

MONDAY		
Meal	Selection	Code
Lunch option 1	Vegetarian Cottage Pie	324708
Lunch option 2	Chickpea & Apricot Tagine	324981
Lunch option 3	Macaroni Cheese	324977
Vegetable	Broccoli	324740
Vegetable	Carrot Tips	324760
Potato / Rice	Colcannon Mash	324909
Potato / Rice	Wholegrain Rice	324976
Potato / Rice		
Dessert	Chocolate Chip Sponge	324806
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

TUESDAY		
Meal	Selection	Code
Lunch option 1	Salmon Crumble	324513
Lunch option 2	Lentil Bolognaise	324979
Lunch option 3	Chicken Goujons	324440
Vegetable	Peas	324756
Vegetable	Sweetcorn	324775
Potato / Rice	Croquette Potatoes	324754
Potato / Rice	Penne Pasta	324971
Potato / Rice	Croquette Potatoes	324754
Dessert	Cooked Apricots	324861
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

WEDNESDAY		
Meal	Selection	Code
Lunch option 1	Sliced Roast Chicken in Gravy	324445
Lunch option 2	Meat Free Mushroom & Chicken Style Pie	324953
Lunch option 3	Sausages	324607
Vegetable	Carrot Tips	324760
Vegetable	Cauliflower	324758
Potato / Rice	Golden Roasting Potatoes	324780
Potato / Rice	Golden Roasting Potatoes	324780
Potato / Rice	Mashed Potato	324787
Dessert	Apple Crumble	324801
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

THURSDAY		
Meal	Selection	Code
Lunch option 1	Sweet & Sour Chicken	324410
Lunch option 2	Thai Red Curry with Chicken Style Chunks	324955
Lunch option 3	Beef Bolognaise Sauce	324146
Vegetable	Sweetcorn	324775
Vegetable	Peas	324756
Potato / Rice	Vegetable Rice	324779
Potato / Rice	Vegetable Rice	324779
Potato / Rice	Penne Pasta	324971
Dessert	Rhubarb & Ginger Sponge	324843
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

FRIDAY		
Meal	Selection	Code
Lunch option 1	Shepherd's Pie	324312
Lunch option 2	Vegan Sausages	324967
Lunch option 3	Breaded Fish	324530
Vegetable	Peas	324756
Vegetable	Baked Beans	324769
Potato / Rice	Mashed Potato	324787
Potato / Rice	Oven Chips	324972
Potato / Rice	Oven Chips	324972
Dessert	Clotted Cream Ice Cream	292456
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

WEEK 2 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)
153.0	145.4	7.3	2.9	11.2	2.0	7.2	298.4
156.0	238.7	8.3	1.4	31.2	0.2	7.5	329.2
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
100.0	80.0	2.6	0.2	12.0		1.7	151.0
60.0	101.4	0.8	0.1	21.0		1.9	0.6
49.6	188.4	10.9	1.9	19.3	10.4	2.8	178.0

301	244	10	3	24	3	11	453
264	358	9	2	53	1	12	334
275	345	13	8	39	6	16	380

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
136.0	291.0	16.3	5.2	20.4	0.5	15.0	335.9
150.0	154.5	5.3	0.5	18.0	3.6	7.5	231.0
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
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	0.7	1.4	316.8
100.0	64.0	0.5	0.1	15.0	13.0	0.5	7.0

256	468	23	6	46	2	18	653
330	436	12	1	63	5	17	248
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)
136.0	106.1	3.4	0.5	3.0	0.5	16.3	450.2
141.6	280.4	17.0	7.1	24.1	<0.5	7.4	318.6
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
100.0	121.0	2.5	0.3	21.0	<0.5	2.4	129.0
100.0	122.0	6.9	1.3	13.0	0.7	1.7	94.0
93.3	198.8	6.6	2.2	30.8	18.7	2.7	30.8

289	246	6	1	27	4	19	600
295	421	20	7	48	3	10	469
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	113.3	2.4	0.2	11.2	9.1	11.3	252.7
105.0	92.4	4.1	2.4	6.0	2.5	6.2	247.8
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
100.0	161.0	8.7	0.7	18.0	1.5	2.1	122.0
120.0	220.8	5.6	0.6	34.8	0.5	7.1	16.8
63.3	131.1	3.4	0.6	23.4	9.5	2.0	46.2

273	335	12	1	39	11	15	375
265	314	14	3	34	5	10	370
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)
160.0	236.8	15.8	6.1	9.9	0.5	12.3	416.0
120.0	202.8	1.6	0.1	42.0	0.5	3.8	1.2
125.0	262.5	10.6	1.5	26.3	<0.5	15.0	237.5
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
100.0	122.0	6.9	1.3	13.0	0.5	1.7	94.0
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	226.0	13.0	7.8	24.0	23.0	3.7	40.0

360	438	23	7	35	6	19	703
320	428	6	1	78	6	11	362
325	488	15	2	62	5	22	599

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
	375	14	4	44	5	15	468
	489	19	6	65	6	6	353
	557	21.6	6.8	74.2	7.2	8.5	588