

MONDAY		
Meal	Selection	Code
Lunch option 1	Plain Omelettes	324937
Lunch option 2	Lentil & Vegetable Flaky Topped Pie	324947
Lunch option 3	Macaroni Cheese	324977
Vegetable	Broccoli	324740
Vegetable	Carrot Tips	324760
Potato / Rice	Saute Potatoes	324745
Potato / Rice	Saute Potatoes	324745
Potato / Rice	#N/A	
Dessert	GF Lemon & Orange Sponge Pudding	324807
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	Baked Vegetable Pie	324735
Lunch option 3	Chicken Goujons	324440
Vegetable	Peas	324756
Vegetable	Sweetcorn	324775
Potato / Rice	Croquette Potatoes	324754
Potato / Rice	Golden Roasting Potatoes	324780
Potato / Rice	Croquette Potatoes	324754
Dessert	Summer Fruit Sponge	324836
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

WEDNESDAY		
Meal	Selection	Code
Lunch option 1	Sliced Turkey in Gravy	324460
Lunch option 2	Plant Based Shepherds Pie	324929
Lunch option 3	Sausages	324607
Vegetable	Carrot Tips	324760
Vegetable	Cauliflower	324758
Potato / Rice	Roast Potatoes	324751
Potato / Rice	Colcannon Mash	324909
Potato / Rice	Mashed Potato	324787
Dessert	Apple Pie	324859
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

THURSDAY		
Meal	Selection	Code
Lunch option 1	Green Thai Chicken Curry	324468
Lunch option 2	Cauliflower & Broccoli Pasta	324715
Lunch option 3	Beef Bolognese Sauce	324146
Vegetable	Sweetcorn	324775
Vegetable	Peas	324756
Potato / Rice	Wholegrain Rice	324976
Potato / Rice		
Potato / Rice	Penne Pasta	324971
Dessert	GF Chocolate Sponge	324894
Option 1 (No Dessert)		
Option 2 (No Dessert)		
Option 3 (No Dessert)		

FRIDAY		
Meal	Selection	Code
Lunch option 1	Breaded Chicken Fillets	324469
Lunch option 2	Vegan Sausages	324967
Lunch option 3	Breaded Cod	324505
Vegetable	Peas	324756
Vegetable	Baked Beans	324769
Potato / Rice	Oven Chips	324972
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 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)
100.0	193.0	16.0	3.3	2.3	1.3	9.3	230.0
150.0	211.5	9.3	2.6	22.5	3.2	7.8	252.0
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
60.0	81.0	2.4	0.3	12.6	1.5	1.5	18.0
79.0	224.4	11.1	2.9	31.6	18.2	2.2	103.5

208	292	19	4	16	3	13	252
258	311	12	3	36	4	11	274
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)
136.0	291.0	16.3	5.2	20.4	2.4	15.0	335.9
145.7	362.8	23.3	11.8	27.7	3.8	9.9	230.2
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	0.5	1.4	316.8
100.0	121.0	2.5	0.3	21.0	1.5	2.4	129.0
60.0	116.4	5.2	0.5	15.0	0.7	1.4	316.8
62.7	134.7	3.6	0.6	23.2	10.7	2.2	81.5

256	468	23	6	46	4	18	653
306	544	27	12	59	6	14	360
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)
113.3	81.6	2.7	0.3	2.9	0.5	11.3	341.1
141.0	159.3	4.7	0.4	19.7	3.7	7.5	332.8
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
113.0	127.7	2.3	0.3	23.7	0.5	2.1	31.6
100.0	80.0	2.6	0.2	12.0	1.5	1.7	151.0
100.0	122.0	6.9	1.3	13.0	0.5	1.7	94.0
93.8	249.6	13.1	5.7	28.2	10.3	3.4	23.5

280	228	5	1	30	4	14	394
294	259	8	1	35	8	10	505
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)
116.7	114.3	5.7	3.2	5.1	2.5	9.9	400.2
220.0	250.8	12.1	7.3	21.6	3.7	13.0	336.6
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
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
50.0	179.0	11.0	2.7	12.5	4.6	2.6	52.0

237	276	8	3	36	4	14	401
400	311	13	7	32	5	15	337
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)
80.0	179.2	10.4	3.2	9.6	0.6	12.0	249.6
120.0	202.8	1.6	0.1	42.0	0.5	3.8	1.2
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
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	0.5	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	1.5	3.7	40.0

240	404	15	4	39	3	18	419
280	428	6	1	72	3	9	171
260	455	14	1	55	2	18	450

Portion size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Of which sugars	Protein (g)	(Sodium (mg)
	362	14	4	41	4	15	406
	489	19	6	65	6	6	353
	557	21.6	6.8	74.2	7.2	8.5	588