

MONDAY		
Meal	Selection	Code
Lunch option 1	Tomato, Lentil & Sweet Potato Crumble	324945
Lunch option 2	Vegetarian Tikka Masala	324743
Lunch option 3	Macaroni Cheese	324977
Vegetable	Broccoli	324740
Vegetable	Carrot Tips	324760
Potato / Rice	Saute Potatoes	324745
Potato / Rice	Basmati Yellow Rice	324916
Potato / Rice	#N/A	
Dessert	Hot Chocolate Brownie	324898
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

TUESDAY		
Meal	Selection	Code
Lunch option 1	Tuna Pasta Bake	324508
Lunch option 2	Vegetable Lasagne	324703
Lunch option 3	Chicken Goujons	324440
Vegetable	Peas	324756
Vegetable	Sweetcorn	324775
Potato / Rice	#N/A	
Potato / Rice	Croquette Potatoes	324754
Potato / Rice	Croquette Potatoes	324754
Dessert	Pineapple Sponge	324851
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

WEDNESDAY		
Meal	Selection	Code
Lunch option 1	Premium Roast Beef in Gravy	324141
Lunch option 2	Bean Chilli	324943
Lunch option 3	Sausages	324607
Vegetable	Carrot Tips	324760
Vegetable	Cauliflower	324758
Potato / Rice	Golden Roasting Potatoes	324780
Potato / Rice	Wholegrain Rice	324976
Potato / Rice	Mashed Potato	324787
Dessert	Pineapple Sponge	324851
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

THURSDAY		
Meal	Selection	Code
Lunch option 1	Pork Meatballs in Tomato Sauce	324626
Lunch option 2	Potato Cheese & Leek Bake	324713
Lunch option 3	Beef Bolognaise Sauce	324146
Vegetable	Sweetcorn	324775
Vegetable	Peas	324756
Potato / Rice	Penne Pasta	324971
Potato / Rice	Croquette Potatoes	324754
Potato / Rice	Penne Pasta	324971
Dessert	Clotted Cream Rice Pudding	324839
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

FRIDAY		
Meal	Selection	Code
Lunch option 1	Tomato and Paprika Chicken	324467
Lunch option 2	Moroccan Bean Casserole	324906
Lunch option 3	Breaded Cod	324505
Vegetable	Peas	324756
Vegetable	Baked Beans	324769
Potato / Rice	Wholegrain Rice	324976
Potato / Rice	Baked Potato Wedges	324789
Potato / Rice	Oven Chips	324972
Dessert	Raspberry Ripple in Clotted Cream Ice Cream	292152
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

WEEK 3 TOTALS

TOTAL WEEKLY AVERAGE
Jersey Food Standards (School Lunches) - KS1
Jersey Food Standards (School Lunches) - KS2

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
144.0	217.4	10.1	2.0	23.0	3.9	7.5	319.7
125.0	113.8	4.9	1.5	7.8	4.9	8.1	255.0
226.7	326.4	12.9	7.7	38.5	5.0	14.1	376.3
48.0	18.2	0.4	0.1	0.9	0.7	2.1	3.8
53.3	19.2	0.3	0.1	3.2	3.0	0.4	21.3
60.0	81.0	2.4	0.3	12.6	0.5	1.5	18.0
90.0	104.4	0.6	0.2	21.6	1.5	2.6	67.5
62.7	265.7	15.0	6.1	28.8	23.8	3.3	222.5

252	317	13	2	37	5	11	342
263	236	6	2	30	7	13	326
335	345	16	8	52	6	18	398

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
176.3	227.4	9.0	1.8	24.7	4.8	11.1	283.8
150.0	213.0	11.9	4.8	18.0	5.0	8.3	232.5
84.0	184.8	10.9	2.3	10.1	0.8	10.1	361.2
60.0	46.8	0.5	0.1	5.6	1.6	3.4	1.8
60.0	60.6	1.1	0.1	10.2	1.2	2.0	0.6
60.0	116.4	5.2	0.5	15.0	0.7	1.4	316.8
60.0	116.4	5.2	0.5	15.0	1.5	1.4	316.8
64.6	186.0	7.1	0.6	29.1	20.7	1.4	74.3

236	288	10	2	35	6	13	284
270	390	18	5	43	7	12	550
204	362	17	3	35	3	14	679

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
142.5	112.6	3.1	1.0	5.3	0.5	15.7	557.2
132.5	114.0	1.3	0.1	17.2	2.8	6.1	205.4
80.0	198.4	12.0	3.7	13.6	1.5	9.6	463.2
53.3	19.2	0.3	0.1	3.2	3.0	0.4	21.3
60.0	13.8	0.3	0.1	1.2	0.9	1.2	4.2
100.0	121.0	2.5	0.3	21.0	0.5	2.4	129.0
60.0	101.4	0.8	0.1	21.0	1.5	1.9	0.6
100.0	122.0	6.9	1.3	13.0	2.5	1.7	94.0
64.6	186.0	7.1	0.6	29.1	20.7	1.4	74.3

296	253	6	1	29	4	18	708
286	235	2	0	41	7	8	227
233	340	19	5	30	7	12	579

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
188.3	267.4	16.0	3.4	16.4	4.7	13.2	582.0
135.0	213.3	12.6	6.2	14.9	2.6	8.8	284.9
120.0	128.4	6.5	2.8	4.2	2.0	13.2	200.4
60.0	60.6	1.1	0.1	10.2	1.2	2.0	0.6
60.0	46.8	0.5	0.1	5.6	1.6	3.4	1.8
120.0	220.8	5.6	0.6	34.8	0.5	7.1	16.8
60.0	116.4	5.2	0.5	15.0	-0.5	1.4	316.8
120.0	220.8	5.6	0.6	34.8	0.5	7.1	16.8
93.3	219.3	15.9	9.3	15.9	8.7	3.2	53.2

368	549	23	4	61	6	22	599
315	390	14	6	25	4	11	285
300	410	13	3	49	4	22	218

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
120.0	102.0	2.8	0.4	7.8	3.6	10.9	243.6
132.5	133.8	3.0	0.3	17.2	7.6	6.6	137.8
100.0	230.0	8.9	0.6	25.0	<0.5	12.0	280.0
60.0	46.8	0.5	0.1	5.6	1.6	3.4	1.8
100.0	79.0	0.5	0.1	12.0	4.5	4.5	193.0
60.0	101.4	0.8	0.1	21.0	-0.5	1.9	0.6
100.0	120.0	3.5	0.4	19.0	0.5	2.2	20.0
100.0	146.0	4.2	0.5	24.0	0.5	2.2	168.0
100.0	266.0	17.0	10.0	25.0	24.0	3.9	55.0

280	282	4	1	41	8	17	437
333	333	7	1	48	13	13	351
260	455	14	1	61	5	19	641

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
	346	12	3	41	6	15	442
	489	19	6	65	6	6	353
	557	21.6	6.8	74.2	7.2	8.5	588