

## Secondary Schools Summer 2019 Nutritional Analysis

Dish Name	Nutrients Per	Energy (kcal)	Fat (g)	SatFat (g)	Carb (g)	NMES (g)	Sodium (mg)
50/50 Rice (Cooked)	Per 100g	152	0.9	0	35	0	3.5
	Per portion	274	1.6	0	63	0	6.3
Baguette with BBQ Chicken	Per 100g	188	4.1	0.8	25.3	3.9	451.2
	Per portion	288	6.3	1.2	38.7	6	690.3
Baguette with Cheese (v)	Per 100g	332	19.4	8.5	26.5	2	459.6
	Per portion	465	27.2	11.9	37.1	2.8	643.4
Baguette with Chicken	Per 100g	225	9	1.9	24.2	2.3	257.7
	Per portion	338	13.5	2.8	36.3	3.4	386.6
Baguette with Chicken Mayo	Per 100g	201	6.3	1	22.9	2.1	289.8
	Per portion	308	9.6	1.5	35	3.2	443.4
Baguette with Coronation Chicken (HS)	Per 100g	202	6.4	1	23.1	2	289.8
	Per portion	309	9.8	1.5	35.3	3.1	443.4
Baguette with Ham	Per 100g	218	8.7	1.8	23	2	257.7
	Per portion	327	13	2.7	34.5	3	386.6
Baguette with Sweet Chilli Chicken	Per 100g	197	4.1	0.7	22.3	6.2	350.3
	Per portion	301	6.3	1.1	34.1	9.5	536
Baked Potato	Per 100g	97	0.2	0.1	22.6	0	2
	Per portion	242	0.5	0.2	56.5	0	5
BBQ Chicken flatbread	Per 100g	193	3.7	0.3	26.3	1.8	259.6
	Per portion	378	7.3	0.6	51.5	3.5	508.8
<b>BBQ Dip *</b>	<b>Per 100g</b>	<b>130</b>	<b>0.2</b>	<b>0.1</b>	<b>36.1</b>	<b>25.8</b>	<b>1182</b>
	<b>Per portion</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>3.6</b>	<b>2.6</b>	<b>118.2</b>
Beans Filling (Baked Potato)	Per 100g	79	0.4	0.1	11.4	2.5	177
	Per portion	111	0.6	0.1	16	3.5	247.8
<b>Beef Curry *</b>	<b>Per 100g</b>	<b>130</b>	<b>6.5</b>	<b>2.2</b>	<b>4.9</b>	<b>0.2</b>	<b>148.1</b>
	<b>Per portion</b>	<b>321</b>	<b>16.1</b>	<b>5.4</b>	<b>12.1</b>	<b>0.5</b>	<b>365.8</b>
Bottled water	Per 100g	0	0	0	0	0	0
	Per portion	0	0	0	0	0	0
Bread serving	Per 100g	239	2.2	0.7	43	3.1	315
	Per portion	105	1	0.3	18.9	1.4	138.6
<b>Cheese Filling (Baked Potato) *</b>	<b>Per 100g</b>	<b>395</b>	<b>31.6</b>	<b>19.6</b>	<b>5.9</b>	<b>0.1</b>	<b>591</b>
	<b>Per portion</b>	<b>198</b>	<b>15.8</b>	<b>9.8</b>	<b>3</b>	<b>0.1</b>	<b>295.5</b>
<b>Chicken Curry *</b>	<b>Per 100g</b>	<b>68</b>	<b>2.1</b>	<b>0.4</b>	<b>4.4</b>	<b>0</b>	<b>77.4</b>
	<b>Per portion</b>	<b>168</b>	<b>5.2</b>	<b>1</b>	<b>10.9</b>	<b>0</b>	<b>191.2</b>
Chicken goujons flat bread	Per 100g	236	8.8	1.2	29.8	2.5	210.5
	Per portion	451	16.8	2.3	56.9	4.8	402.1
Chicken Noodle Soup	Per 100g	23	0.4	0.1	3.1	0.1	126.4
	Per portion	64	1.1	0.3	8.7	0.3	353.9
<b>Chicken Tikka *</b>	<b>Per 100g</b>	<b>87</b>	<b>3</b>	<b>1</b>	<b>5.4</b>	<b>2.6</b>	<b>227.1</b>
	<b>Per portion</b>	<b>170</b>	<b>5.9</b>	<b>2</b>	<b>10.5</b>	<b>5.1</b>	<b>442.8</b>
