sliced Onions	97929	0.02 kg	6.8	0.0	0.0	1.3	1.0	0.2	0.4	0.7
Everyday Favourites Sliced Mixed Peppers	04505	0.01 kg	3.3	0.0	0.0	0.5	0.5	0.1	0.3	0.5
Canned Chopped Tomatoes In Juice	42581	0.07 kg	8.0	0.1	0.0	1.3	0.0	0.7	1.0	26.7
Canned Tomato Paste	16661	0.01 kg	8.7	0.0	0.0	1.4	1.4	0.5	0.5	25.6
Everyday Favourites Mixed Herbs	70358	0.07 g	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: MONDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Lex - Independent Schools - Sides - Seasonal Greens	-	-	23.1	0.7	0.1	2.5	2.4	2.0	3.3	13.5
Brassica > Cabbage Savoy 1Kg	102358K	55 g	14.9	0.3	0.1	2.1	2.1	1.2	2.3	2.8
Brassica > Kale 250g	133048S	25 g	8.3	0.4	0.1	0.4	0.3	0.9	1.0	10.8
LEXINGTON INDEPENDENTS - MAINS - SWEET POTATO PEA & MINT RISOTTO	-	-	190.6	0.7	0.2	43.7	3.2	4.4	2.9	91.8
Alliums > Onion Medium 1Kg	102493K	16 g	5.8	0.0	0.0	1.3	0.9	0.2	0.3	0.5
Et Voila Garlic Puree 12X0.5Kg	22215	0.4 g	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.4
Everyday Favourites Economy Peas	82829	20 g	15.2	0.2	0.0	1.8	0.5	1.1	1.0	0.0
Tap Water	00001	0.08 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2
Knorr Professional Concentrated Vegetable	52539	0.32 g	0.5	0.0	0.0	0.1	0.0	0.0	0.0	75.4
Everyday Favourites Italian (Arborio) Risotto	30342	0.04 kg	141.6	0.4	0.1	34.0	0.1	2.6	0.6	0.0
Herbs > Herb Mint 100g	117768S	2.4 g	1.0	0.0	0.0	0.1	0.0	0.1	0.0	0.4
Speciality > Potato Sweet Orange Flesh 1Kg	102483K	30 g	26.1	0.1	0.0	6.4	1.7	0.4	1.0	12.0
LEXINGTON INDEPENDENTS - SIDES - YORKSHIRE PUDDINGS (bought in)	-	-	68.3	2.1	0.2	10.0	0.6	2.1	0.7	55.0
Everyday Favourites Baked Yorkshire Puddings	18974	1 ea	68.3	2.1	0.2	10.0	0.6	2.1	0.7	55.0
LEXINGTON INDEPENDENTS - SIDES (PRIMARY) - CHIP SHOP CHIPS	-	-	179.9	12.3	1.0	16.0	0.2	1.8	1.1	42.0
Everyday Favourites Freeze Chill Fries 14mm	71274	75 g	90.0	2.3	0.3	16.0	0.1	1.8	1.1	42.0
Everyday Favourites Extended Life Vegetable	03444	10 ml	89.9	10.0	0.7	0.0	0.0	0.0	0.0	0.0
Lex - Independent Schools - Kids Menu - Hot Meals - Sides - Peas	-	-	41.4	0.5	0.2	5.8	1.6	3.6	3.1	0.0
Yorkshire Garden Peas Red Tractor certified	15599	60 g	41.4	0.5	0.2	5.8	1.6	3.6	3.1	0.0

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: TUESDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
LEXINGTON INDEPENDENTS - DESSERTS - JELLY STRAWBERRY (wibble)	-	-	13.3	0.0	0.0	8.1	3.3	0.0	0.0	5.7
Strawberry Low Sugar & Vegan Jelly Crystals	18693	9.5 g	13.3	0.0	0.0	8.1	3.3	0.0	0.0	1.9
Tap Water	00001	0.1 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
LEXINGTON INDEPENDENTS - DESSERTS - JELLY ORANGE (wibble)	-	-	13.3	0.0	0.0	8.1	3.3	0.0	0.0	5.7
Orange Low Sugar & Vegan Jelly Crystals	18688	9.5 g	13.3	0.0	0.0	8.1	3.3	0.0	0.0	1.9
Tap Water	00001	0.1 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
LEXINGTON INDEPENDENTS - DESSERTS - YOGHURT POT (peach ubley)	-	-	69.0	1.3	0.8	10.2	8.4	4.1	0.0	40.0
Ubley Low Fat Peach Yogurt	14470	0.1 kg	69.0	1.3	0.8	10.2	8.4	4.1	0.0	40.0
LEXINGTON INDEPENDENTS - DESSERTS - YOGHURT POT (strawberry ubley)	-	-	69.0	1.2	0.8	10.4	9.4	4.2	0.0	44.0
Ubley Lowfat Strawberry Yog	14469	0.1 kg	69.0	1.2	0.8	10.4	9.4	4.2	0.0	44.0
LEXINGTON INDEPENDENTS - FRUIT (primary) - MIXED FRUIT POT	-	-	36.0	0.2	0.0	8.3	8.3	0.4	1.1	5.3
Soft Fruits > Grapes Black Seedless 1Kg	102448K	5.71 g	3.4	0.0	0.0	0.9	0.9	0.0	0.1	0.1
Soft Fruits > Grapes White Seedless 1Kg	102450K	5.71 g	3.4	0.0	0.0	0.9	0.9	0.0	0.1	0.1
Melons > Melon Water	119015S	11.43 g	3.5	0.0	0.0	0.8	0.8	0.1	0.0	0.2
Melons > Melon Honeydew 6's 1Ind	117787S	11.43 g	3.2	0.0	0.0	0.8	0.8	0.1	0.1	3.7
Soft Fruits > Kiwi 6Ind	119095S	0.14 ea	5.6	0.1	0.0	1.2	1.2	0.1	0.3	0.5
