

Norse Catering - Primary Spring Summer Menu 2021

Nutrition Analysis

Please note this chart is for reference only. Portion sizes shown are for recipes prior to cooking (unless otherwise stated).

Weights may also vary to those stated due to losses or gains during cooking. Where the weight of portions need to be more precise, food should be weighed for accuracy.

The carbohydrate values are per portion size and per 100g these figures have been taken directly from our nutrition analysis software. These values should be used in conjunction with a reference book such as "Carbs and Cals - A Visual Guide"

Weights of Jacket Potatoes are like to vary and should be weighed for accuracy.

Nutritional Information Recipe List (Values per portion size)

Week 1	Recipe Name	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g	
Monday	Oriental Beef Meatballs	3 Pieces	161.0	8.70	3.3	11.0	10.0	
	Steamed Rice - cooked	77g	125.0	0.6	0.1	27.0	35.0	
	<i>(v) Italian Bean Bake</i>	198g	160.0	5.2	0.7	21.0	11.0	
	Garden Peas	40g	27.0	0.0	0.0	3.6	9.0	
	Sweetcorn	40g	30.0	0.6	0.2	4.6	12.0	
	Apple Crumble	110g	205.0	8.5	3.1	28.0	26.0	
	Custard	83g	70	2	1.3	12	14	
	Cheese - wrap filling	1 Slice	84	7	4.3	0	0	
	Wrap	1 Whole	214	5.5	0	35	50	
	Carrot Batons	3 Batons	5	0	0	0.9	5.9	
	Orange Wedges	Half Whole	34	0	0	6.4	8	
	Sultanas	20g	59	0	0	14	69	
	Flapjack	1 Portion	209.0	9.3	3.0	27.0	43.0	
Tuesday	<i>(v) Margherita Pizza</i>	1 Slice	186.0	7.30	4.2	20.0	22.0	
	Potato Wedges	100g	81.0	0.0	0.0	17.0	17.0	
	<i>(v) Vegemince Bolognese</i>	203g	151.0	3.0	0.4	14.0	6.7	
	<i>Pasta - cooked</i>	101g	163.0	1.4	0.0	31.0	31.0	
	Rainbow Salad	70g	22.0	0.5	0.0	3.1	4.4	
	Fresh Fruit Salad	80g	37.0	0.0	0.0	8.0	10.0	
	Ham - sandwich filling	25g	27	0.8	0.3	0.5	1	
	50/50 Bread	2 Slices	204	2	0.4	36	41	
	Popcorn	5g	22	0.5	0	3.3	67	
	Cucumber Sticks	3 Sticks	2	0	0	0	0	
	Melon Wedge	60g	11	0	0	2.3	3.9	
	Fruit Yoghurt	1 Tub	77.0	3.1	2.1	8.6	11.0	
Wednesday	Roast Chicken	1 Portion	64.0	0.7	0.2	0.0	0.0	
	Stuffing	1 Ball	32.0	0.5	0.0	6.3	16.0	
	<i>(v) Vegetarian Roast</i>	132g	273.0	11.0	5.2	30.0	23.0	
	Roast Potatoes	105g	136.0	5.10	0.4	20.0	19.0	
	Carrots	40g	14.0	0.5	0.0	2.4	5.9	
	Green Beans	40g	7.0	0.0	0.0	0.8	2.1	
	Gravy	27g	6.0	0.0	0.0	1.2	4.6	
	Beetroot Brownie	1 Portion	337.0	23.0	2.0	27.0	36.0	
	Tuna (Mayonnaise)	70g	85.0	2.8	0.2	0.7	1.0	
	Pasta - cooked	101g	163.0	1.4	0.2	31.0	31.0	
	Cucumber Sticks	3 Sticks	2	0	0	0	0	
	Fresh Fruit Portion - site specific							
	Popcorn	5g	22	0.5	0	3.3	67	
Beetroot Brownie	1 Portion	337.0	23.0	2.0	27.0	36.0		