Chilli con Carne	Per 100g	323	4.4	1.7	13.8	1	79.6
	Per portion	833	11.4	4.4	35.6	2.6	205.4
Chocolate Cookie	Per 100g	395	14.7	5.9	58	30.3	228
	Per portion	237	8.8	3.5	34.8	18.2	136.8
Chocolate Milk 189ml	Per 100g	60	1.7	1.1	7.8	5	3
	Per portion	113	3.2	2.1	14.7	9.4	5.7
Chocolate Muffin	Per 100g	363	19.8	3	40	24.2	401.3
	Per portion	218	11.9	1.8	24	14.5	240.8
Diet Coke	Per 100g	0	0	0	0	0	0
	Per portion	0	0	0	0	0	0
Fanta Zero Sugar	Per 100g	3	0	0	0.5	0.5	0
	Per portion	10	0	0	1.6	1.6	0
Fish and chips	Per 100g	149	3.7	0.3	22.3	0.2	105.8
	Per portion	387	9.6	0.8	58	0.5	275.1
Flapjack	Per 100g	369	14.2	5	53.2	15.8	122.1
	Per portion	221	8.5	3	31.9	9.5	73.3
Fruit fresh assorted	Per 100g	33	0.1	0	8	2.4	5.3
	Per portion	33	0.1	0	8	2.4	5.3
Fruit pot	Per 100g	47	0.2	0	11.1	5.1	1
	Per portion	47	0.2	0	11.1	5.1	1
Garlic Bread	Per 100g	318	14.9	6.6	37.5	2.4	473
	Per portion	102	4.8	2.1	12	0.8	151.4
Lentil soup	Per 100g	39	0.5	0.1	5	0.1	125
	Per portion	109	1.4	0.3	14	0.3	350

Dish Name	Nutrients Per	Energy (kcal)	Fat (g)	SatFat (g)	Carb (g)	NMES (g)	Sodium (mg)
<b>Macaroni Cheese Sauce *</b>	<b>Per 100g</b>	<b>165</b>	<b>9.7</b>	<b>6.2</b>	<b>13</b>	<b>0</b>	<b>182.9</b>
	<b>Per portion</b>	<b>381</b>	<b>22.4</b>	<b>14.3</b>	<b>30</b>	<b>0</b>	<b>422.5</b>
Macaroni Pasta - cooked	Per 100g	351	1.2	0.3	75.6	0	0
	Per portion	383	1.3	0.3	82.4	0	0
Mash potatoes	Per 100g	82	0.1	0	19.4	0	2.4
	Per portion	156	0.2	0	36.9	0	4.6
<b>Mayonnaise Dip *</b>	<b>Per 100g</b>	<b>279</b>	<b>27.5</b>	<b>2.6</b>	<b>6.4</b>	<b>3.4</b>	<b>492</b>
	<b>Per portion</b>	<b>28</b>	<b>2.8</b>	<b>0.3</b>	<b>0.6</b>	<b>0.3</b>	<b>49.2</b>
Minestrone soup	Per 100g	19	0.3	0.1	3.1	0.2	14.2
	Per portion	53	0.8	0.3	8.7	0.6	39.8
Panini with Cheese	Per 100g	296	12.1	6.7	32.9	3.5	433
	Per portion	444	18.2	10	49.4	5.2	649.5
Panini with Cheese and Ham	Per 100g	237	6.4	3	31.8	3.6	472.4
	Per portion	356	9.6	4.5	47.7	5.4	708.6
Pasta (cooked)	Per 100g	169	0.8	0.1	37.2	0	1
	Per portion	304	1.4	0.2	67	0	1.8
<b>Penne bolognese (sauce) *</b>	<b>Per 100g</b>	<b>437</b>	<b>6.8</b>	<b>2.8</b>	<b>4.1</b>	<b>0.4</b>	<b>106.6</b>
	<b>Per portion</b>	<b>642</b>	<b>10</b>	<b>4.1</b>	<b>6</b>	<b>0.6</b>	<b>156.7</b>
Pizza Power	Per 100g	216	5.9	3.1	33.4	0	197
	Per portion	346	9.4	5	53.4	0	315.2
Pizzini	Per 100g	243	11	5.8	26.2	3	354
	Per portion	328	14.9	7.8	35.4	4.1	477.9
Plain Cookie	Per 100g	452	18	7	65.4	27.9	268
	Per portion	271	10.8	4.2	39.2	16.7	160.8
Plain Muffin	Per 100g	362	18.2	2.3	44.5	28.1	340.2
	Per portion	217	10.9	1.4	26.7	16.9	204.1