Speciality Fruit > Pineapple Large 1Ind	102005S	37.29 g	16.8	0.0	0.0	3.8	3.8	0.1	0.6	0.7
LEXINGTON INDEPENDENTS - JACKETS (primary) - BAKED POTATO (50'S)	-	-	135.0	2.8	0.2	25.8	0.9	3.1	2.6	70.2
Potatoes > Potato Jacket 50's 15Kg	121785C	0.5 ea	112.5	0.3	0.0	25.8	0.9	3.1	2.6	10.5
Everyday Favourites Extended Life Vegetable	03444	2.5 ml	22.5	2.5	0.2	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Table Salt	60726	0.15 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	59.7
LEXINGTON INDEPENDENTS - JACKETS - BAKED BEANS	-	-	86.0	0.4	0.1	14.5	5.5	4.2	3.7	296.0
Everyday Favourites Baked Beans	03334	0.1 kg	86.0	0.4	0.1	14.5	5.5	4.2	3.7	296.0
LEXINGTON INDEPENDENTS - JACKETS - GRATED CHEESE	-	-	166.0	13.7	8.5	0.7	0.0	10.0	0.0	298.0
Everyday Favourites Grated Mild White	29714	40 g	166.0	13.7	8.5	0.7	0.0	10.0	0.0	298.0
LEXINGTON INDEPENDENTS - SALAD BAR - BEETROOT	-	-	15.5	0.3	0.1	3.3	2.1	0.4	0.9	0.0
Beetroot Sliced In Water	84730	50 g	15.5	0.3	0.1	3.3	2.1	0.4	0.9	0.0
LEXINGTON INDEPENDENTS - SALAD BAR - CUCUMBER SLICES	-	-	5.0	0.1	0.0	0.8	0.7	0.4	0.4	1.5
Protected crops > Cucumber 12's 1Ind	117796S	50 g	5.0	0.1	0.0	0.8	0.7	0.4	0.4	1.5
LEXINGTON INDEPENDENTS - SALAD BAR -	-	-	17.5	0.2	0.1	4.0	3.7	0.3	1.6	12.5

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
GRATED CARROT										
Root Vegetables > Carrot 1Kg	102485K	50 g	17.5	0.2	0.1	4.0	3.7	0.3	1.6	12.5
LEXINGTON INDEPENDENTS - SALAD BAR - MIXED LEAVES										
Salad Leaves > Lettuce Iceberg Imported 1lnd	117783S	20 g	2.6	0.1	0.0	0.4	0.4	0.1	0.2	0.4
Salad Leaves > Lettuce Radicchio 1lnd	119092S	10 g	1.4	0.1	0.0	0.2	0.2	0.1	0.1	0.3
Herbs > Herb Rocket 100g	117925S	10 g	1.7	0.1	0.0	0.2	0.2	0.0	0.0	0.0
Salad Leaves > Spinach Baby 250g	119093S	10 g	2.5	0.1	0.0	0.2	0.2	0.3	0.3	14.0
LEXINGTON INDEPENDENTS - SALAD BAR - RAINBOW PEPPERS										
Protected crops > Peppers Green 5Kg	119075C	16.67 g	2.5	0.0	0.0	0.4	0.4	0.1	0.4	0.7
Protected crops > Peppers Red 5Kg	119077C	16.67 g	5.3	0.1	0.0	1.1	1.0	0.2	0.4	0.7
Protected crops > Peppers Yellow	119078C	16.67 g	4.3	0.0	0.0	0.9	0.8	0.2	0.4	0.7
LEXINGTON INDEPENDENTS - SALAD BAR - SLAW (REGULAR)										
Brassica > Cabbage White (Minimum 2Kg) 1Kg	113721K	25 g	6.8	0.1	0.0	1.3	1.2	0.4	0.7	1.8
Root Vegetables > Carrot 1Kg	102485K	10 g	3.5	0.0	0.0	0.8	0.7	0.1	0.3	2.5
Alliums > Onion Medium 1Kg	102493K	5 g	1.8	0.0	0.0	0.4	0.3	0.1	0.1	0.2
Herbs > Herb Parsley Flat Leaf 100g	117771S	1 g	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.3
Everyday Favourites Light Mayonnaise	04132	9 g	24.4	2.4	0.3	0.7	0.3	0.0	0.0	40.9
LEXINGTON INDEPENDENTS - SALAD BAR - SWEETCORN (tinned)										
Sweetcorn In Water	03570	50 g	42.5	0.8	0.2	6.7	2.4	1.4	0.0	28.0
LEXINGTON INDEPENDENTS - SALAD BAR - TOMATO WEDGES										
Protected crops > Tomato Imported 6Kg	114107C	50 g	8.5	0.2	0.1	1.6	1.6	0.4	0.7	4.5
Lex - Independent Schools - Sub Recipes - Beef Chilli Con Carne,										
UK Red Tractor Minced Beef	149FA	50 g	57.5	1.5	0.7	0.0	0.0	11.1	0.0	300.0
Alliums > Onions > Spanish	ONL	9.38 g	3.4	0.0	0.0	0.7	0.5	0.1	0.2	0.3
Et Voila Garlic Puree 12X0.5Kg	22215	0.83 g	0.8	0.0	0.0	0.2	0.0	0.0	0.0	0.7
Canned Chopped Tomatoes In Juice	42581	62.5 g	7.5	0.1	0.0	1.3	0.0	0.7	0.9	25.0
Canned Tomato Paste	16661	4.17 g	3.4	0.0	0.0	0.6	0.6	0.2	0.2	10.0
Everyday Favourites Chilli Powder	70372	1.04 g	3.6	0.2	0.0	0.2	0.1	0.1	0.4	29.9
Everyday Favourites Diced Mixed Peppers	97692	12.5 g	3.0	0.0	0.0	0.4	0.4	0.1	0.3	0.3
Everyday Favourites Red Kidney Beans	03350	33.33 g	40.3	0.2	0.0	8.0	0.3	2.8	2.2	11.7
Everyday Favourites Table Salt	60726	0.08 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	33.2
