

Name: Oldswinford Original Autumn Winter 2023 (Oct Half Term to Feb Half Term) Week 2 **Reference:** Oldswinford **Exported:** 08/12/2023 16:05

Description: Oldswinford

 Legend

-  Low Level
-  Per 100g
-  Dish Modifier
-  Percentages shown are the average RDA for an adult.
-  Medium Level
-  Per Portion
-  High Level
-  Dish Modifier

Main Course

Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
FFL Original Farm Assured Beef Burger in a Bun 110g per portion		 259kcal	 12.3g	 04.7g	 02.1g	 01.02g	 01.4g	 13.5g	 22.9g
		 285kcal (14%)	 13.5g (19%) 	 05.2g (25%) 	 02.3g (02%) 	 01.13g (18%) 	 01.6g	 14.9g	 25.2g
FFL Original Chicken Curry 130g per portion		 085kcal	 03.8g	 00.5g	 02.8g	 00.22g	 00.8g	 09.4g	 03.5g
		 110kcal (05%)	 04.9g (07%) 	 00.6g (03%) 	 03.6g (03%) 	 00.28g (04%) 	 01.0g	 12.2g	 04.6g

Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
FFL Original Gravy 04g per portion		304kcal	01.5g	00.1g	05.0g	13.90g	01.5g	02.0g	69.9g
		011kcal (00%)	00.1g (00%)	00.0g (00%)	00.2g (00%)	00.52g (08%)	00.1g	00.1g	02.6g
FFL Original Roast Turkey 60g per portion		105kcal	00.8g	00.3g	00.0g	00.13g	00.0g	24.4g	00.0g
		063kcal (03%)	00.5g (00%)	00.2g (00%)	00.0g (00%)	00.08g (01%)	00.0g	14.6g	00.0g
FFL Original Beef Chilli Con Carne 161g per portion		076kcal	03.1g	01.3g	02.2g	00.13g	01.1g	08.1g	03.7g
		122kcal (06%)	05.0g (07%)	02.1g (10%)	03.5g (03%)	00.21g (03%)	01.7g	13.0g	06.0g
FFL Original Fish Fingers 75g per portion		175kcal	05.2g	00.7g	00.9g	00.60g	02.6g	13.5g	17.5g
		131kcal (06%)	03.9g (05%)	00.5g (02%)	00.7g (00%)	00.45g (07%)	02.0g	10.1g	13.1g
FFL Original Salmon Fish Fingers 50g per portion		215kcal	08.4g	01.0g	01.5g	00.40g	00.8g	15.4g	19.9g
		108kcal (05%)	04.2g (06%)	00.5g (02%)	00.8g (00%)	00.20g (03%)	00.4g	07.7g	09.9g

