

Id	Dish Title	Per Servings									
		Raw Weight (g)	KJ	Kcal	Carbohydrates	Sugars	Fibre	Fat	Saturates	Protein	Salt
956435	5 Spice Rice SEC	67	1046	250	50	0	1	2	1	5	0
786018	Baked Beans SEC	100	347	83	13	4	4	0	0	5	1
1317851	Bang Bang Cauliflower SEC	256	1159	277	40	10	3	10	1	9	1
785786	Battered Sausage SEC	132	1195	286	28	1	3	12	4	15	3
761144	Braised Red Cabbage SEC	92	212	51	6	5	2	3	0	1	0
1311757	Cajun Spiced Veggie Burger & Pink Pickled	209	1100	263	41	5	11	6	1	13	1
628559	Carrots SEC	85	111	27	5	5	2	0	0	1	0
1303687	Cauliflower Schnitzel SEC	145	623	149	27	6	2	2	0	7	1
1311871	Chana Masala Stuffed Pie SEC	224	1040	249	29	7	5	11	4	8	0
1077414	Chicken Nuggets SEC	88	828	198	15	0	0	10	1	13	1
786089	Chip Shop Curry Sauce SEC	6	24	6	1	0	0	0	0	0	0
683212	Chips	150	722	172	28	0	3	5	2	3	0
1319031	Chive Mash SEC	206	756	181	36	2	4	2	0	4	0
1312033	Chop House Salad SEC	70	67	16	3	2	1	0	0	1	0
1311879	Crispy Baked Bombay Potatoes SEC	202	709	169	37	2	4	0	0	4	0
1311829	Crispy Baked Home Fries SEC	202	706	169	37	2	4	0	0	4	0
1311825	Crunchy Rainbow Salad SEC	110	100	24	4	4	2	0	0	1	0
1312044	Cumin Roast Carrots & Parsnips SEC	82	297	71	12	5	4	2	0	1	0
1303641	Currywurst & Crusty Baguette SEC	173	1409	337	37	4	3	12	4	17	4
1303631	Currywurst Ketchup	19	58	14	3	2	0	0	0	0	1
701810	Garlic & Herb Baked Wedges SEC	201	684	164	36	2	4	0	0	4	0
1318371	Garlic Chicken & Kale Creamy Puff Pastry	173	1202	287	26	3	5	14	5	14	1
681493	Garlic Chilli Chicken Curry SEC	162	724	173	9	4	2	10	2	12	1
629731	Gravy SEC	4	50	12	3	0	0	0	0	0	1
1319171	Green Bean & Tomato Salad SEC	81	66	16	3	2	2	0	0	1	0
628562	Green Beans SEC	80	82	20	2	2	3	0	0	2	0
701874	Hand Battered Fish SEC	99	524	125	15	0	1	2	0	14	1

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671564	Homemade Curry Sauce KS1 & KS2	87	166	40	5	4	1	2	0	1	0
1312050	Kung Pao Pulled Pork SEC	115	875	209	11	9	0	12	4	14	1
1311734	Loaded Mac & Cheese with Spring Onion, P	251	2168	518	72	9	3	20	9	18	1
1311675	Meatball Marinara Pasta Bake SEC	235	1693	405	60	8	8	8	3	21	1
786007	Minted Crushed Peas SEC	88	307	73	7	2	4	2	0	5	0
1273029	Mixed Bean Chilli Topping SEC	142	691	165	14	4	5	11	1	5	0
1311680	Nashville Baked Crispy Chicken Bap with F	168	932	223	12	3	2	12	2	17	1
1311759	Pink Pickled Slaw SEC	80	118	28	6	5	2	0	0	1	0
1311704	Pork Sausage Toad in the Hole with Onion	200	1355	324	29	4	3	15	5	19	3
1033708	Potato Salad SEC	217	848	203	37	2	4	4	0	4	0
1312036	Provençal Vegetable Lasagne SEC	287	1302	311	44	12	5	9	4	13	1
1311856	Pulled Chicken Tikka Pie SEC	214	1224	293	24	5	3	16	7	14	1
1311797	Quorn Veggie Sausage Toad in the Hole wit	136	722	173	19	3	2	5	2	13	1
741532	Ranch Slaw SEC	142	346	83	7	5	3	5	0	2	0
761228	Roast Pork & Stuffing Baguette 1/2 SEC	165	1530	366	40	3	2	14	4	20	1
1311906	Roasted Roots Strudel SEC	180	1600	382	48	8	4	17	8	12	2
1311831	Skin On Garlic Roasties SEC	160	799	191	27	1	3	8	1	3	0
1311913	Smokey Chilli Beef, Smashed Nachos, Spr	198	892	213	15	6	4	12	5	12	0
1312048	Smokey Corn SEC	81	361	86	14	2	1	2	0	3	0
1319138	Smokey Spanish Rice Side SEC	81	896	214	47	1	1	1	0	4	1
1318395	Smoky Sweet Potato & Red Pepper Pie SEC	222	1093	261	38	9	7	10	4	8	1
1319117	Spanish Style Meatballs Tomato Sauce SEC	197	674	161	18	7	3	4	1	15	1
1319160	Spanish Vegetable Tortilla SEC	177	699	167	11	3	2	10	2	11	1
1319078	Steamed Mixed Greens SEC	83	158	38	5	2	3	0	0	3	0
736071	Stir Fried Greens SEC	5	117	28	0	0	0	3	0	0	0
1311815	Sweet & Sour Chickpea Veggie Pathia Curr	255	764	183	27	11	6	4	0	8	0
622768	Tugo Pizza Slice - 12.5 Round Margherita H	85	847	202	26	1	1	6	3	10	0

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1311847	Tuscan Sausage Lasagne SEC	305	1984	474	48	10	4	20	8	23	3
1056323	Veggie Battered Sausage SEC	69	562	134	19	0	2	3	1	9	1
1312026	Veggie Bean Chilli Loaded Nachos with Sp	162	802	192	15	4	5	13	1	5	0
1311840	Yellow Cardamom Rice SEC	66	1047	250	50	0	0	2	1	5	0