Everyday Favourites Ground Black Pepper	70279	0.08 g	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lex - Independent Schools - Nursery - Wholegrain										

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: TUESDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Rice										
Easy Cook Long Grain Brown Rice	25279	50 g	178.5	1.4	0.4	40.7	0.7	3.4	1.0	0.5
Tap Water For RI Purposes	00002	50 ml	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0
LEXINGTON INDEPENDENTS - MAINS - FIVE BEAN CHILLI WITH RICE	-	-	521.6	4.4	0.8	99.6	8.0	17.2	11.8	8143.4
Taylor Shaw Primary - Pizza/Tomato Pasta	-	60 g	25.4	0.8	0.1	3.2	2.1	1.1	1.4	70.6
Five Bean Salad In Water	07261	106.67 g	103.4	1.1	0.1	12.8	0.0	7.2	6.8	10.7
Alliums > Onion Medium 1Kg	102493K	26.67 g	9.6	0.1	0.0	2.1	1.5	0.3	0.5	0.8
Protected crops > Peppers Green 1Ind	114160S	0.13 ea	4.4	0.1	0.0	0.8	0.7	0.2	0.6	1.2
Protected crops > Peppers Red 1Ind	114171S	0.13 ea	9.4	0.1	0.0	1.9	1.8	0.3	0.6	1.2
Protected crops > Peppers Yellow 1Ind	114170S	29.33 g	7.6	0.1	0.0	1.6	1.5	0.4	0.7	1.2
Everyday Favourites Chilli Powder	70372	0.2 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mushroom > Mushroom Button 1Kg	102812K	8.67 g	1.1	0.0	0.0	0.0	0.0	0.2	0.1	0.4
Everyday Favourites Basil	70350	0.33 g	0.5	0.0	0.0	0.0	0.0	0.0	0.1	0.2
Knorr Professional Concentrated Vegetable	52539	0.27 g	0.3	0.0	0.0	0.1	0.0	0.0	0.0	47.2
Everyday Favourites Ground Black Pepper	70279	0.2 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Easy Cook Long Grain	53324	100 g	360.0	2.2	0.6	77.1	0.4	7.4	1.0	10.0
Tap Water For RI Purposes	00002	200 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8000.0
LEXINGTON INDEPENDENTS - SIDES - STEAMED CARROTS	-	-	21.0	0.2	0.1	4.7	4.4	0.4	1.9	15.0
Root Vegetables > Carrot 1Kg	102485K	60 g	21.0	0.2	0.1	4.7	4.4	0.4	1.9	15.0
LEXINGTON INDEPENDENTS - SIDES - STEAMED PEAS	-	-	30.4	0.4	0.1	3.5	1.0	2.3	2.0	119.5
Everyday Favourites Economy Peas	82829	40 g	30.4	0.4	0.1	3.5	1.0	2.3	2.0	0.0
Everyday Favourites Table Salt	60726	0.3 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	119.5
LEXINGTON INDEPENDENTS - MAINS - BUTTERMILK PANCAKES (BIDFOOD)	-	-	83.0	0.9	0.1	17.0	6.4	1.8	0.5	178.5
Crêpe Cuisine Buttermilk Pancakes	36008	1 ea	83.0	0.9	0.1	17.0	6.4	1.8	0.5	178.5
Lex Independent Schools Fruit Pots - G&G 5. - Mixed Berries	-	-	43.3	0.3	0.0	9.8	8.4	1.3	2.9	5.1
Soft Fruits > Strawberry UK 1Kg	122041K	60 g	16.2	0.1	0.0	3.6	3.6	0.5	0.9	3.6
Soft Fruits > Raspberry 125g	119098S	40 g	10.0	0.1	0.0	1.8	1.8	0.6	1.3	1.2
Soft Fruit > Blueberry 125g	118177S	30 g	17.1	0.1	0.0	4.3	3.0	0.2	0.7	0.3

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: WEDENSDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
LEXINGTON INDEPENDENTS - DESSERTS - JELLY STRAWBERRY (wibble)	-	-	13.3	0.0	0.0	8.1	3.3	0.0	0.0	5.7
Strawberry Low Sugar & Vegan Jelly Crystals	18693	9.5 g	13.3	0.0	0.0	8.1	3.3	0.0	0.0	1.9
Tap Water	00001	0.1 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
LEXINGTON INDEPENDENTS - DESSERTS - JELLY ORANGE (wibble)	-	-	13.3	0.0	0.0	8.1	3.3	0.0	0.0	5.7
Orange Low Sugar & Vegan Jelly Crystals	18688	9.5 g	13.3	0.0	0.0	8.1	3.3	0.0	0.0	1.9
Tap Water	00001	0.1 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
LEXINGTON INDEPENDENTS - DESSERTS - YOGHURT POT (peach ubley)	-	-	69.0	1.3	0.8	10.2	8.4	4.1	0.0	40.0
Ubley Low Fat Peach Yogurt	14470	0.1 kg	69.0	1.3	0.8	10.2	8.4	4.1	0.0	40.0
LEXINGTON INDEPENDENTS - DESSERTS - YOGHURT POT (strawberry ubley)	-	-	69.0	1.2	0.8	10.4	9.4	4.2	0.0	44.0
