

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

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)
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

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 - 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 - Nursery - Oven Baked Macaroni Cheese	-	-	258.2	7.5	3.5	38.0	5.4	9.4	1.7	194.1
Organic Dried Pasta Macaroni..	35467	40 g	144.0	0.6	0.1	29.4	1.4	4.6	1.2	4.0
Tap Water For RI Purposes	00002	40 ml	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
Alliums > Onion Medium 1Kg	102493K	13.33 g	4.8	0.0	0.0	1.1	0.7	0.2	0.2	0.4
Phase Dawn Cooking & Baking Packet	34587	5 g	31.5	3.5	1.3	0.0	0.0	0.0	0.0	30.0
Everyday Favourites Plain Flour	34079	5 g	19.0	0.1	0.0	4.0	0.0	0.5	0.2	0.2
Knorr Professional Concentrated Vegetable	52539	0.33 g	0.5	0.0	0.0	0.1	0.0	0.0	0.0	78.5
Milk > Milk Semi Skimmed 2Ltr	152120S	66.67 ml	30.7	1.1	0.7	3.1	3.1	2.3	0.0	28.7
Everyday Favourites Mixed Herbs	70358	0.07 g	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Everyday Favourites Ground Black Pepper	70279	0.07 g	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Grated Mozzarella & Mild	29716	8.33 g	27.3	2.2	1.4	0.1	0.0	1.9	0.0	50.6
LEXINGTON INDEPENDENTS - DESSERTS - LEMON AND POPPY SEED SPONGE	-	-	226.5	11.3	3.8	28.1	17.0	3.0	1.0	144.2
Tate & Lyle Caster Sugar	16165	12.5 g	50.0	0.0	0.0	12.5	12.5	0.0	0.0	0.6
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
Lion Brand Free Range Medium Eggs Ev Fav	09126	0.2 ea	14.9	1.0	0.3	0.0	0.0	1.4	0.0	17.6
Everyday Favourites Self Raising Flour	34080	12.5 g	47.0	0.2	0.0	9.9	0.1	1.1	0.5	42.7
Arco Lemon Juice Dressing	07313	2 ml	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Poppy Seeds	70383	2.5 g	13.1	1.0	0.1	0.7	0.1	0.4	0.5	0.6
Everyday Favourites Lemon Curd	41199	7.5 g	22.4	0.3	0.1	4.8	4.2	0.0	0.0	7.5
Tap Water	00001	2.5 ml	0.0	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: 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

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)
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) - CUMBERLAND SAUSAGES										
Cumberland Pork Sausage 8S	13240	56.75 g	130.5	8.8	2.6	6.0	0.2	6.8	0.3	385.9
Lex - Independent Schools - Mains - Sausage & Mash (bidfood Pork Sausage)										
Sausages > Cumberland Sausage Meat 70%	91222	168 g	320.9	22.0	7.7	2.7	1.0	26.9	2.2	692.2
Lex - Independent Schools - Sides - Mashed	-	1 serving	165.0	5.3	1.2	27.5	1.0	3.4	2.8	130.8
Lex - Independent Schools - Sub Recipes - Red	-	1 serving	90.1	5.4	0.5	9.4	3.7	1.2	1.1	382.3
Lex - Independent Schools - Mains - Courgette & Pepper Frittata										
Lion Brand Free Range Medium Eggs Ev Fav	09126	1.88 ea	140.0	9.6	2.7	0.0	0.0	13.5	0.0	164.6
Meadowland Double 1L	18373	21.88 ml	71.3	6.8	6.3	1.0	0.8	0.5	0.0	11.4
Everyday Favourites Grated Mozzarella & Mild	29716	12.5 g	41.0	3.3	2.1	0.2	0.0	2.9	0.0	75.9
Protected Crops > Courgettes > Green	CGT	6.25 g	1.1	0.0	0.0	0.2	0.1	0.1	0.1	0.7

