

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

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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)
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
Lex - Independent Schools - Build Your Own Bowl - Sauce - Genovese Pesto	-	-	203.6	20.6	2.5	3.2	0.5	1.1	0.5	176.0
Everyday Favourites Green Pesto	04729	40 g	203.6	20.6	2.5	3.2	0.5	1.1	0.5	176.0
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
Lex - Independent Schools - Kids Menu - Desserts - Chocolate Mousse	-	-	142.1	2.3	1.6	28.0	22.4	2.0	0.9	129.8
Chocolate Flavour Delight Mousse	09344	35 g	142.1	2.3	1.6	28.0	22.4	2.0	0.9	126.0
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 (primary) - CHOCOLATE RICE KRISPIE CAKE	-	-	231.2	13.7	7.2	25.5	14.6	1.5	0.5	169.5
Phase Dawn Cooking & Baking Packet	34587	12.31 g	77.5	8.6	3.2	0.1	0.1	0.0	0.0	73.8
Dr. Oetker Professional Scotbloc Milk Chocolate	66086	0.02 kg	82.1	4.9	4.0	8.6	7.2	0.7	0.4	30.8
Lyle'S Golden Syrup Poly	90027	7.69 g	24.4	0.0	0.0	6.1	6.1	0.1	0.0	9.2
Kellogg'S Rice Krispies Cereal Bag Pack	61121	12.31 g	47.1	0.1	0.0	10.7	1.2	0.7	0.1	55.6

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 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 - SIDES - STEAMED CARROTS										
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										
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 LIS - KFA Main Chicken, Mushroom & Leek Pie										
Everyday Favourites Extended Life Vegetable	61312	5 ml	40.0	4.4	0.3	0.0	0.0	0.0	0.0	0.0
Alliums > Onion > Brown > Bag X 20Kg	ONSP-CS	50 g	16.0	0.1	0.0	3.5	2.5	0.5	0.8	1.3
Et Voila Garlic Puree 12X0.5Kg	22215	3 g	2.4	0.0	0.0	0.5	0.0	0.0	0.1	2.4
Tap Water	00001	0.1 l	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.6
Everyday Favourites Table Salt	60726	0.1 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	35.4

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)
Everyday Favourites Ground Black Pepper	70279	0.2 g	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.0
Everyday Favourites Puff Pastry Sheets	60756	0.13 sheets	272.0	16.4	8.6	25.6	0.3	4.6	1.6	136.4
Lion Brand Free Range Medium Eggs Ev Fav	09126	0.1 ea	6.6	0.5	0.1	0.0	0.0	0.6	0.0	7.8
Everyday Favourites Plain Flour	34079	25 g	84.8	0.3	0.1	18.0	0.1	2.0	0.9	0.9
Everyday Favourites Salted Butter 250G	01587	15 g	99.5	11.0	7.0	0.1	0.1	0.1	0.0	80.1
Milk > Milk Semi Skimmed 2Ltr	152120S	60 ml	24.6	0.9	0.6	2.5	2.5	1.8	0.0	23.0
Alliums > Leek > Kg	LK-KG	25 g	4.9	0.1	0.0	0.6	0.5	0.4	0.7	0.4
Herbs > Herb Tarragon 100g	117774S	2 g	0.9	0.0	0.0	0.1	0.0	0.1	0.0	0.2
UK Red Tractor Diced Chicken Thigh HAL	60452FAH	100 g	89.0	0.8	0.2	0.0	0.0	20.3	0.0	427.4
Mushroom - Button 250G	BUT250	25 g	2.9	0.1	0.0	0.1	0.0	0.4	0.3	1.1
Lexington LIS - KFA Dessert Pear and Apple Crumble with Custard	-	-	278.0	8.7	3.4	45.4	24.7	3.9	1.6	91.5
Everyday Favourites Solid Pack Apple	10451	41.67 g	11.2	0.0	0.0	2.6	2.2	0.1	0.3	1.1
Everyday Favourites Pear Halves In Syrup	50358	41.67 g	18.7	0.0	0.0	4.4	3.7	0.1	0.5	0.2
Tate & Lyle Caster Sugar	16165	8.33 g	21.4	0.0	0.0	5.3	5.3	0.0	0.0	0.3
Crumble Topping - with Baking Block Margarine	-	0.83 serving	181.0	7.8	2.9	25.4	8.2	1.9	0.9	65.5
Vanilla Custard (100g Serving)	-	0.83 serving	45.6	0.9	0.6	7.6	5.2	1.8	0.0	24.5

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)
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
LEXINGTON INDEPENDENTS - MAINS (primary) - ROAST GAMMON	-	-	109.5	6.9	2.9	0.7	0.3	11.8	0.4	605.2
Bacon > Gammon Boneless Halves > 3-4Kg -	94934	0.07 kg	109.5	6.9	2.9	0.7	0.3	11.8	0.4	605.2

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- Spanish Pork Meatballs in Tomato Sauce										
Snowbird Pork Meatballs 12G	57260	80 g	196.8	13.8	4.0	8.4	0.9	10.2	1.2	540.8
Alliums > Onion Red 1Kg	102497K	40 g	14.4	0.1	0.0	3.2	2.2	0.5	0.7	1.2