Ubley Lowfat Strawberry Yog	14469	0.1 kg	69.0	1.2	0.8	10.4	9.4	4.2	0.0	44.0
LEXINGTON INDEPENDENTS - FRUIT (primary) - MIXED FRUIT POT	-	-	36.0	0.2	0.0	8.3	8.3	0.4	1.1	5.3
Soft Fruits > Grapes Black Seedless 1Kg	102448K	5.71 g	3.4	0.0	0.0	0.9	0.9	0.0	0.1	0.1
Soft Fruits > Grapes White Seedless 1Kg	102450K	5.71 g	3.4	0.0	0.0	0.9	0.9	0.0	0.1	0.1
Melons > Melon Water	119015S	11.43 g	3.5	0.0	0.0	0.8	0.8	0.1	0.0	0.2
Melons > Melon Honeydew 6's 1Ind	117787S	11.43 g	3.2	0.0	0.0	0.8	0.8	0.1	0.1	3.7
Soft Fruits > Kiwi 6Ind	119095S	0.14 ea	5.6	0.1	0.0	1.2	1.2	0.1	0.3	0.5
Speciality Fruit > Pineapple Large 1Ind	102005S	37.29 g	16.8	0.0	0.0	3.8	3.8	0.1	0.6	0.7
LEXINGTON INDEPENDENTS - JACKETS (primary) - BAKED POTATO (50'S)	-	-	135.0	2.8	0.2	25.8	0.9	3.1	2.6	70.2
Potatoes > Potato Jacket 50's 15Kg	121785C	0.5 ea	112.5	0.3	0.0	25.8	0.9	3.1	2.6	10.5
Everyday Favourites Extended Life Vegetable	03444	2.5 ml	22.5	2.5	0.2	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Table Salt	60726	0.15 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	59.7
LEXINGTON INDEPENDENTS - JACKETS - BAKED BEANS	-	-	86.0	0.4	0.1	14.5	5.5	4.2	3.7	296.0
Everyday Favourites Baked Beans	03334	0.1 kg	86.0	0.4	0.1	14.5	5.5	4.2	3.7	296.0
LEXINGTON INDEPENDENTS - JACKETS - GRATED CHEESE	-	-	166.0	13.7	8.5	0.7	0.0	10.0	0.0	298.0
Everyday Favourites Grated Mild White	29714	40 g	166.0	13.7	8.5	0.7	0.0	10.0	0.0	298.0
LEXINGTON INDEPENDENTS - SALAD BAR - BEETROOT	-	-	15.5	0.3	0.1	3.3	2.1	0.4	0.9	0.0
Beetroot Sliced In Water	84730	50 g	15.5	0.3	0.1	3.3	2.1	0.4	0.9	0.0
LEXINGTON INDEPENDENTS - SALAD BAR - CUCUMBER SLICES	-	-	5.0	0.1	0.0	0.8	0.7	0.4	0.4	1.5
Protected crops > Cucumber 12's 1Ind	117796S	50 g	5.0	0.1	0.0	0.8	0.7	0.4	0.4	1.5
LEXINGTON INDEPENDENTS - SALAD BAR -	-	-	17.5	0.2	0.1	4.0	3.7	0.3	1.6	12.5

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: WEDENSDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
GRATED CARROT										
Root Vegetables > Carrot 1Kg	102485K	50 g	17.5	0.2	0.1	4.0	3.7	0.3	1.6	12.5
LEXINGTON INDEPENDENTS - SALAD BAR - MIXED LEAVES										
Salad Leaves > Lettuce Iceberg Imported 1Ind	117783S	20 g	2.6	0.1	0.0	0.4	0.4	0.1	0.2	0.4
Salad Leaves > Lettuce Radicchio 1Ind	119092S	10 g	1.4	0.1	0.0	0.2	0.2	0.1	0.1	0.3
Herbs > Herb Rocket 100g	117925S	10 g	1.7	0.1	0.0	0.2	0.2	0.0	0.0	0.0
Salad Leaves > Spinach Baby 250g	119093S	10 g	2.5	0.1	0.0	0.2	0.2	0.3	0.3	14.0
LEXINGTON INDEPENDENTS - SALAD BAR - RAINBOW PEPPERS										
Protected crops > Peppers Green 5Kg	119075C	16.67 g	2.5	0.0	0.0	0.4	0.4	0.1	0.4	0.7
Protected crops > Peppers Red 5Kg	119077C	16.67 g	5.3	0.1	0.0	1.1	1.0	0.2	0.4	0.7
Protected crops > Peppers Yellow	119078C	16.67 g	4.3	0.0	0.0	0.9	0.8	0.2	0.4	0.7
LEXINGTON INDEPENDENTS - SALAD BAR - SLAW (REGULAR)										
Brassica > Cabbage White (Minimum 2Kg) 1Kg	113721K	25 g	6.8	0.1	0.0	1.3	1.2	0.4	0.7	1.8
Root Vegetables > Carrot 1Kg	102485K	10 g	3.5	0.0	0.0	0.8	0.7	0.1	0.3	2.5
Alliums > Onion Medium 1Kg	102493K	5 g	1.8	0.0	0.0	0.4	0.3	0.1	0.1	0.2
Herbs > Herb Parsley Flat Leaf 100g	117771S	1 g	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.3
Everyday Favourites Light Mayonnaise	04132	9 g	24.4	2.4	0.3	0.7	0.3	0.0	0.0	40.9
LEXINGTON INDEPENDENTS - SALAD BAR - SWEETCORN (tinned)										
Sweetcorn In Water	03570	50 g	42.5	0.8	0.2	6.7	2.4	1.4	0.0	28.0
LEXINGTON INDEPENDENTS - SALAD BAR - TOMATO WEDGES										
Protected crops > Tomato Imported 6Kg	114107C	50 g	8.5	0.2	0.1	1.6	1.6	0.4	0.7	4.5
LEXINGTON INDEPENDENTS - MAINS - ROAST PORK LOIN AND GRAVY										
Pork > Loin B/Less > Red Tractor > 4.0-5.0Kg -	98678	80 g	222.4	18.0	6.6	0.0	0.0	15.1	0.0	41.6