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)
Protected Crops > Aubergines	AUB	6.25 g	1.2	0.1	0.0	1.6	0.7	0.3	1.0	0.6
Protected Crops > Peppers - Mixed Kilo	PPX	6.25 g	1.9	0.0	0.0	0.5	0.0	0.1	0.1	0.0
Potatoes > Potato > Mids > Washed	PNM	6.25 g	5.0	0.0	0.0	1.6	0.0	0.2	0.2	0.0
Protected Crops > Tomatoes > Mm	TSA	6.25 g	1.1	0.0	0.0	0.2	0.2	0.0	0.1	0.8
Everyday Favourites Table Salt	60726	0.13 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	49.8
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
Lex Independent - Sweetcorn & Peas	-	-	32.8	0.5	0.1	5.1	0.9	1.9	1.3	0.2
Everyday Favourites Individually Quick Frozen	98441	20 g	19.0	0.4	0.1	3.1	0.4	0.7	0.3	0.2
Yorkshire Garden Peas Red Tractor certified	15599	20 g	13.8	0.2	0.1	1.9	0.5	1.2	1.0	0.0
Lex - Independent Schools - Desserts - Carrot Cake	-	-	184.8	9.7	1.4	21.7	15.3	2.5	0.8	70.9
Everyday Favourites Extended Life Vegetable	61312	7.67 ml	68.9	7.7	0.5	0.0	0.0	0.0	0.0	0.0
Ubley Low Fat Natural Yoghurt	14471	3.33 g	2.1	0.1	0.0	0.3	0.3	0.2	0.0	2.7
Lion Brand Free Range Medium Eggs Ev Fav	09126	0.13 ea	10.0	0.7	0.2	0.0	0.0	1.0	0.0	11.7
Everyday Favourites Self Raising Flour	42019	8.83 g	30.5	0.1	0.0	6.3	0.1	0.9	0.3	29.3
Tate & Lyle Light Soft Brown Sugar	66032	11.17 g	43.8	0.0	0.0	10.9	10.9	0.0	0.0	0.0
Everyday Favourites Ground Cinnamon	70371	0.27 g	0.6	0.0	0.0	0.1	0.0	0.0	0.1	0.0
Everyday Favourites Ground Nutmeg	70376	0.13 g	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Sultanas	19897	3.33 g	9.9	0.0	0.0	2.3	2.3	0.1	0.1	0.6
Everyday Favourites Luxury Full Fat Soft	09339	4.17 g	11.6	1.0	0.7	0.2	0.2	0.3	0.0	22.8
Tate & Lyle Icing Sugar	15792	0.83 g	3.3	0.0	0.0	0.8	0.8	0.0	0.0	0.1
Root Vegetables > Carrots	CRT	8.83 g	2.7	0.0	0.0	0.5	0.5	0.1	0.3	3.5
Citrus > Oranges > Large	ORL	0.02 ea	1.0	0.0	0.0	0.2	0.2	0.0	0.1	0.1

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 - 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										
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										
Quorn Roast	55705	78 g	70.2	0.8	0.4	1.6	0.2	11.9	4.1	218.4

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)
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
Independent Schools - Protein Pots- Half Roast Chicken Breast- 5.5oz Pot	-	-	100.3	2.5	0.6	0.1	0.0	19.4	0.0	73.3
Farmstead Chicken Breast Fillet Skinless 200-	83893	83.33 g	90.8	1.5	0.5	0.0	0.0	19.4	0.0	33.3
Everyday Favourites Extended Life Vegetable	61312	1 ml	9.0	1.0	0.1	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Table Salt	60726	0.1 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	39.8
Everyday Favourites Ground Black Pepper	70279	0.1 g	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Mixed Herbs	70358	0.1 g	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1
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
Lex - Independent Schools - Nursery - Desserts - Fruity Flapjack	-	-	353.7	15.6	5.6	48.4	29.1	3.7	2.7	151.9
Phase Dawn Cooking & Baking Packet	34587	20.83 g	131.3	14.6	5.4	0.1	0.1	0.0	0.0	125.0
Tate & Lyle Caster Sugar	16165	8.33 g	33.3	0.0	0.0	8.3	8.3	0.0	0.0	0.4
Lyle'S Golden Syrup Poly	90027	16.67 g	52.8	0.0	0.0	13.2	13.2	0.1	0.0	20.0
White'S Porridge Oat Flakes	10739	20.83 g	73.8	0.9	0.1	12.9	0.2	2.5	2.2	4.2
Everyday Favourites Plain Flour	34079	8.33 g	31.8	0.1	0.0	6.7	0.1	0.8	0.3	0.3
Everyday Favourites Raisins	19895	10.42 g	30.8	0.0	0.0	7.2	7.2	0.3	0.2	2.0

