

**NYES Catering**  
**Summer 2024 Nutrition Information**

<b>Week 1</b>	<b>Recipe</b>	<b>Recipe Number</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>	<b>Satd Fat (g)</b>	<b>Protein (g)</b>
<b>Monday</b>								
	Crunchy Topped Mac & Cheese	RS03538	312.16	631.2	92.2	20.1	9.9	20.5
	Sticky Pork Noodles	RS03525	153.5	180.8	30.6	1.4	0.3	10.5
	Gyros & Salad Topped Pitta with Garlic Drizzle	RS03618	216.08	414.2	45.8	11.5	1.1	29.4
	Waffles with Ice-cream & Fruit	RS03352	224	294.1	38.5	13.3	8	5
<b>Tuesday</b>								
	Sausages	RS000438	76	127	8.6	5.2	1.6	11
	Baked Beans	RS03425	104.8	84.9	13.3	0.5	0.1	4.3
	Potato Wedges	RS00318	135	97.2	23	0.1	tr	2.4
	LJ Onion Bhaji Burger Bun & Mango Chutney	RS03342	266.52	521	74.3	19	2.6	15.4
	Chicken Fajita Rice Pot	RS03613	160	323	60	3.8	0.7	11
	Toffee Apple Muffin	RS03622	118.52	329	42	17.2	1.7	3.9
<b>Wednesday</b>								
	Roast Chicken & Yorkshire Pudding	RS03526	180.4	265.1	26.9	5.7	1.9	28.1
	Roast Potatoes	RS000322	139	130.3	23	3.8	0.2	2.4
	Gravy	RS000996	86	20.5	4.5	0.1	0	0.2
	Fish Sandwich with Lemon Mayonnaise	RS03156	152.36	358.3	39.2	14.7	1.2	16
	TUGO Vegetable Sweet & Sour Noodles Pot	RS03489	175	301.5	59.2	1.7	0.3	10.7
	Oat Crunch Biscuits	RS000661	56.4	245	31.7	12	4.2	2.8
<b>Thursday</b>								
	Cottage Pie	RS000461	422.96	324.1	46	7.3	2.9	21.5
	TUGO Pizza Bar	RS03468	117	232	24.7	7.8	4.4	14
	Sweet Potato Curry	RS03542	195	76.1	15.1	1.5	0.5	1.8
	50/50 Rice	RS000825	60	212.4	46.1	1.1	0.2	4.4
	Chocolate Orange Sponge	RS001267	102	308.7	30.3	19.6	1.6	3.6
	Chocolate Sauce	RS001328	122	90.8	15.5	2.4	1.5	1.8
<b>Friday</b>								
	Battered Fish	RS000441	41.76	85.6	15.7	2.1	0.2	1.9
	Chipped Potatoes	RS00315	135	170.1	28.5	4.2	0.5	3.1
	Love Joes Biryani Burrito	RS03544	244	696	66	13.7	2	22.6
	Creamy Cheese & Tom Pasta	RS03540	418.64	434.4	68.5	10.8	4.7	17
	Marble (Berry) Sponge with fruit drizzle	RS03950	65.76	221.1	27.9	11.6	4.2	2.4

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Week 2	Recipe	Recipe Number	Portion Size (g)	Energy (kcal)	Carbohydrate (g)	Fat (g)	Satd Fat (g)	Protein (g)
<b>Monday</b>								
	Salmon & Sweet Potato Fishcake	RS03834	64.96	109.2	12	4.2	0.5	5.5
	Potato Wedges	RS00318	135	97.2	23	0.1	tr	2.4
	Tomato Ketchup	RS03248	16	8.2	1.7	0	0	0.1
	Spicy Bean & Cheese Quesadilla	RS02116	156.4	312.4	40.6	10.8	4.1	11.5
	Chicken Sheesh Pitta with Garlic Mayo	RS03948	166	324	24	16	2	23.5
	Flapjack Forest Fruits	RS001241	67.8	264.9	27.9	15	5.1	3.6
<b>Tuesday</b>								
	TUGO Pizza Bar	RS03468	117	232	24.7	7.8	4.4	14
	Minced Beef Keema Flatbread & Crispy Onions	RS03244	255.28	440	59.1	12.5	2.8	24.3
	Crunchy Topped Tomato Pasta Bake	RS03620	240	448.2	76.9	8.9	3.8	16
	Iced Lemon & Sultana Finger	RS03269	123.92	324.1	64.3	4.3	1.6	9.3
<b>Wednesday</b>								
	Roast Gammon	RS03207	71	144.8	0	8.7	2.9	16.5
	Mashed Potatoes	RS00316	250	240.3	40.8	7.7	2.8	4.3
	Gravy	RS000996	86	20.5	4.5	0.1	0	0.2
	No Nut Chicken Satay Pitta & Slaw	RS03556	250.28	381.9	48	7.8	2.4	27.9
	Chilli Non-Con Carne Rice Pot	RS03611	160	277	53	2.7	0.6	9
	Apple Crumble	RS00049	161	299.8	44.3	12.1	4.3	4.6
	Custard	RS00047	119.4	83.2	15.1	2.1	1.4	1.3
<b>Thursday</b>								
	Cheese, Potato & Leek Bake	RS00957	196.67	213.6	24.3	10.7	5.2	6.3
	Beef Lasagne	RS003338	356.08	418	40.5	18.5	8.6	26.6
	Garlic Flatbread	RS03298	60g	225	45	1.7	0.4	7.6
	BBQ Sloppy Joes LJ	RS03949	120.16	250.7	34.2	8.1	3.6	10.6
	Lightly Spiced Potatoes	RS03951	211.8	163.2	36.1	1.3	0.1	3.8
	Chocolate & Vanilla Swirl Muffin	RS03530	67.04	155	31.9	2.1	0.4	3.2
<b>Friday</b>								
	Battered Fish	RS000441	41.76	>85.6	>15.7	>2.1	>0.2	>1.9
	Chipped Potatoes	RS00315	135	170.1	28.5	4.2	0.5	3.1
	Sweet & Spicy Pulled Quorn Loaded Fries	RS03553	224.56	255.2	32.6	7.2	2.5	11.9
	TUGO Carbonara Pasta Pot	RS03614	175	375	60	8.8	5	12.3
	Cappuccino Bars	RS02577	107	471.3	57.1	26.3	9.7	4.4