Everyday Favourites Extended Life Vegetable	61312	2 ml	18.0	2.0	0.1	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Ground Black Pepper	70279	0.2 g	0.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0
Everyday Favourites Table Salt	60726	0.2 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	79.6
Lex - Independent Schools - Sub Recipe -	-	50 g	10.4	0.1	0.0	2.3	0.2	0.1	0.1	125.2
LEXINGTON INDEPENDENTS - SIDES (PRIMARY) - ROAST POTATOES (frozen)										
Everyday Favourites Coated Roast Potatoes	76315	80 g	96.8	1.4	0.2	19.2	0.4	1.4	1.3	115.2
Everyday Favourites Extended Life Vegetable	61312	8 ml	71.9	8.0	0.5	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Rubbed Thyme	70349	0.4 g	1.1	0.0	0.0	0.1	0.0	0.0	0.1	0.2
Lex - Independent Schools - Sides - Steamed Mixed Vegetables										
	-	-	38.7	0.6	0.1	5.6	2.0	2.0	2.2	6.8

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: WEDENSDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Root Vegetables > Carrots	CRT	16.67 g	5.0	0.1	0.0	1.0	0.9	0.1	0.5	6.7
Everyday Favourites Cut Green Beans	82846	16.67 g	5.2	0.1	0.0	0.5	0.4	0.4	0.6	0.0
Everyday Favourites Individually Quick Frozen	98441	16.67 g	15.8	0.3	0.1	2.6	0.3	0.6	0.3	0.2
Everyday Favourites Economy Peas	82829	16.67 g	12.7	0.2	0.0	1.5	0.4	1.0	0.9	0.0
Lex Independent - Nursery - Quorn Roast with Stuffing & Gravy	-	-	91.2	1.0	0.4	6.4	0.4	12.3	4.3	371.6
Quorn Roast	55705	78 g	70.2	0.8	0.4	1.6	0.2	11.9	4.1	218.4
Knorr Professional Gravy Granules For Meat	17369	2.25 g	7.7	0.1	0.0	1.7	0.2	0.1	0.0	90.9
Tap Water	00001	36 ml	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4
Sage And Onion Stuffing Mix	17309	4.25 g	13.3	0.1	0.0	3.1	0.1	0.4	0.1	60.3
Tap Water	00001	12.5 ml	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
Lex - Independent Schools - Nursery - Desserts - Banana Cake	-	-	189.3	9.2	3.3	25.0	15.3	1.9	0.3	247.8
Phase Dawn Cooking & Baking Packet	34587	11.67 g	73.5	8.2	3.0	0.1	0.1	0.0	0.0	70.0
Tate & Lyle Caster Sugar	16165	11.67 g	46.7	0.0	0.0	11.7	11.7	0.0	0.0	0.6
Lion Brand Free Range Medium Eggs Ev Fav	09126	0.17 ea	12.4	0.9	0.2	0.0	0.0	1.2	0.0	14.6
Doves Farm Gluten Free Self Raising Flour	27419	11.67 g	40.6	0.1	0.0	9.3	0.0	0.5	0.0	101.5
Baking Powder Gluten Free	60426	0.33 g	0.3	0.0	0.0	0.1	0.0	0.0	0.0	60.9
Banana > Banana Medium 1Kg	102437K	16.67 g	15.8	0.0	0.0	3.9	3.5	0.2	0.2	0.2

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: THURSDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
LEXINGTON INDEPENDENTS - DESSERTS - JELLY STRAWBERRY (wibble)	-	-	13.3	0.0	0.0	8.1	3.3	0.0	0.0	5.7
Strawberry Low Sugar & Vegan Jelly Crystals	18693	9.5 g	13.3	0.0	0.0	8.1	3.3	0.0	0.0	1.9
Tap Water	00001	0.1 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
LEXINGTON INDEPENDENTS - DESSERTS - JELLY ORANGE (wibble)	-	-	13.3	0.0	0.0	8.1	3.3	0.0	0.0	5.7
Orange Low Sugar & Vegan Jelly Crystals	18688	9.5 g	13.3	0.0	0.0	8.1	3.3	0.0	0.0	1.9
Tap Water	00001	0.1 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
LEXINGTON INDEPENDENTS - DESSERTS - YOGHURT POT (peach ubley)	-	-	69.0	1.3	0.8	10.2	8.4	4.1	0.0	40.0
Ubley Low Fat Peach Yogurt	14470	0.1 kg	69.0	1.3	0.8	10.2	8.4	4.1	0.0	40.0
LEXINGTON INDEPENDENTS - DESSERTS - YOGHURT POT (strawberry ubley)	-	-	69.0	1.2	0.8	10.4	9.4	4.2	0.0	44.0
Ubley Lowfat Strawberry Yog	14469	0.1 kg	69.0	1.2	0.8	10.4	9.4	4.2	0.0	44.0
LEXINGTON INDEPENDENTS - FRUIT (primary) - MIXED FRUIT POT	-	-	36.0	0.2	0.0	8.3	8.3	0.4	1.1	5.3
Soft Fruits > Grapes Black Seedless 1Kg	102448K	5.71 g	3.4	0.0	0.0	0.9	0.9	0.0	0.1	0.1
Soft Fruits > Grapes White Seedless 1Kg	102450K	5.71 g	3.4	0.0	0.0	0.9	0.9	0.0	0.1	0.1