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										
-	-	-	8.2	0.2	0.0	0.9	0.9	0.5	0.6	14.7
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										
-	-	-	12.2	0.2	0.0	2.4	2.3	0.5	1.1	2.0
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)										
-	-	-	36.8	2.5	0.3	3.1	2.5	0.5	1.2	45.6
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)										
-	-	-	42.5	0.8	0.2	6.7	2.4	1.4	0.0	28.0
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										
-	-	-	8.5	0.2	0.1	1.6	1.6	0.4	0.7	4.5
Protected crops > Tomato Imported 6Kg	114107C	50 g	8.5	0.2	0.1	1.6	1.6	0.4	0.7	4.5
Independent Schools - Mediterranean Vegetable Lasagne										
-	-	-	406.2	11.2	4.2	59.9	11.6	15.4	5.3	313.4
Alliums > Onion Medium 1Kg	102493K	18.75 g	6.7	0.0	0.0	1.5	1.0	0.2	0.4	0.6
Root Vegetables > Carrot 1Kg	102485K	18.75 g	6.6	0.1	0.0	1.5	1.4	0.1	0.6	4.7
Everyday Favourites Extended Life Vegetable	61312	3.13 ml	28.1	3.1	0.2	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Ratatouille	04514	56.25 g	12.9	0.2	0.1	1.9	1.7	0.6	0.7	0.0
Everyday Favourites Table Salt	60726	0.31 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	124.4
Everyday Favourites Ground Black Pepper	70279	0.19 g	0.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0
Canned Chopped Tomatoes In Juice	42581	37.5 g	4.5	0.0	0.0	0.7	0.0	0.4	0.6	15.0
Et Voila Garlic Puree 12X0.5Kg	22215	1.56 g	1.4	0.0	0.0	0.3	0.0	0.0	0.1	1.4
Canned Tomato Paste	16661	15.63 g	12.8	0.0	0.0	2.1	2.1	0.7	0.7	37.5
Everyday Favourites Dry Oregano	30142	0.31 g	0.8	0.0	0.0	0.1	0.0	0.0	0.1	0.1
Everyday Favourites Basil	70350	0.31 g	0.8	0.0	0.0	0.0	0.0	0.1	0.1	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)
Tap Water	00001	35 ml	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4
Everyday Favourites Italian Lasagne Sheets	21476	62.5 g	225.0	0.9	0.2	45.6	2.0	7.5	1.9	2.5
Phase Dawn Cooking & Baking Packet	34587	3.13 g	19.7	2.2	0.8	0.0	0.0	0.0	0.0	18.7
Mushroom > Mushroom Button 1Kg	102812K	6.25 g	0.8	0.0	0.0	0.0	0.0	0.1	0.1	0.3
Everyday Favourites Plain Flour	34079	3.13 g	11.9	0.0	0.0	2.5	0.0	0.3	0.1	0.1
Milk > Milk Semi Skimmed 2Ltr	152120S	71 ml	32.7	1.2	0.8	3.3	3.3	2.4	0.0	30.5
Everyday Favourites Grated Mozzarella & Mild	29716	12.5 g	41.0	3.3	2.1	0.2	0.0	2.9	0.0	75.9
LEXINGTON INDEPENDENTS - MAINS (primary) - - BEEF LASAGNE	-	-	314.8	11.3	4.8	37.4	5.2	14.9	2.9	333.0
Beef > Minced Beef 85VI > Red Tractor > 2.5Kg	98639	33.33 g	81.7	6.3	2.7	0.0	0.0	6.2	0.0	26.3
Triple Lion Red Lentils	56614	5.33 g	19.1	0.1	0.0	2.7	0.1	1.4	0.9	0.2
Tap Water For RI Purposes	00002	5.33 ml	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
Alliums > Onion Medium 1Kg	102493K	13.33 g	4.8	0.0	0.0	1.1	0.7	0.2	0.2	0.4
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	16.67 g	2.0	0.0	0.0	0.3	0.0	0.2	0.3	6.7
