

**Key & Interpreting Data**

The figures given below give the nutrition values for each complete dish as listed on the menu.  
 The GDA columns indicates the % of recommended daily ammounts (GDA) for an average adult (women, 2000kcal) for each nutrient.  
 Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.  
 Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish  
 Where it says UNKOWN, standard data is not yet available

Category	SubMenu	RecipeNumber	Name	Calories		Fat g		SatFat g		Salt g		Sugars g		Carbohydrates g	
				Per serving	GDA	Per serving	GDA	Per serving	GDA	Per serving	GDA	Per serving	GDA	Per serving	GDA
Mains	OEI Kids	1836	Wholetail Scottish scampi	676	34%	41	59%	4	19%	2.71	45%	8	9%	66	25%
Mains	OEI Kids	1836	OEI - Peas	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%
Mains	OEI Kids	1836	OEI Mushy Peas	68	3%	0	0%	0	1%	0.68	11%	1	1%	11	4%
Mains	OEI Kids	1838	Battered cod	982	49%	61	87%	11	56%	1.99	33%	9	10%	72	27%
Mains	OEI Kids	1838	OEI - Peas	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%
Mains	OEI Kids	1838	OEI Mushy Peas	68	3%	0	0%	0	1%	0.68	11%	1	1%	11	4%
Mains	OEI Kids	1841	Traditional beef lasagne	357	18%	17	24%	6	28%	1.91	32%	6	7%	34	13%
Mains	OEI Kids	1842	Suffolk pork & herb sausages	636	32%	39	55%	17	84%	2.65	44%	6	7%	40	15%
Mains	OEI Kids	1885	Plaice Goujons	640	32%	41	59%	9	43%	1.05	17%	3	3%	60	22%
Mains	OEI Kids	1885	OEI - Peas	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%
Mains	OEI Kids	1885	OEI With Beans	56	3%	0	0%	[UNKNOWN]	0%	0.43	7%	3	3%	10	4%
Mains	OEI Kids	1917	Sunday Roast Beef	394	20%	15	22%	4	21%	0.85	14%	5	5%	44	16%
Mains	OEI Kids	4620	5oz* rump steak	741	37%	33	47%	5	24%	1.08	18%	6	7%	59	22%
Mains	OEI Kids	21458	Ham and free range egg	562	28%	28	40%	3	16%	2.51	42%	5	6%	44	16%
Mains	OEI Kids	38113	Sunday Roast Pork	405	20%	16	22%	4	21%	0.85	14%	5	5%	46	17%
Mains	OEI Kids	38114	Sunday Roast Turkey	393	20%	14	20%	4	21%	0.83	14%	5	5%	46	17%
Mains	OEI Kids	38115	Sunday Roast Veg	324	16%	13	19%	4	21%	0.78	13%	5	5%	44	16%
Mains	OEI Kids	39047	Chicken Nuggets	511	26%	26	37%	4	20%	1.13	19%	3	3%	54	20%
Mains	OEI Kids	39047	OEI - Peas	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%
Mains	OEI Kids	39047	OEI With Beans	56	3%	0	0%	[UNKNOWN]	0%	0.43	7%	3	3%	10	4%
Mains	OEI Kids	60330	Spinach & ricotta cannelloni (v)	552	28%	26	37%	9	43%	2.90	48%	12	14%	56	21%
Mains	OEI Kids	69013	Tandoori chicken breast	167	8%	2	3%	1	4%	0.70	12%	5	5%	12	5%
Mains	OEI Kids	69103	British beef burger	923	46%	65	92%	22	112%	1.86	31%	5	6%	54	20%
Mains	OEI Kids	69104	Farm-assured â€smotheredâ€™ chicken b	560	28%	27	38%	10	51%	2.33	39%	6	7%	30	11%
Mains	OEI Kids	69105	Organic Macaroni Cheese (v)	219	11%	6	9%	3	17%	0.21	3%	6	7%	29	11%
Desserts	OEI Kids	7622	Clotted Cream Ice-Cream	251	13%	15	22%	9	46%	0.13	2%	22	24%	24	9%
Desserts	OEI Kids	41437	Chocolate Mini Hot Pud	336	17%	14	19%	4	20%	1.06	18%	35	39%	47	18%
Desserts	OEI Kids	41438	Sticky Toffee Mini Hot Pud	284	14%	12	18%	7	37%	0.80	13%	29	32%	38	14%
Desserts	OEI Kids	41440	Bananas & Custard	343	17%	6	9%	3	17%	0.30	5%	54	60%	66	24%
Desserts	OEI Kids	44431	Lemon Mini Pudding	269	13%	9	13%	2	12%	1.08	18%	29	33%	41	15%
Desserts	OEI Kids	44432	Jam Roly Poly Mini Pudding	343	17%	15	22%	3	15%	0.41	7%	23	25%	46	17%
Desserts	OEI Kids	44433	Apple Pie	610	31%	43	61%	22	109%	0.73	12%	18	20%	52	19%

Protein g			
Per serving	GDA		
13	27%	6	0.24
4	9%	0.005	0.0002
5	10%	12.4	0.496
39	78%	0.28	0.0112
4	9%	1.3	0.052
5	10%	2.6	0.104
16	32%	0.484	0.0194
25	50%	1.394	0.0558
11	22%	0.068	0.0027
4	9%	[UNKNOW	0
4	8%	[UNKNOW	0
21	41%	[UNKNOW	0
54	109%	1.21	0.0484
35	71%	1.47	0.0588
21	42%	[UNKNOW	0
22	43%	6.2	0.248
8	16%	[UNKNOW	0
19	38%	[UNKNOW	0
4	9%	[UNKNOW	0
4	8%	1.21	0.0484
21	41%	1.47	0.0588
24	49%	[UNKNOW	0
34	67%	0.89	0.0356
50	100%	[UNKNOW	0
12	23%	[UNKNOW	0
4	8%	[UNKNOW	0
5	11%	0	0
5	9%	[UNKNOW	0
8	15%	0.5	0.02
5	9%	0.463	0.0185
6	11%	1.68	0.0672
5	9%	[UNKNOW	0