Melons > Melon Water	119015S	11.43 g	3.5	0.0	0.0	0.8	0.8	0.1	0.0	0.2
Melons > Melon Honeydew 6's 1Ind	117787S	11.43 g	3.2	0.0	0.0	0.8	0.8	0.1	0.1	3.7
Soft Fruits > Kiwi 6Ind	119095S	0.14 ea	5.6	0.1	0.0	1.2	1.2	0.1	0.3	0.5
Speciality Fruit > Pineapple Large 1Ind	102005S	37.29 g	16.8	0.0	0.0	3.8	3.8	0.1	0.6	0.7
LEXINGTON INDEPENDENTS - JACKETS (primary) - BAKED POTATO (50'S)	-	-	135.0	2.8	0.2	25.8	0.9	3.1	2.6	70.2
Potatoes > Potato Jacket 50's 15Kg	121785C	0.5 ea	112.5	0.3	0.0	25.8	0.9	3.1	2.6	10.5
Everyday Favourites Extended Life Vegetable	03444	2.5 ml	22.5	2.5	0.2	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Table Salt	60726	0.15 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	59.7
LEXINGTON INDEPENDENTS - JACKETS - BAKED BEANS	-	-	86.0	0.4	0.1	14.5	5.5	4.2	3.7	296.0
Everyday Favourites Baked Beans	03334	0.1 kg	86.0	0.4	0.1	14.5	5.5	4.2	3.7	296.0
LEXINGTON INDEPENDENTS - JACKETS - GRATED CHEESE	-	-	166.0	13.7	8.5	0.7	0.0	10.0	0.0	298.0
Everyday Favourites Grated Mild White	29714	40 g	166.0	13.7	8.5	0.7	0.0	10.0	0.0	298.0
LEXINGTON INDEPENDENTS - SALAD BAR - BEETROOT	-	-	15.5	0.3	0.1	3.3	2.1	0.4	0.9	0.0
Beetroot Sliced In Water	84730	50 g	15.5	0.3	0.1	3.3	2.1	0.4	0.9	0.0
LEXINGTON INDEPENDENTS - SALAD BAR - CUCUMBER SLICES	-	-	5.0	0.1	0.0	0.8	0.7	0.4	0.4	1.5
Protected crops > Cucumber 12's 1Ind	117796S	50 g	5.0	0.1	0.0	0.8	0.7	0.4	0.4	1.5
LEXINGTON INDEPENDENTS - SALAD BAR -	-	-	17.5	0.2	0.1	4.0	3.7	0.3	1.6	12.5

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: THURSDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
GRATED CARROT										
Root Vegetables > Carrot 1Kg	102485K	50 g	17.5	0.2	0.1	4.0	3.7	0.3	1.6	12.5
LEXINGTON INDEPENDENTS - SALAD BAR - MIXED LEAVES										
Salad Leaves > Lettuce Iceberg Imported 1Ind	117783S	20 g	2.6	0.1	0.0	0.4	0.4	0.1	0.2	0.4
Salad Leaves > Lettuce Radicchio 1Ind	119092S	10 g	1.4	0.1	0.0	0.2	0.2	0.1	0.1	0.3
Herbs > Herb Rocket 100g	117925S	10 g	1.7	0.1	0.0	0.2	0.2	0.0	0.0	0.0
Salad Leaves > Spinach Baby 250g	119093S	10 g	2.5	0.1	0.0	0.2	0.2	0.3	0.3	14.0
LEXINGTON INDEPENDENTS - SALAD BAR - RAINBOW PEPPERS										
Protected crops > Peppers Green 5Kg	119075C	16.67 g	2.5	0.0	0.0	0.4	0.4	0.1	0.4	0.7
Protected crops > Peppers Red 5Kg	119077C	16.67 g	5.3	0.1	0.0	1.1	1.0	0.2	0.4	0.7
Protected crops > Peppers Yellow	119078C	16.67 g	4.3	0.0	0.0	0.9	0.8	0.2	0.4	0.7
LEXINGTON INDEPENDENTS - SALAD BAR - SLAW (REGULAR)										
Brassica > Cabbage White (Minimum 2Kg) 1Kg	113721K	25 g	6.8	0.1	0.0	1.3	1.2	0.4	0.7	1.8
Root Vegetables > Carrot 1Kg	102485K	10 g	3.5	0.0	0.0	0.8	0.7	0.1	0.3	2.5
Alliums > Onion Medium 1Kg	102493K	5 g	1.8	0.0	0.0	0.4	0.3	0.1	0.1	0.2
Herbs > Herb Parsley Flat Leaf 100g	117771S	1 g	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.3
Everyday Favourites Light Mayonnaise	04132	9 g	24.4	2.4	0.3	0.7	0.3	0.0	0.0	40.9
LEXINGTON INDEPENDENTS - SALAD BAR - SWEETCORN (tinned)										
Sweetcorn In Water	03570	50 g	42.5	0.8	0.2	6.7	2.4	1.4	0.0	28.0
LEXINGTON INDEPENDENTS - SALAD BAR - TOMATO WEDGES										
Protected crops > Tomato Imported 6Kg	114107C	50 g	8.5	0.2	0.1	1.6	1.6	0.4	0.7	4.5
LEXINGTON INDEPENDENTS - MAINS (primary) - ROASTED LEMON CHICKEN BREAST WITH GRAVY										
Herbs > Herb Thyme 100g	117775S	1 g	0.9	0.0	0.0	0.2	0.0	0.0	0.0	0.2
Citrus > Lemon Medium 5Ind	118978S	0.2 ea	4.8	0.1	0.0	0.8	0.8	0.3	0.4	1.3
La Espanola Pomace Olive Oil P.E.T.	00137	3 ml	22.8	2.5	0.4	0.0	0.0	0.0	0.0	0.0
Prepared Vegetables > Prepared Garlic Peeled	102048K	1.5 g	1.5	0.0	0.0	0.2	0.0	0.1	0.1	0.1
