

MONDAY		
Meal	Selection	Code
Lunch option 1	Katsu Curry	324951
Lunch option 2	Vegetable Quiche	324935
Lunch option 3	Macaroni Cheese	324977
Vegetable	Broccoli	324740
Vegetable	Carrot Tips	324760
Potato / Rice	White Rice	324765
Potato / Rice	Saute Potatoes	324745
Potato / Rice		
Dessert	Sticky Toffee Pudding	324840
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

TUESDAY		
Meal	Selection	Code
Lunch option 1	Fish Pie	324529
Lunch option 2	Bean Chilli	324943
Lunch option 3	Chicken Goujons	324440
Vegetable	Peas	324756
Vegetable	Sweetcorn	324775
Potato / Rice	Mashed Potato	324787
Potato / Rice	Wholegrain Rice	324976
Potato / Rice	Croquette Potatoes	324754
Dessert	Lemon Flavoured Sponge	324867
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

WEDNESDAY		
Meal	Selection	Code
Lunch option 1	Beef Lasagne	324101
Lunch option 2	Tomato & Chickpea Gratin	324980
Lunch option 3	Sausages	324607
Vegetable	Carrot Tips	324760
Vegetable	Cauliflower	324758
Potato / Rice	Croquette Potatoes	324754
Potato / Rice	Croquette Potatoes	324754
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	Chicken Curry	324423
Lunch option 2	Cauliflower, Spinach & Lentil Curry	324944
Lunch option 3	Beef Bolognese Sauce	324146
Vegetable	Sweetcorn	324775
Vegetable	Peas	324756
Potato / Rice	Vegetable Rice	324779
Potato / Rice	Wholegrain Rice	324976
Potato / Rice	Penne Pasta	324971
Dessert	Somerset Apple Cake	324842
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

FRIDAY		
Meal	Selection	Code
Lunch option 1	Steak Pie with Flaky Pastry Top	324133
Lunch option 2	Tempeh, Spinach & Sweet Potato Hotpot	324966
Lunch option 3	Breaded Cod	324505
Vegetable	Baked Beans	324769
Vegetable	peas	324756
Potato / Rice	Oven Chips	324972
Potato / Rice	Oven Chips	324972
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 1 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)
120.0	180.0	13.2	2.8	7.4	3.7	7.3	198.0
118.0	297.4	20.1	9.3	17.7	3.5	11.8	397.7
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
120.0	175.2	1.6	0.4	37.2	0.5	3.1	1.2
60.0	81.0	2.4	0.3	12.6	0.5	1.5	18.0
76.7	262.2	12.3	7.7	35.3	25.3	2.5	215.4

288	373	15	3	46	5	13	203
226	397	23	10	31	5	15	420
280	346	13	8	42	8	14	398

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
160.0	219.2	11.5	3.5	15.2	5.3	12.8	395.2
132.5	114.0	1.3	0.1	17.2	2.8	6.1	205.4
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
100.0	122.0	6.9	1.3	13.0	0.7	1.7	94.0
60.0	101.4	0.8	0.1	21.0	1.5	1.9	0.6
60.0	116.4	5.2	0.5	15.0	0.7	1.4	316.8
64.6	190.5	8.4	1.1	27.1	17.4	1.4	87.8

320	402	20	5	38	7	17	490
253	276	3	0	48	5	10	207
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)
160.0	288.0	15.7	6.6	20.8	4.5	15.7	396.8
150.0	213.0	12.9	2.1	14.3	2.9	8.9	366.0
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
60.0	116.4	5.2	0.5	15.0	-0.5	1.4	316.8
60.0	116.4	5.2	0.5	15.0	0.5	1.4	316.8
100.0	122.0	6.9	1.3	13.0	0.5	1.7	94.0
64.6	186.0	7.1	0.6	29.1	20.7	1.4	74.3

273	424	21	7	39	7	17	735
263	349	18	3	32	6	11	704
233	340	19	5	30	5	12	579

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
113.3	115.6	3.5	0.7	10.2	5.9	10.5	298.1
135.6	119.3	4.1	2.0	13.3	2.7	6.0	246.8
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
100.0	161.0	8.7	0.7	18.0	-0.5	2.1	122.0
60.0	101.4	0.8	0.1	21.0	0.5	1.9	0.6
120.0	220.8	5.6	0.6	34.8	0.5	7.1	16.8
75.0	183.8	6.4	2.3	28.5	15.0	2.5	197.3

273	337	13	2	38	7	15	421
256	281	6	2	44	4	10	248
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)
130.0	218.4	12.0	4.7	14.3	3.8	12.2	288.6
144.0	216.0	11.4	2.0	17.3	5.3	9.1	240.5
100.0	230.0	8.9	0.6	25.0	0.5	12.0	280.0
100.0	79.0	0.5	0.1	12.0	4.5	4.5	193.0
60.0	46.8	0.5	0.1	5.6	1.6	3.4	1.8
100.0	146.0	4.2	0.5	24.0	0.5	2.2	168.0
100.0	146.0	4.2	0.5	24.0	1.5	2.2	168.0
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

330	443	17	5	50	9	19	650
344	441	16	3	53	10	16	601
260	455	14	1	55	3	18	450

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
	376	15	4	43	6	15	456
	489	19	6	65	6	6	353
	557	21.6	6.8	74.2	7.2	8.5	588