



Dish Title	Weight (g)	Energy(kcal)	Energy(% of RDI)	Fat(g)	Fat(% of RDI)	Saturates(g)	Saturates (% of RDI)	Carbohydrate(g)	Carbohydrate (% of RDI)	Sugars(g)	Sugars (% of RDI)	Protein(g)	Protein(% of RDI)	Fibre(g)	Salt(g)	Salt(% of RDI)
Bright & Light Chicken Pasta Salad SEC	211	461	23.1	18.4	26.3	2.2	11.2	59.9	23	4	4.5	18.6	37.1	4.9	0.5	8.7
Big Bowl Crunchy Ranch & Egg Salad SEC	271	161	8.1	10.3	14.7	2.2	10.8	9	3.5	7	7.7	8.4	16.9	4.2	0.5	8.4
Big Bowl Smoky Mexican Bean Chopped Salad SEC	123	89	4.5	3.7	5.3	0.3	1.6	10.8	4.2	4.6	5.1	3.5	7	3.6	0	0.5
Hot Pasta Pot with Homemade Tomato Sauce & Cheese HD	184.2	400	20	9.2	13.1	3.9	19.3	70.7	27.2	6.3	7	13.9	27.9	3.8	0.8	13
Nicoise Big Bowl SEC	260.5	240	12	17.5	24.9	2.3	11.5	14.1	5.4	3.7	4.1	8.6	17.1	3.4	0.5	7.6
Brookie (Brownie & Cookie) SEC	68.9	331	16.6	16.2	23.1	3.6	17.9	44	16.9	23.3	25.9	3	5.9	1.9	0.3	4.6
Jacket 50 & Grated Cheese HD	340	398	19.9	13	18.5	7.2	35.9	60.9	23.4	2.9	3.3	12.7	25.5	6	1	16.5
Tikka Chicken & Mint Yoghurt Salad Big Bowl SEC	190	185	9.2	12.1	17.2	1.9	9.7	5.2	2	3.4	3.7	13.8	27.6	1.2	1	17.4
Big Bowl Squash, Roasted Vegetable & Chickpea Salad SEC	208.2	172	8.6	6	8.6	0.5	2.7	21.1	8.1	5	5.6	7.3	14.5	5.9	0.2	3.2
Big Bowl Coconut Chili Chicken Salad SEC	190	154	7.7	8.7	12.5	1.8	9	5.1	2	3.2	3.6	13.6	27.3	1.5	1.4	22.6
Flapjack SEC	74	314	15.7	13.5	19.3	4.5	22.6	42.4	16.3	22.6	25.1	4.5	9	3.3	0.1	2.4
Strawberry Trifle Pot SEC	74.1	150	7.5	6.7	9.6	3.1	15.4	19.4	7.5	13.9	15.5	3	6	0.2	0.2	2.9
Vegan Chocolate Brownie SEC	49.7	250	12.5	13.1	18.7	1.2	6	31.3	12	17.6	19.6	2.2	4.3	1.7	0.2	2.5
Key Lime Cheesecake SEC	92.5	210	10.5	16	22.8	9.2	46	13.8	5.3	6.4	7.2	3.7	7.3	0.6	0.5	8.6
Golden Syrup & Apple Sponge	105.9	244	12.2	10.8	15.5	4	20.1	34.4	13.2	23	25.6	2.9	5.8	1.4	0.3	4.4
Veggie Thai Style Noodles SEC	221.5	347	17.3	7.1	10.1	1.1	5.5	55.8	21.5	9	10	13.5	27	4.1	1.3	21
Harissa Roasted Cauliflower & Chickpea Salad Big Bowl SEC	229	193	9.6	8.4	12.1	0.8	3.8	18.2	7	3.8	4.3	9.2	18.3	5.8	0.2	3.5
Jacket 50 & Baked Beans HD	400	333	16.7	0.7	1	0.2	0.9	71.6	27.5	6.3	7	10.5	21.1	10.1	0.6	9.7
Falafel & Pomegranate Cous Cous Salad Big Bowl SEC	160.6	446	22.3	13.7	19.6	1.2	5.8	64.8	24.9	5.4	6	14.5	29	9.4	1.1	18.9