Knorr Professional Gravy Granules For Meat	17369	3 g	10.2	0.1	0.0	2.2	0.2	0.1	0.1	121.2
Tap Water	00001	50 ml	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0
Farmstead Chicken Breast Fillet Skinless 200-	83893	50 g	54.5	0.9	0.3	0.0	0.0	11.7	0.0	20.0
Independent Schools - Spiced Sweet Potato Wedges										
Speciality > Potato Sweet Orange Flesh 1Kg	102483K	150 g	130.5	0.4	0.1	31.9	8.5	1.8	4.8	60.0
La Comida Blackened Cajun Seasoning	29875	1 g	2.5	0.1	0.0	0.2	0.1	0.1	0.2	99.5

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: THURSDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Everyday Favourites Table Salt	60726	1 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	398.4
Rolloff Release Agent Cooking Oil	91991	5 ml	41.4	4.6	0.4	0.0	0.0	0.0	0.0	0.0
Lex - Independent Schools - Mains - Beetroot & Lentil Roast.	-	-	228.7	6.1	0.5	29.5	3.9	11.6	9.0	596.2
Diced Beetroot In Water	88328	40 g	12.4	0.2	0.0	2.6	1.7	0.3	0.7	0.4
Triple Lion Red Lentils	56614	40 g	143.2	0.7	0.1	20.4	0.5	10.4	6.8	1.6
Knorr Professional Concentrated Vegetable	52539	2.5 g	4.0	0.1	0.0	0.8	0.2	0.0	0.0	589.0
Tap Water	00001	80 ml	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2
Everyday Favourites Extended Life Vegetable	03444	5 ml	44.9	5.0	0.3	0.0	0.0	0.0	0.0	0.0
Alliums > Onions > White	ONW	25 g	9.0	0.0	0.0	2.0	1.4	0.3	0.5	0.7
Et Voila Garlic Puree 12X0.5Kg	22215	1 g	0.9	0.0	0.0	0.2	0.0	0.0	0.0	0.9
Protected Crops > Peppers - Mixed Kilo	PPX	20 g	6.0	0.0	0.0	1.6	0.0	0.2	0.4	0.0
Protected Crops > Peppers - Mixed Kilo	PPX	20 g	6.0	0.0	0.0	1.6	0.0	0.2	0.4	0.0
Alliums > Onion Spring 1Ind	118970S	5 g	1.1	0.0	0.0	0.1	0.1	0.1	0.1	0.3
Sage 250g (V)	SAG250G	0.2 g	0.6	0.0	0.0	0.1	0.0	0.0	0.1	0.0
Everyday Favourites Ground Black Pepper	70279	0.2 g	0.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0
Lex - Independent Schools - Dietary - Lemon Shortbread	-	-	204.9	9.2	3.4	27.5	7.5	2.6	1.0	77.9
Phase Dawn Cooking & Baking Packet	34587	12.5 g	78.7	8.7	3.2	0.1	0.1	0.0	0.0	75.0
Tate & Lyle Granulated Sugar	96886	6.25 g	25.0	0.0	0.0	6.2	6.2	0.0	0.0	0.3
Everyday Favourites Plain Flour	34079	25 g	95.2	0.3	0.1	20.2	0.1	2.3	1.0	1.0
Citrus > Lemons > Large	LEM	0.25 ea	5.9	0.1	0.0	1.0	1.0	0.3	0.0	1.6
LEXINGTON INDEPENDENTS - MAINS (primary) - BATTERED FISH	-	-	178.2	9.5	0.6	14.7	0.5	8.0	1.2	282.6
Pier 7 Msc Mini Battered Pollock Fillets 80-110G	61019	1 ea	178.2	9.5	0.6	14.7	0.5	8.0	1.2	282.6

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: FRIDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
LEXINGTON INDEPENDENTS - DESSERTS - JELLY STRAWBERRY (wibble)	-	-	13.3	0.0	0.0	8.1	3.3	0.0	0.0	5.7
Strawberry Low Sugar & Vegan Jelly Crystals	18693	9.5 g	13.3	0.0	0.0	8.1	3.3	0.0	0.0	1.9
Tap Water	00001	0.1 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
LEXINGTON INDEPENDENTS - DESSERTS - JELLY ORANGE (wibble)	-	-	13.3	0.0	0.0	8.1	3.3	0.0	0.0	5.7
Orange Low Sugar & Vegan Jelly Crystals	18688	9.5 g	13.3	0.0	0.0	8.1	3.3	0.0	0.0	1.9
Tap Water	00001	0.1 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
LEXINGTON INDEPENDENTS - DESSERTS - YOGHURT POT (peach ubley)	-	-	69.0	1.3	0.8	10.2	8.4	4.1	0.0	40.0
Ubley Low Fat Peach Yogurt	14470	0.1 kg	69.0	1.3	0.8	10.2	8.4	4.1	0.0	40.0
LEXINGTON INDEPENDENTS - DESSERTS - YOGHURT POT (strawberry ubley)	-	-	69.0	1.2	0.8	10.4	9.4	4.2	0.0	44.0
Ubley Lowfat Strawberry Yog	14469	0.1 kg	69.0	1.2	0.8	10.4	9.4	4.2	0.0	44.0
LEXINGTON INDEPENDENTS - FRUIT (primary) - MIXED FRUIT POT	-	-	36.0	0.2	0.0	8.3	8.3	0.4	1.1	5.3
Soft Fruits > Grapes Black Seedless 1Kg	102448K	5.71 g	3.4	0.0	0.0	0.9	0.9	0.0	0.1	0.1