Canned Tomato Paste	16661	5 g	4.1	0.0	0.0	0.7	0.7	0.2	0.2	12.0
Everyday Favourites Mixed Herbs	70358	0.17 g	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.2
Knorr Professional Concentrated Vegetable	52539	0.33 g	0.5	0.0	0.0	0.1	0.0	0.0	0.0	78.5
Tap Water	00001	50 ml	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0
Knorr Professional Gravy Granules For Meat	17369	2.83 g	9.7	0.1	0.0	2.1	0.2	0.1	0.0	114.5
Everyday Favourites Italian Lasagne Sheets	21476	34.67 g	124.8	0.5	0.1	25.3	1.1	4.2	1.0	1.4
Phase Dawn Cooking & Baking Packet	34587	2.5 g	15.7	1.7	0.6	0.0	0.0	0.0	0.0	15.0
Everyday Favourites Plain Flour	34079	2.5 g	9.5	0.0	0.0	2.0	0.0	0.2	0.1	0.1
Milk > Milk Semi Skimmed 2Ltr	152120S	50 ml	23.0	0.9	0.5	2.4	2.4	1.7	0.0	21.5
Grated Mild White Blend	92596	5.33 g	18.7	1.6	0.8	0.5	0.0	0.6	0.0	53.3
Lex - Independent Schools - Sides - Bought In Garlic Bread Slice	-	-	99.6	5.0	2.5	11.0	1.0	2.2	0.7	97.5
Everyday Favourites Garlic & Herb Slices	04216	1 ea	99.6	5.0	2.5	11.0	1.0	2.2	0.7	97.5
Lex Independent - Roasted Root Vegetables	-	-	108.0	10.1	0.7	2.2	2.5	0.5	1.4	52.0
Alliums > Onions > Red	ONR	10 g	3.6	0.0	0.0	0.8	0.6	0.1	0.2	0.3
Root Vegetables > Carrots	CRT	10 g	3.0	0.0	0.0	0.6	0.6	0.1	0.3	4.0
Root Vegetables > Parsnips	PSN	10 g	7.6	0.0	0.0	0.0	0.6	0.2	0.6	1.3
Root Vegetables > Beetroot > Raw	BRR	10 g	3.6	0.0	0.0	0.8	0.7	0.2	0.2	6.6
Everyday Favourites Extended Life Vegetable	61312	10 ml	89.9	10.0	0.7	0.0	0.0	0.0	0.0	0.0
Everyday Favourites Table Salt	60726	0.1 g	0.0	0.0	0.0	0.0	0.0	0.0	0.0	39.8
Everyday Favourites Cracked Black Peppercorn	50396	0.1 g	0.3	0.0	0.0	0.0	0.0	0.0	0.0	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)
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
LEXINGTON INDEPENDENTS - SIDES - CHIP SHOP CHIPS										
Everyday Favourites Extended Life Vegetable	03444	12 ml	107.9	12.0	0.8	0.0	0.0	0.0	0.0	0.0
Thick Cut Fries 14mm	76904	0.12 kg	175.2	5.0	0.6	28.8	0.2	2.6	2.2	201.6
Lex - Independent Schools - Kids Menu - Hot 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
LEXINGTON INDEPENDENTS - MAINS - MARGHERITA PIZZA										
La Pizzeria Di Capri Woodfired Pizza Base With	09622	81.67 g	187.0	4.1	0.8	31.9	3.3	4.9	1.6	735.0
Everyday Favourites Grated Mild White	29714	50 g	207.5	17.1	10.7	0.9	0.1	12.5	0.0	372.5

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)
LEXINGTON INDEPENDENTS - MAINS - PEPPERONI PIZZA	-	-	559.8	38.7	20.8	25.5	2.7	26.3	1.2	1410.0
La Pizzeria Di Capri Woodfired Pizza Base With	09622	61.25 g	140.3	3.1	0.6	23.9	2.4	3.7	1.2	551.2
Tasty Toppers lqf Pepperoni Slices	74700	25 g	108.2	10.0	4.2	0.3	0.2	4.0	0.0	300.0
Everyday Favourites Grated Mild White	29714	75 g	311.2	25.6	16.0	1.3	0.1	18.7	0.0	558.7