<b>Ratatouille sauce *</b>	<b>Per 100g</b>	<b>37</b>	<b>1.2</b>	<b>0.2</b>	<b>5.2</b>	<b>1.4</b>	<b>87.5</b>
	<b>Per portion</b>	<b>47</b>	<b>1.5</b>	<b>0.3</b>	<b>6.7</b>	<b>1.8</b>	<b>112</b>
Roast beef dinner	Per 100g	132	3.5	1.5	17.8	0.6	251.5
	Per portion	288	7.6	3.3	38.8	1.3	548.3
S/S Milk 189ml	Per 100g	49	1.7	1	5	0	57
	Per portion	93	3.2	1.9	9.4	0	107.7
<b>Salad Portion *</b>	<b>Per 100g</b>	<b>15</b>	<b>0.3</b>	<b>0</b>	<b>2.6</b>	<b>0</b>	<b>2.3</b>
	<b>Per portion</b>	<b>8</b>	<b>0.2</b>	<b>0</b>	<b>1.5</b>	<b>0</b>	<b>1.3</b>
Salmon Bake with wedges	Per 100g	115	3.2	0.2	18.8	0.9	94.4
	Per portion	244	6.8	0.4	39.9	1.9	200.1
Sandwich with BBQ Chicken	Per 100g	178	1.7	0.5	26	3.7	323.8
	Per portion	287	2.7	0.8	41.9	6	521.3
Sandwich with Cheese (v)	Per 100g	312	15.9	7.8	27.7	1.9	418.8
	Per portion	465	23.7	11.6	41.3	2.8	624
Sandwich with Chicken	Per 100g	212	6.3	1.6	25.5	2.2	241.2
	Per portion	337	10	2.5	40.5	3.5	383.5
Sandwich with Chicken Mayo	Per 100g	189	3.8	0.7	24.2	2	271.9
	Per portion	304	6.1	1.1	39	3.2	437.8
Sandwich with Coronation Chicken	Per 100g	191	3.9	0.7	24.3	2	271.9
	Per portion	309	6.3	1.1	39.4	3.2	440.5
Sandwich with Ham	Per 100g	206	6	1.5	24.3	2	241.2
	Per portion	328	9.5	2.4	38.6	3.2	383.5
Sandwich with Sweet Chilli Chicken	Per 100g	186	1.7	0.5	23.7	5.9	241.4
	Per portion	299	2.7	0.8	38.2	9.5	388.7
Sandwich with Tuna Mayo	Per 100g	196	3.8	0.7	25.8	2.1	331.3
	Per portion	296	5.7	1.1	39	3.2	500.3
Sausage Pastry	Per 100g	314	20.1	7.1	21.4	2.2	173.3
	Per portion	440	28.1	9.9	30	3.1	242.6
Spicy chicken pasta pot	Per 100g	90	1.5	0.3	11.7	1.4	146.4
	Per portion	265	4.4	0.9	34.4	4.1	430.4
Spicy Chicken Wrap with Mexican Rice	Per 100g	112	2.9	0.7	14.5	0.9	167.7
	Per portion	421	10.9	2.6	54.5	3.4	630.6
Split Pea Soup	Per 100g	51	0.6	0.2	8.4	0.1	155.5
	Per portion	143	1.7	0.6	23.5	0.3	435.4
Sprite Zero	Per 100g	1	0	0	0	0	28
	Per portion	3	0	0	0	0	92.4
Steak Pie	Per 100g	139	7.5	3.5	7.2	0.7	80.6
	Per portion	339	18.3	8.5	17.6	1.7	196.7
Strawberry flavoured milk 189ml	Per 100g	58	1.5	0.9	8.1	0	0.1
	Per portion	110	2.8	1.7	15.3	0	0.2

Dish Name	Nutrients Per	Energy (kcal)	Fat (g)	SatFat (g)	Carb (g)	NMES (g)	Sodium (mg)
<b>Sweet Chilli Dip *</b>	<b>Per 100g</b>	<b>230</b>	<b>0.2</b>	<b>0</b>	<b>0</b>	<b>53.5</b>	<b>1351</b>
	<b>Per portion</b>	<b>23</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>5.3</b>	<b>135.1</b>
Tomato Soup	Per 100g	22	0.4	0.1	3.5	0.8	142.3
	Per portion	62	1.1	0.3	9.8	2.2	398.4
Turkey meatballs sub with spicy tomato sauce	Per 100g	189	6	1.3	22.6	2.7	303.2