Soft Fruits > Grapes White Seedless 1Kg	102450K	5.71 g	3.4	0.0	0.0	0.9	0.9	0.0	0.1	0.1
Melons > Melon Water	119015S	11.43 g	3.5	0.0	0.0	0.8	0.8	0.1	0.0	0.2
Melons > Melon Honeydew 6's 1Ind	117787S	11.43 g	3.2	0.0	0.0	0.8	0.8	0.1	0.1	3.7
Soft Fruits > Kiwi 6Ind	119095S	0.14 ea	5.6	0.1	0.0	1.2	1.2	0.1	0.3	0.5
Speciality Fruit > Pineapple Large 1Ind	102005S	37.29 g	16.8	0.0	0.0	3.8	3.8	0.1	0.6	0.7
LEXINGTON INDEPENDENTS - JACKETS (primary) - BAKED POTATO (50'S)	-	-	135.0	2.8	0.2	25.8	0.9	3.1	2.6	70.2
Potatoes > Potato Jacket 50's 15Kg	121785C	0.5 ea	112.5	0.3	0.0	25.8	0.9	3.1	2.6	10.5
Everyday Favourites Extended Life Vegetable	03444	2.5 ml	22.5	2.5	0.2	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Table Salt	60726	0.15 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	59.7
LEXINGTON INDEPENDENTS - JACKETS - BAKED BEANS	-	-	86.0	0.4	0.1	14.5	5.5	4.2	3.7	296.0
Everyday Favourites Baked Beans	03334	0.1 kg	86.0	0.4	0.1	14.5	5.5	4.2	3.7	296.0
LEXINGTON INDEPENDENTS - JACKETS - GRATED CHEESE	-	-	166.0	13.7	8.5	0.7	0.0	10.0	0.0	298.0
Everyday Favourites Grated Mild White	29714	40 g	166.0	13.7	8.5	0.7	0.0	10.0	0.0	298.0
LEXINGTON INDEPENDENTS - SALAD BAR - BEETROOT	-	-	15.5	0.3	0.1	3.3	2.1	0.4	0.9	0.0
Beetroot Sliced In Water	84730	50 g	15.5	0.3	0.1	3.3	2.1	0.4	0.9	0.0
LEXINGTON INDEPENDENTS - SALAD BAR - CUCUMBER SLICES	-	-	5.0	0.1	0.0	0.8	0.7	0.4	0.4	1.5
Protected crops > Cucumber 12's 1Ind	117796S	50 g	5.0	0.1	0.0	0.8	0.7	0.4	0.4	1.5
LEXINGTON INDEPENDENTS - SALAD BAR -	-	-	17.5	0.2	0.1	4.0	3.7	0.3	1.6	12.5

TRG Nutritional Information Recipe List (values per typical serving)

Menu: LEXINGTON

Course: FRIDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
GRATED CARROT										
Root Vegetables > Carrot 1Kg	102485K	50 g	17.5	0.2	0.1	4.0	3.7	0.3	1.6	12.5
LEXINGTON INDEPENDENTS - SALAD BAR - MIXED LEAVES										
Salad Leaves > Lettuce Iceberg Imported 1Ind	117783S	20 g	2.6	0.1	0.0	0.4	0.4	0.1	0.2	0.4
Salad Leaves > Lettuce Radicchio 1Ind	119092S	10 g	1.4	0.1	0.0	0.2	0.2	0.1	0.1	0.3
Herbs > Herb Rocket 100g	117925S	10 g	1.7	0.1	0.0	0.2	0.2	0.0	0.0	0.0
Salad Leaves > Spinach Baby 250g	119093S	10 g	2.5	0.1	0.0	0.2	0.2	0.3	0.3	14.0
LEXINGTON INDEPENDENTS - SALAD BAR - RAINBOW PEPPERS										
Protected crops > Peppers Green 5Kg	119075C	16.67 g	2.5	0.0	0.0	0.4	0.4	0.1	0.4	0.7
Protected crops > Peppers Red 5Kg	119077C	16.67 g	5.3	0.1	0.0	1.1	1.0	0.2	0.4	0.7
Protected crops > Peppers Yellow	119078C	16.67 g	4.3	0.0	0.0	0.9	0.8	0.2	0.4	0.7
LEXINGTON INDEPENDENTS - SALAD BAR - SLAW (REGULAR)										
Brassica > Cabbage White (Minimum 2Kg) 1Kg	113721K	25 g	6.8	0.1	0.0	1.3	1.2	0.4	0.7	1.8
Root Vegetables > Carrot 1Kg	102485K	10 g	3.5	0.0	0.0	0.8	0.7	0.1	0.3	2.5
Alliums > Onion Medium 1Kg	102493K	5 g	1.8	0.0	0.0	0.4	0.3	0.1	0.1	0.2
Herbs > Herb Parsley Flat Leaf 100g	117771S	1 g	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.3
Everyday Favourites Light Mayonnaise	04132	9 g	24.4	2.4	0.3	0.7	0.3	0.0	0.0	40.9
LEXINGTON INDEPENDENTS - SALAD BAR - SWEETCORN (tinned)										
Sweetcorn In Water	03570	50 g	42.5	0.8	0.2	6.7	2.4	1.4	0.0	28.0
LEXINGTON INDEPENDENTS - SALAD BAR - TOMATO WEDGES										
Protected crops > Tomato Imported 6Kg	114107C	50 g	8.5	0.2	0.1	1.6	1.6	0.4	0.7	4.5
LEXINGTON INDEPENDENTS - MAINS - VEGETABLE BURGERS										
Americana Mk4.5 Unseeded Burger Buns	23791	1 ea	204.8	2.8	1.0	37.2	3.7	6.9	1.7	270.3
Gluten Free Vegetable Burgers 63G	09796	1 ea	137.3	6.5	0.6	15.7	0.8	2.8	2.5	173.9
LEXINGTON INDEPENDENTS - DESSERTS - VANILLA ICE CREAM POT										
Cheshire Creameries Vanilla Ice Cream	91709	1 ea	119.0	4.8	3.1	17.0	17.0	1.8	0.1	71.4