

Menu Nutritional Analysis for SECONDARY CORE MENU AUTUMN WINTER 24/25

Filter

Dishes	30 of 30	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Roasted Roots Filo Strudel, Skin On Roasties & Carrots & Broccoli SEC	426	613	25.3	8.5	82.3	12.9	16.9	10.0	2.3	
		30.6%	36.2%	42.7%	31.6%	14.4%	33.8%	-	37.5%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Tuscan Sausage Lasagne, Garlic Wedges, Chop House Salad SEC	576	654	20.7	8.0	87.1	14.0	28.0	9.4	3.4	
		32.7%	29.5%	40.0%	33.5%	15.5%	56.0%	-	57.0%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Pulled Chicken Tikka Pie, Crispy Bombay Potatoes, Cumin Roast Carrots & Parsnips SEC	498	533	18.1	7.5	73.1	11.9	18.6	11.0	0.8	
		26.6%	25.9%	37.4%	28.1%	13.2%	37.3%	-	12.6%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Chana Masala Stuffed Pie, Crispy Bombay Potatoes, Cumin Roast Carrots & Parsnips SEC	508	489	13.6	4.6	78.0	13.5	12.8	12.8	0.3	
		24.5%	19.5%	22.8%	30.0%	15.0%	25.5%	-	5.4%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Smoky Chilli Beef, Smashed Nachos, Spring Onion, Sour Cream & Smoky Corn SEC	346	541	17.0	6.2	82.9	8.1	19.6	6.4	0.2	
		27.0%	24.3%	31.0%	31.9%	9.0%	39.3%	-	3.1%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Spanish Vegetable Tortilla, Spanish Rice, Tomato & Green Bean Salad SEC	339	397	10.9	2.2	59.9	6.5	16.0	4.7	1.1	
		19.9%	15.5%	11.2%	23.0%	7.3%	32.1%	-	18.0%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, ...	996	1295	41.5	14.3	166.7	11.9	52.9	24.5	6.7	
		64.8%	59.3%	71.3%	64.1%	13.2%	105.8%	-	111.2%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Veggie Bean Chilli Loaded Nachos with Spring onion, avocado & smoky corn SEC	273	420	21.6	2.5	47.5	5.6	9.9	7.7	0.4	
		21.0%	30.9%	12.4%	18.3%	6.2%	19.9%	-	6.9%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Sweet & Sour Chickpea Vegetable Pathia Curry, Cardamom Rice, Green Beans SEC	401	452	6.9	1.1	79.5	13.1	14.4	8.6	0.2	
		22.6%	9.8%	5.4%	30.6%	14.6%	28.8%	-	4.2%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Nashville Baked Crispy Chicken Bap with Ranch Slaw, Crispy Baked Home Fries SEC	392	405	12.6	2.4	51.9	6.5	21.8	6.5	0.8	
		20.3%	18.0%	12.1%	20.0%	7.2%	43.6%	-	13.8%	

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ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Kung Pao Pulled Pork, 5 Spice Rice & Stir Fried Green SEC	196	492	17.8	4.8	62.0	9.7	19.3	1.6	1.2	24.6% 25.4% 24.2% 23.8% 10.7% 38.6% - 19.3%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Veggie Sausage Toad in the Hole with Onion Gravy & Green Beans, Skin On Garlic Roasties SEC	376	383	12.9	2.3	48.8	6.0	17.2	8.2	1.3	19.1% 18.4% 11.7% 18.8% 6.7% 34.4% - 21.7%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Roast Pork, Stuffing & Apple 1/2 Baguette With Gravy Dip, Skin On Roasties & Carrots & Broccoli SEC	411	596	22.0	5.2	73.4	7.9	25.4	7.8	1.7	29.8% 31.4% 26.0% 28.2% 8.8% 50.7% - 28.4%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Provencal Vegetable Lasagne, Garlic Wedges, Chop House Salad SEC	558	491	9.7	4.3	82.7	15.3	17.5	10.6	0.9	24.5% 13.9% 21.4% 31.8% 16.9% 35.0% - 14.8%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Garlic Chicken & Kale Creamy Puff Pastry Pie, Chive Mash & Mixed Greens SEC	462	506	17.0	5.7	66.0	6.9	20.5	12.1	1.1	25.3% 24.2% 28.3% 25.4% 7.7% 41.1% - 18.5%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Bang Bang Cauliflower, 5 Spice Rice & Stir Fried Green SEC	337	558	15.8	1.7	90.3	10.3	13.8	4.6	1.3	27.9% 22.6% 8.7% 34.7% 11.4% 27.6% - 22.1%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Garlic Chilli Chicken Curry, Cardamom Rice, Green Beans SEC	337	456	13.0	2.4	62.6	7.7	20.1	4.9	0.9	22.8% 18.5% 11.9% 24.1% 8.6% 40.1% - 15.0%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Curry Sauce, Gravy, Chips, Baked B...	972	1271	30.4	14.4	184.0	11.2	53.7	26.3	3.7	63.6% 43.5% 71.9% 70.8% 12.4% 107.4% - 62.1%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Cauliflower Schnitzel, Potato Salad & Red cabbage SEC	499	416	9.1	1.0	71.7	14.3	12.9	9.5	1.3	20.8% 13.0% 5.2% 27.6% 15.9% 25.9% - 21.2%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Sausage Toad in the Hole with Onion Gravy & Green Beans, Skin On Garlic Roasties SEC	440	534	22.5	5.5	58.5	7.4	23.3	8.5	3.5	26.7% 32.2% 27.5% 22.5% 8.2% 46.6% - 57.5%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Cajun Spiced Baked Veggie Burger with Pink Pickled Slaw, Crispy Baked Home Fries SEC	413	437	6.3	0.8	79.4	6.8	17.1	15.4	0.8	21.9% 8.9% 3.9% 30.5% 7.6% 34.2% - 13.8%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Meatball Marinara Wholegrain Pasta Bake with Cheesy Garlic Crumb, Crunchy rainbow Salad SEC	345	429	8.0	2.7	63.5	11.1	22.3	9.7	1.5	21.4% 11.5% 13.3% 24.4% 12.3% 44.6% - 24.7%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Aspens Loaded Mac & Cheese with Spring Onion, Pepper & Garlic, Crunchy Rainbow Salad SEC	361	542	20.5	9.0	75.6	12.3	19.1	5.2	1.4	27.1% 29.2% 44.8% 29.1% 13.6% 38.2% - 23.6%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Smoky Sweet Potato & Red Pepper Pie, Chive Mash & Mixed Greens SEC	511	479	12.4	4.7	78.3	13.1	14.7	13.8	0.7	24.0% 17.8% 23.5% 30.1% 14.6% 29.3% - 11.0%

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ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Smoky Albondigas (Meatballs), Spanish Rice, Tomato & Green Bean Salad SEC	359	391	4.6	0.8	67.1	9.9	19.6	5.7	1.9	
		19.5%	6.5%	3.9%	25.8%	11.0%	39.3%	-	31.1%	
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Currywurst & Crusty Bread, Potato Salad & Red cabbage SEC	481	590	19.4	4.6	79.7	11.9	22.2	9.5	3.9	
		29.5%	27.7%	23.2%	30.6%	13.2%	44.4%	-	65.5%	
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