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<b>Week 3</b>	<b>Recipe</b>	<b>Recipe Number</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>	<b>Satd Fat (g)</b>	<b>Protein (g)</b>
<b>Monday</b>								
	Chicken & Vegetable Pie	RS03187	346.12	274.8	20.5	11.2	3.8	22.6
	Mashed Potatoes	RS00316	250	240.3	40.8	7.7	2.8	4.3
	Gravy	RS000996	86	20.5	4.5	0.1	0	0.2
	Loaded Potato Skins	RS02633	383.08	548.9	96.1	11.6	7	20.7
	TUGO Pizza Bar	RS03468	117	232	24.7	7.8	4.4	14
	Rice Pudding with Peaches	RS00044	41.76	205.3	41.4	3.8	2.2	3.7
<b>Tuesday</b>								
	Cheese Burger	RS03541	156.92	361.7	32.1	16.5	7.8	19.9
	Potato Wedges	RS00318	135	97.2	23	0.1	tr	2.4
	Roasted Veg Topped Baked Tortilla Chips	RS03270	191.6	220.6	37.8	5.1	0.5	5.4
	Chicken Korma	RS03607	180	153	4.5	6.2	2.2	19.7
	50/50 Rice	RS000825	60	212.4	46.1	1.1	0.2	4.4
	Naan Bread	RS000590	41.6	115.2	21.9	1.5	0.2	3.2
	Lemon Shortcake	RS03360	70.12	286.4	39.8	13.3	4.8	3.4
<b>Wednesday</b>								
	Toad in the hole	RS000429	130.4	224.9	30.4	6.8	1.2	11.5
	Roast Potatoes	RS000322	139	130.3	23	3.8	0.2	2.4
	TUGO Katsu Chicken Noodle Pot	RS03548	175	423	63	11	6.3	16.4
	Pulled Pork & Stuffing Baguette	RS03952	300.12	625	101.5	8.4	2.2	44.6
	Marble Sponge	RS03159	88.6	372.1	45.6	20.3	7.5	4.3
	Chocolate Sauce	RS001328	122	90.8	15.5	2.4	1.5	1.8
<b>Thursday</b>								
	Pasta Bolognaise	RS000563	320.96	359.1	51.9	6.4	2.5	24.4
	LJ Lemon Chicken Flatbread	RS03536	196.23	327	42	6.5	1.8	24
	Cheesy Bean Pasty	RS03791	172.56	305.3	27.4	15.7	8.7	11
	Jelly Mousse Pot	RS03953	176.16	104.9	25	0.5	0.3	0.6
<b>Friday</b>								
	Battered Fish	RS000441	41.76	85.6	15.7	2.1	0.2	1.9
	Chipped Potatoes	RS00315	135	170.1	28.5	4.2	0.5	3.1
	Rooster Chicken Bites with Sweet Chilli	RS03592	90	157	11	6.8	2.8	12.6
	TUGO Pepperonata Pasta Pot	RS03551	175	309	60	2.4	0.4	10.6
	Orange Brownies	RS001235	50.44	152.5	20.3	6.9	0.8	2.4

Available Daily	Recipe Number	Portion Size (g)	Energy (kcal)	Carbohydrate (g)	Fat (g)	Satd Fat (g)	Protein (g)
Jacket Potato & Fillings	RS000867	416.96	502.2	96	6.3	3	21.6
<b>Vegetable - choice from the following to serve</b>							
Broccoli Frozen	RS000331	90	23.4	1.8	0	0	2.7
Carrots	RS000336	93.48	31.8	7.2	0.4	0.1	0.5
Peas	RS000338	90	62.1	8.1	0.3	0.1	4.7
Green Beans	RS000340	90	29.7	3.3	0.5	0.1	1.8
Sweetcorn	RS000342	90	66.6	10.8	1.3	0.4	2.3
Mushy Peas	RS000584	70	56.7	9.7	0.5	0.1	4.1
Medley of Vegetables	RS001221	90	26.2	4	0.3	0	1.2
Cauliflower Frozen	RS000333	19.8	1.9	0.5	0.1	1.7	90
Mixed Salad	RS000346	51.32	7.5	1.2	0.2	0	0.4
Bread Secondary	RS001363	62.44	187.5	36.5	2.1	0.5	6.6
Poppy Seed Roll	RS000601	62.44	223.8	45	3.4	0.6	8.4
7oz Mixed Fresh Fruit Pot	RS01961	84.6	39	9.3	0.2	0	0.7
Yoghurt	RS02443	81.6	63.7	11.2	0.9	0.7	3.4
Fresh Fruit (R02992) and Yoghurts (R0152, R02442) are available daily. If you need any additional information for these please get in touch.							

## Notes

Tugo Pizza Bar Toppings - RS003492 - Each topping option is varied for nutrition, please get in touch for specific topping requirements.

### Pasta & Rice

We have used cooked weights within the nutrition to aid with ease of weighing the cooked product. This calculation is based on the development team weighing the product before and after cooking to get a cook weight percentage increase. The raw weight when adding the product to the recipe should be followed as the calculations are based on this initial raw weight.