	Per portion	314	10	2.2	37.5	4.5	503.3
Veg - beans	Per 100g	75	0.5	0.1	13.5	3.3	190
	Per portion	105	0.7	0.1	18.9	4.6	266
<b>Veg - broccoli *</b>	<b>Per 100g</b>	<b>38</b>	<b>0.9</b>	<b>0.2</b>	<b>0.8</b>	<b>0</b>	<b>0</b>
	<b>Per portion</b>	<b>30</b>	<b>0.7</b>	<b>0.2</b>	<b>0.6</b>	<b>0</b>	<b>0</b>
<b>Veg - carrots *</b>	<b>Per 100g</b>	<b>42</b>	<b>0.3</b>	<b>0.1</b>	<b>7.9</b>	<b>0</b>	<b>39</b>
	<b>Per portion</b>	<b>34</b>	<b>0.2</b>	<b>0.1</b>	<b>6.3</b>	<b>0</b>	<b>31.2</b>
<b>Veg - Coleslaw *</b>	<b>Per 100g</b>	<b>258</b>	<b>26.4</b>	<b>3.9</b>	<b>4.2</b>	<b>0.5</b>	<b>160</b>
	<b>Per portion</b>	<b>155</b>	<b>15.8</b>	<b>2.3</b>	<b>2.5</b>	<b>0.3</b>	<b>96</b>
<b>Veg - green beans *</b>	<b>Per 100g</b>	<b>22</b>	<b>0.5</b>	<b>0.1</b>	<b>2.9</b>	<b>0</b>	<b>3</b>
	<b>Per portion</b>	<b>18</b>	<b>0.4</b>	<b>0.1</b>	<b>2.3</b>	<b>0</b>	<b>2.4</b>
<b>Veg - peas *</b>	<b>Per 100g</b>	<b>96</b>	<b>1.5</b>	<b>0.6</b>	<b>11.3</b>	<b>0</b>	<b>4</b>
	<b>Per portion</b>	<b>77</b>	<b>1.2</b>	<b>0.5</b>	<b>9</b>	<b>0</b>	<b>3.2</b>
<b>Veg - sweetcorn *</b>	<b>Per 100g</b>	<b>101</b>	<b>1.8</b>	<b>0.2</b>	<b>17</b>	<b>0</b>	<b>1</b>
	<b>Per portion</b>	<b>81</b>	<b>1.4</b>	<b>0.2</b>	<b>13.6</b>	<b>0</b>	<b>0.8</b>
<b>Veg Spaghetti Bolognese - sauce *</b>	<b>Per 100g</b>	<b>62</b>	<b>1</b>	<b>0.2</b>	<b>5.6</b>	<b>0.4</b>	<b>96.7</b>
	<b>Per portion</b>	<b>86</b>	<b>1.4</b>	<b>0.3</b>	<b>7.7</b>	<b>0.6</b>	<b>133.4</b>
Vegetable Curry (V)	Per 100g	69	2.5	0.5	9.1	0.1	163.9
	Per portion	170	6.2	1.2	22.5	0.2	404.8
Vegetable soup	Per 100g	31	0.4	0.1	5.4	0.1	93.4
	Per portion	87	1.1	0.3	15.1	0.3	261.5
<b>Vegetable Tikka (v) *</b>	<b>Per 100g</b>	<b>90</b>	<b>5.5</b>	<b>1.6</b>	<b>8.5</b>	<b>3.2</b>	<b>190.2</b>
	<b>Per portion</b>	<b>132</b>	<b>8.1</b>	<b>2.4</b>	<b>12.5</b>	<b>4.7</b>	<b>279.6</b>
Wedges	Per 100g	76	1.3	0.2	17.2	0	38.5
	Per portion	116	2	0.3	26.1	0	58.5
Yoghurt - Toffee	Per 100g	150	8.2	5.1	13.8	0	79
	Per Portion	128	7	4.3	11.7	0	67.2
Yoghurt - Apricot	Per 100g	152	8.2	5.1	14.2	0	79
	Per Portion	129	7	4.3	12.1	0	67.2
Yoghurt - Strawberry	Per 100g	152	8.2	5.1	14.3	0	79
	Per Portion	129	7	4.3	12.2	0	67.2

**\*DISCLAIMER**

Items starred would not routinely be counted as carbohydrates for children with type 1 diabetes. Therefore do not count these foods towards the total carbohydrate for the child's meal. If there is variability from what would be expected in the child's blood glucose reading after a particular meal please discuss this with your child's diabetes team.