Apple Crumble	104.4	242	12.1	9.9	14.2	3.7	18.4	35.7	13.7	16.9	18.8	2.8	5.6	2.1	0	0.6
Shortbread SEC	75.3	352	17.6	19.3	27.6	7.4	37	42.4	16.3	12.7	14.1	3.3	6.7	1.5	0.4	6.6
Hot Pasta Pot with Homemade Bolognese Sauce	205.7	428	21.4	10.8	15.5	3.2	16	69.6	26.8	6.2	6.9	18.3	36.6	3.8	0.4	6.3
Jacket Potato & Slaw SEC	420	361	18	8.5	12.2	0.7	3.7	65.5	25.2	7.5	8.4	7.4	14.9	9.1	0.5	7.8
Quinoa & Feta Superfood Salad Big Bowl SEC	160.6	446	22.3	13.7	19.6	1.2	5.8	64.8	24.9	5.4	6	14.5	29	9.4	1.1	18.9
Hot Pasta Pot with Homemade Tomato Sauce	164.2	326	16.3	2.8	4.1	0.3	1.6	69.6	26.8	6.2	6.9	10.4	20.8	3.8	0.3	5
Jacket 50, Baked Beans & Grated Cheese HD	370	366	18.3	6.8	9.8	3.7	18.4	66.2	25.5	4.6	5.2	11.6	23.3	8.1	0.8	13.1
Chicken Chow Mein Noodles SEC	196	377	18.9	9.7	13.8	2.3	11.4	50.1	19.3	5	5.6	20.5	41	0.9	2.3	37.7
Sticky Toffee Pudding	65.7	188	9.4	5.9	8.4	2.9	14.3	30.9	11.9	22.5	25	2.8	5.6	0.9	0.4	6.3
Toffee Sauce SEC	80	267	13.4	10.8	15.4	7.8	38.8	40.5	15.6	37.9	42.1	2.1	4.2	1.1	0.1	1.9
Big Bowl Super Food Green Salad	170	312	15.6	20	28.6	2.3	11.3	21	8.1	2.6	2.9	13.5	26.9	7.9	0.2	2.5
Chocolate Banana Cake SEC	80.1	202	10.1	7	10	3.3	16.3	32.2	12.4	18.9	21	2.9	5.9	1.3	0.2	3.2
White Choc Blondies SEC	84.7	354	17.7	16.7	23.8	6.8	34.2	47	18.1	31.1	34.5	4.2	8.4	0.7	0.2	3
Chocolate Shortbread SEC	75.3	351	17.6	19.6	27.9	7.6	37.8	40.8	15.7	12.7	14.1	3.7	7.4	2.3	0.4	6.3
Big Bowl Jerk Chicken & Pineapple Salad SEC	176	116	5.8	4.8	6.9	1.4	7	4.4	1.7	3.2	3.5	13.9	27.8	1.3	1.1	18.3
Lemon Drizzle Cake	95.9	350	17.5	17	24.3	6.4	31.8	45.4	17.5	29.6	32.9	4.2	8.4	0.8	0.4	5.9
Jacket Potato & Tuna SEC	390	373	18.6	6	8.5	0.5	2.7	60.3	23.2	3.1	3.4	22.3	44.6	6.2	1	17
Black & White Shortbread Cookies SEC	75.3	352	17.6	19.4	27.8	7.5	37.4	41.6	16	12.7	14.1	3.5	7	1.9	0.4	6.5
Baked Cheesecake SEC	107.4	235	11.8	10.9	15.6	4.3	21.5	29.2	11.2	20.5	22.7	5.4	10.8	0.5	0.5	8.1
Chocolate Custard SEC	91	80	4	1.7	2.5	1	5	12.2	4.7	8	8.9	3.4	6.8	1	0.1	1.4
Chicken Caesar Salad Big Bowl SEC	190	246	12.3	18.2	26	3.5	17.4	5.2	2	3.3	3.7	16	32	1.8	0.6	10.5
Hot Pasta Pot with Homemade Carbonara Sauce	204	471	23.5	14	19.9	6	30	73.4	28.2	6.4	7.2	17.9	35.8	2.5	0.6	10.1
Custard Sec	88	70	3.5	1.4	2	0.8	4	11.7	4.5	8	8.9	2.7	5.5	0	0.1	1.4