

# 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 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 <b>Tuscan Sausage Lasagne, Garlic Wedges, Chop House Salad SEC</b>	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 <b>Pulled Chicken Tikka Pie, Crispy Bombay Potatoes, Cumin Roast Carrots &amp; Parsnips SEC</b>	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 <b>Chana Masala Stuffed Pie, Crispy Bombay Potatoes, Cumin Roast Carrots &amp; Parsnips SEC</b>	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 <b>Smokey Chilli Beef, Smashed Nachos, Spring Onion, Sour Cream &amp; Smoky Corn SEC</b>	281	309	15.2	5.7	30.1	7.3	15.3	5.1	0.2	15.4% 21.7% 28.7% 11.6% 8.1% 30.6% - 3.1%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 <b>Spanish Vegetable Tortilla, Spanish Rice, Tomato &amp; Green Bean Salad SEC</b>	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 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 <b>Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, ...</b>	996	1299	39.7	13.1	166.7	11.7	58.0	24.5	6.4	64.9% 56.8% 65.7% 64.1% 13.0% 116.1% - 106.4%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 <b>Veggie Bean Chilli Loaded Nachos with Spring onion, avocado &amp; smoky corn SEC</b>	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 <b>Sweet &amp; Sour Chickpea Vegetable Pathia Curry, Cardamom Rice, Green Beans SEC</b>	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 <b>Nashville Baked Crispy Chicken Bap with Ranch Slaw, Crispy Baked Home Fries SEC</b>	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% - 13.7%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 <b>Kung Pao Pulled Pork, 5 Spice Rice &amp; Stir Fried Green SEC</b>	196	491	17.8	4.9	62.0	9.7	19.3	1.5	1.2	24.6% 25.4% 24.3% 23.8% 10.7% 38.6% - 19.3%

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ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Veggie Sausage Toad in the Hole with Onion Gravy & Carrots, Skin On Garlic Roasties SEC	381	390	13.0	2.4	51.3	9.0	16.1	7.5	1.4	19.5% 18.6% 11.8% 19.7% 10.0% 32.2% - 23.1%
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 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Roast Pork, Stuffing & Apple 1/2 Baguette With Gravy Dip, Skin On Roasties & Green Beans SEC	409	588	21.9	5.2	72.3	6.5	25.0	8.0	1.7	29.4% 31.2% 25.8% 27.8% 7.3% 50.1% - 27.6%
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 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 2 \ 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	454	402	8.9	1.0	69.8	13.1	11.8	8.7	1.3	20.1% 12.7% 5.0% 26.8% 14.5% 23.6% - 21.1%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Sausage Toad in the Hole with Onion Gravy & Carrots, Skin On Garlic Roasties SEC	445	541	22.6	5.5	61.0	10.3	22.2	7.8	3.5	27.1% 32.3% 27.6% 23.5% 11.4% 44.5% - 58.9%
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 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 Roasted Roots Filo Strudel, Skin On Roasties & Green Beans SEC	424	605	25.2	8.5	81.0	11.6	16.6	10.1	2.2	30.2% 36.0% 42.5% 31.2% 12.9% 33.1% - 36.7%
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%

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 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 <b>Currywurst &amp; Crusty Bread, Potato Salad &amp; Red cabbage SEC</b>		<b>481</b>	<b>590</b>	<b>19.4</b>	<b>4.6</b>	<b>79.7</b>	<b>11.9</b>	<b>22.2</b>	<b>9.5</b>	<b>3.9</b>
			29.5%	27.7%	23.2%	30.6%	13.2%	44.4%	-	65.5%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 <b>Smoky Albondigas (Meatballs), Spanish Rice, Tomato &amp; Green Bean Salad SEC</b>		<b>359</b>	<b>391</b>	<b>4.6</b>	<b>0.8</b>	<b>67.1</b>	<b>9.9</b>	<b>19.6</b>	<b>5.7</b>	<b>1.9</b>
			19.5%	6.5%	3.9%	25.8%	11.0%	39.3%	-	31.1%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 <b>Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, ...</b>		<b>996</b>	<b>1299</b>	<b>39.7</b>	<b>13.1</b>	<b>166.7</b>	<b>11.7</b>	<b>58.0</b>	<b>24.5</b>	<b>6.4</b>
			64.9%	56.8%	65.7%	64.1%	13.0%	116.1%	-	106.4%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 <b>Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, ...</b>		<b>996</b>	<b>1299</b>	<b>39.7</b>	<b>13.1</b>	<b>166.7</b>	<b>11.7</b>	<b>58.0</b>	<b>24.5</b>	<b>6.4</b>
			64.9%	56.8%	65.7%	64.1%	13.0%	116.1%	-	106.4%
ASPENS STREATERIES CORE MENU SEPT 24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 24/25 <b>Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Curry Sauce, Gravy, Chips, Baked B...</b>		<b>972</b>	<b>1271</b>	<b>30.4</b>	<b>14.4</b>	<b>184.0</b>	<b>11.2</b>	<b>53.7</b>	<b>26.3</b>	<b>3.7</b>
			63.6%	43.5%	71.9%	70.8%	12.4%	107.4%	-	62.1%
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			63.6%	43.5%	71.9%	70.8%	12.4%	107.4%	-	62.1%