Vegetarian Main Course									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Tomato and Pizza Cheese Pinwheel 59g per portion	🥗	314kcal	🥗 19.9g	🥗 09.9g	🥗 01.1g	🥗 00.75g	🥗 01.6g	🥗 12.3g	🥗 21.1g
	🍷	186kcal (09%)	🍷 11.8g (16%)⚠️	🍷 05.9g (29%)⚠️	🍷 00.6g (00%)🟢	🍷 00.44g (07%)⚠️	🍷 00.9g	🍷 07.3g	🍷 12.5g
FFL Original Chickpea and Vegetable Biryani 141g per portion	🥗	174kcal	🥗 04.2g	🥗 00.5g	🥗 01.5g	🥗 00.27g	🥗 02.8g	🥗 05.4g	🥗 27.5g
	🍷	246kcal (12%)	🍷 06.0g (08%)⚠️	🍷 00.7g (03%)🟢	🍷 02.2g (02%)🟢	🍷 00.38g (06%)🟢	🍷 03.9g	🍷 07.6g	🍷 38.9g
FFL Original Vegan Quorn Sausage 50g per portion	🥗	138kcal	🥗 04.6g	🥗 01.6g	🥗 00.1g	🥗 01.08g	🥗 03.3g	🥗 15.0g	🥗 08.1g
	🍷	069kcal (03%)	🍷 02.3g (03%)⚠️	🍷 00.8g (04%)⚠️	🍷 00.1g (00%)🟢	🍷 00.54g (09%)⚠️	🍷 01.7g	🍷 07.5g	🍷 04.1g
FFL Original Cheese and Tomato Pizza 58g per portion	🥗	247kcal	🥗 08.6g	🥗 03.7g	🥗 01.9g	🥗 00.66g	🥗 01.6g	🥗 13.6g	🥗 30.8g
	🍷	143kcal (07%)	🍷 04.9g (07%)⚠️	🍷 02.1g (10%)⚠️	🍷 01.1g (01%)🟢	🍷 00.38g (06%)⚠️	🍷 01.0g	🍷 07.9g	🍷 17.8g
FFL Original BBQ Vegetable and Mixed Bean Wrap 168g per portion	🥗	114kcal	🥗 01.8g	🥗 00.2g	🥗 03.5g	🥗 00.70g	🥗 02.7g	🥗 04.5g	🥗 19.1g
	🍷	191kcal (09%)	🍷 03.0g (04%)🟢	🍷 00.3g (01%)🟢	🍷 05.9g (06%)🟢	🍷 01.17g (19%)⚠️	🍷 04.5g	🍷 07.5g	🍷 31.9g

Starch Accompaniment																
Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs							
		(kcal)														
FFL Original Dry Roasted Potato Wedges 120g per portion	⚖️	075kcal	⚖️	00.2g	⚖️	00.0g	⚖️	00.6g	⚖️	00.02g	⚖️	01.3g	⚖️	02.1g	⚖️	17.2g
	🥗	090kcal (04%)	🥗	00.2g (00%)🟢	🥗	00.0g (00%)🟢	🥗	00.7g (00%)🟢	🥗	00.02g (00%)🟢	🥗	01.6g	🥗	02.5g	🥗	20.6g
FFL Original Fluffy Rice 45g per portion	⚖️	360kcal	⚖️	02.2g	⚖️	00.6g	⚖️	00.4g	⚖️	00.03g	⚖️	01.0g	⚖️	07.4g	⚖️	77.1g
	🥗	162kcal (08%)	🥗	01.0g (01%)🟢	🥗	00.3g (01%)🟢	🥗	00.2g (00%)🟢	🥗	00.01g (00%)🟢	🥗	00.5g	🥗	03.3g	🥗	34.7g
FFL Original Roast Potatoes 72g per portion	⚖️	098kcal	⚖️	03.0g	⚖️	00.2g	⚖️	00.6g	⚖️	00.02g	⚖️	01.3g	⚖️	02.0g	⚖️	16.7g
	🥗	070kcal (03%)	🥗	02.1g (03%)🟢	🥗	00.2g (00%)🟢	🥗	00.4g (00%)🟢	🥗	00.01g (00%)🟢	🥗	00.9g	🥗	01.5g	🥗	12.0g
FFL Original Diced Potatoes with Herbs 120g per portion	⚖️	076kcal	⚖️	00.2g	⚖️	00.0g	⚖️	00.6g	⚖️	00.02g	⚖️	01.4g	⚖️	02.1g	⚖️	17.2g
	🥗	091kcal (04%)	🥗	00.3g (00%)🟢	🥗	00.0g (00%)🟢	🥗	00.7g (00%)🟢	🥗	00.02g (00%)🟢	🥗	01.7g	🥗	02.6g	🥗	20.7g
FFL Original Oven Chips 93g per portion	⚖️	127kcal	⚖️	02.5g	⚖️	00.3g	⚖️	00.4g	⚖️	00.33g	⚖️	01.8g	⚖️	02.5g	⚖️	24.5g
	🥗	119kcal (05%)	🥗	02.3g (03%)🟢	🥗	00.2g (01%)🟢	🥗	00.4g (00%)🟢	🥗	00.31g (05%)⚠️	🥗	01.7g	🥗	02.3g	🥗	22.9g

Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
FFL Original Sweetcorn 25g per portion		060kcal	01.8g	00.2g	02.0g	00.01g	01.5g	03.4g	08.1g
		015kcal (00%)	00.5g (00%)	00.1g (00%)	00.5g (00%)	00.00g (00%)	00.4g	00.9g	02.0g
FFL Original Baked Beans 25g per portion		082kcal	00.4g	00.1g	03.6g	00.54g	04.1g	04.8g	12.8g
		021kcal (01%)	00.1g (00%)	00.0g (00%)	00.9g (01%)	00.14g (02%)	01.0g	01.2g	03.2g

Salad									
Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
FFL Original Mixed Garden Salad 25g per portion		019kcal	00.3g	00.0g	03.1g	00.02g	01.1g	00.7g	03.6g
		005kcal (00%)	00.1g (00%)	00.0g (00%)	00.8g (00%)	00.01g (00%)	00.3g	00.2g	00.9g

Jacket Potatoes									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Jacket Potato with Tuna Mayonnaise 315g per portion		090kcal	01.6g	00.2g	00.6g	00.21g	01.1g	05.5g	13.9g
		282kcal (14%)	05.0g (07%)	00.5g (02%)	02.0g (02%)	00.68g (11%)	03.3g	17.4g	43.9g
FFL Original Jacket Potato with Cheese 270g per portion		100kcal	02.8g	01.6g	00.6g	00.15g	01.2g	03.8g	15.9g
		271kcal (13%)	07.5g (10%)	04.4g (21%)	01.5g (01%)	00.41g (06%)	03.3g	10.3g	43.0g
FFL Original Jacket Potato with Baked Beans 300g per portion		076kcal	00.2g	00.0g	01.1g	00.11g	01.8g	02.6g	16.5g
		229kcal (11%)	00.7g (00%)	00.1g (00%)	03.3g (03%)	00.32g (05%)	05.3g	07.7g	49.4g

Sandwiches									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Egg Mayonnaise Sandwich 159g per portion		190kcal	06.1g	01.2g	02.1g	00.88g	01.1g	09.1g	26.3g
		302kcal (15%)	09.7g (13%)⚠️	02.0g (09%)❤️	03.4g (03%)❤️	01.39g (23%)⚠️	01.7g	14.4g	41.7g
FFL Original Ham Sandwich 146g per portion		204kcal	05.6g	01.7g	02.1g	01.41g	01.2g	12.1g	28.1g
		298kcal (14%)	08.2g (11%)⚠️	02.5g (12%)⚠️	03.1g (03%)❤️	02.06g (34%)💩	01.7g	17.7g	41.0g
FFL Original Tuna Mayonnaise Sandwich 144g per portion		189kcal	03.2g	00.4g	02.3g	01.08g	01.2g	12.4g	28.9g
		272kcal (13%)	04.7g (06%)⚠️	00.6g (03%)❤️	03.3g (03%)❤️	01.55g (25%)⚠️	01.7g	17.9g	41.6g
FFL Original Cheese Sandwich 123g per portion		256kcal	09.7g	04.2g	02.5g	01.47g	01.4g	08.4g	35.6g
		316kcal (15%)	12.0g (17%)⚠️	05.2g (26%)⚠️	03.0g (03%)❤️	01.82g (30%)💩	01.7g	10.3g	43.9g

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Fruity Friday 44g per portion		055kcal	00.1g	00.1g	12.9g	00.00g	01.0g	00.6g	13.3g
		024kcal (01%)	00.0g (00%)	00.0g (00%)	05.7g (06%)	00.00g (00%)	00.5g	00.3g	05.8g

Bread									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Bread 10g per portion		207kcal	02.0g	00.4g	03.4g	01.11g	03.5g	07.9g	42.1g
		020kcal (00%)	00.2g (00%)	00.0g (00%)	00.3g (00%)	00.11g (01%)	00.3g	00.8g	04.0g