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)
La Espanola Pomace Olive Oil P.E.T.	00137	2 ml	15.2	1.7	0.2	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Diced Mixed Peppers	97692	40 g	9.6	0.1	0.0	1.4	1.3	0.3	0.9	1.0
Wos Smoked Paprika	18647	1 g	2.8	0.1	0.0	0.2	0.1	0.1	0.3	0.7
Cumin Powder	30158	0.5 g	1.9	0.1	0.0	0.2	0.0	0.1	0.1	0.8
Herbs > Herb Basil 100g	119007S	1 g	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.1
Independent Schools - Spaghetti	-	-	218.1	5.0	0.8	36.8	1.8	5.8	1.5	8.0
Everyday Favourites Spaghetti	70483	50 g	180.0	0.8	0.2	36.8	1.8	5.8	1.5	6.0
Tap Water	00001	50 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0
La Espanola Pomace Olive Oil P.E.T.	00137	5 ml	38.1	4.2	0.6	0.0	0.0	0.0	0.0	0.0
Independent Schools - Spaghetti with Roasted Vegetables in Herby Tomato Sauce	-	-	416.5	10.9	4.6	60.1	5.3	18.0	6.3	439.8
Everyday Favourites Extended Life Vegetable	61312	1.88 ml	16.9	1.9	0.1	0.0	0.0	0.0	0.0	0.0
Alliums > Onion Medium 1Kg	102493K	9.38 g	3.4	0.0	0.0	0.7	0.5	0.1	0.2	0.3
Everyday Favourites Diced Mixed Peppers	97692	15.63 g	3.7	0.0	0.0	0.5	0.5	0.1	0.3	0.4
Everyday Favourites Ratatouille	04514	31.25 g	7.2	0.1	0.0	1.0	0.9	0.3	0.4	0.0
Knorr Professional Concentrated Vegetable	52539	0.63 g	1.0	0.0	0.0	0.2	0.0	0.0	0.0	147.2
Et Voila Garlic Puree 12X0.5Kg	22215	0.63 g	0.6	0.0	0.0	0.1	0.0	0.0	0.0	0.5
Canned Chopped Tomatoes In Juice	42581	93.75 g	11.2	0.1	0.0	1.9	0.0	1.0	1.4	37.5
Canned Tomato Paste	16661	6.25 g	5.1	0.0	0.0	0.8	0.8	0.3	0.3	15.0
Chick Peas In Water	04016	40 g	50.4	1.2	0.1	6.4	0.2	2.8	1.6	1.6
Everyday Favourites Mixed Herbs	70358	0.31 g	0.7	0.0	0.0	0.1	0.0	0.1	0.1	0.4
Everyday Favourites Table Salt	60726	0.19 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	74.7
Everyday Favourites Ground Black Pepper	70279	0.13 g	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Spaghetti	70483	65 g	234.0	1.0	0.2	47.8	2.3	7.5	1.9	7.8
Tap Water For RI Purposes	00002	65 ml	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.6
Everyday Favourites Grated Mozzarella & Mild	29716	25 g	82.0	6.6	4.1	0.4	0.0	5.8	0.0	151.7
Lex - Independent Schools - Nursery - Plain Steamed Carrots	-	-	25.6	0.2	0.1	5.7	5.4	0.5	2.4	18.4
Root Vegetables > Carrot 1Kg	102485K	72 g	25.2	0.2	0.1	5.7	5.3	0.4	2.3	18.0
Herbs > Herb Parsley Curly Leaf 200g	120665S	1.2 g	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.4
LEXINGTON INDEPENDENTS - DESSERTS (primary) - LEMON POSSET	-	-	327.7	27.5	17.1	19.2	19.2	1.1	0.4	6.1
Tate & Lyle Caster Sugar	16165	17.5 g	70.0	0.0	0.0	17.5	17.5	0.0	0.0	0.9
Cream > Cream Double 2Ltr	152118S	50 ml	253.0	27.4	17.0	0.9	0.9	0.8	0.0	4.0
Citrus > Lemon Medium 5Ind	118978S	0.2 ea	4.7	0.1	0.0	0.8	0.8	0.2	0.4	1.2

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 - 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
Lex - Independent Schools - Nursery - Fish Fingers										
Everyday Favourites 25G Breaded Cod Fillet	06433	2 ea	96.0	4.0	0.5	9.3	0.9	6.1	0.5	157.0
Lex - Independent Schools - Mains - Quorn Fishless Fingers										
Quorn Vegan Fishless Fingers	38126	50 g	107.0	3.9	0.3	14.5	0.8	2.3	2.1	260.0
LEXINGTON INDEPENDENTS - SIDES - CHIP SHOP CHIPS										
Everyday Favourites Extended Life Vegetable Thick Cut Fries 14mm	03444 76904	12 ml 0.12 kg	107.9 175.2	12.0 5.0	0.8 0.6	0.0 28.8	0.0 0.2	0.0 2.6	0.0 2.2	0.0 201.6
Lex - Independent Schools - Kids Menu - Hot										
	-	-	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: FRIDAY

Name	Product Code	Quantity	Energy (kcal)	Fat (g)	saturates (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Meals - Sides - Peas										
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