Thursday	Chicken and Sweetcorn Carbonara - cooked	283g	279.0	6.0	2.1	33.0	12.0	
	<i>(v) Tomato and Courgette Frittata</i>	144g	177.0	13.0	5.3	3.4	2.3	
	<i>Baby New Potatoes</i>	120g	98.0	0.5	0.0	21.0	17.0	
	Vegetable Medley	80g	41.0	0.5	0.0	5.8	7.3	
	Dinky Doughnuts	2 Each	137.0	6.5	2.7	17.0	48.0	
	Egg Mayo - sandwich filling	29g	44.0	3.4	0.7	0.5	1.2	
	50/50 Bread	2 Slices	204	2	0.4	36	41	
	Carrot Batons	3 Batons	5	0	0	0.9	5.9	
	Sultanas	20g	59	0	0	14	69	
	Orange Wedges	Half Whole	34	0	0	6.4	8	
Dinky Doughnuts	2 Each	137	6.5	2.7	17	48		
Friday	Breaded Fish Fingers	3 Individual	156.0	6.5	0.8	15.0	19.0	
	Salmon Fingers	2 Individual	169.0	6.2	0.6	20.0	33.0	
	<i>(v) Vegetable Goujons</i>	2 Individual	158.0	6.8	0.7	20.0	29.0	
	Chips	100g	124.0	3.0	0.4	21.0	21.0	
	Garden Peas - site specific	40g	27.0	0.0	0.0	3.6	9.0	
	Baked Beans - site specific	40g	36.0	0.0	0.0	6.1	15.0	
	Shortbread (Bitesize)	1 Portion	75	4.1	1.5	8.6	56	
	Melon Wedge	60g	11	0	0	2.3	3.9	
	Cheese - roll filling	1 Slice	84	7	4.3	0	0	
	Bread Roll	1 Individual	189	1.7	0.6	36	44	
	Cucumber Sticks	3 Sticks	2	0	0	0	0	
	Fresh Fruit Portion - site specific							
	Popcorn	5g	22	0.5	0	3.3	67	
	Shortbread	1 Portion	151.0	8.2	3.1	17.0	56.0	

Week 2	Recipe Name	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g	
Monday	<i>(v) Margherita Pizza</i>	1 Slice	186.0	7.30	4.2	20.0	22.0	
	Baby New Potatoes	120g	98.0	0.0	0.0	21.0	17.0	
	<i>(v) Vegemince and Bean Chilli</i>	155g	124.0	2.6	0.3	12.0	7.9	
	<i>Steamed Rice - cooked</i>	77g	125.0	0.6	0.1	27.0	35.0	
	Rainbow Salad	70g	22.0	0.5	0.0	3.1	4.4	
	Oaty Bar (Bitesize)	1 Portion	108.0	6.2	2.2	11.0	50.0	
	Orange Wedges	Half Whole	34	0	0	6.4	8	
	Cheese - wrap filling	1 Slice	84	7	4.3	0	0	
	Wrap	1 Whole	214	5.5	0	35	50	
	Carrot Batons	3 Batons	5	0	0	0.9	5.9	
	Orange Wedges	Half Whole	34	0	0	6.4	8	
	Sultanas	20g	59	0	0	14	69	
	Oaty Bar	1 Portion	214	12	4.4	22	50	
Tuesday	Chicken Curry	109g	140.0	6.30	3.1	5.4	4.9	
	Steamed Rice - cooked	77g	125.0	0.6	0.1	27.0	35.0	
	Naan Bread	1 Individual	92.0	1.9	0.5	15.0	41.0	
	<i>(v) Cheesy Pasta - cooked</i>	322g	576.0	33.0	18.0	43.0	13.0	
	Vegetable Medley	80g	41.0	0.5	0.0	5.8	7.3	
	Lemon Cupcake	1 Individual	134.0	7.2	2.6	15.0	36.0	
	Ham - sandwich filling	25g	27	0.8	0.3	0.5	1	
	50/50 Bread	2 Slices	204	2	0.4	36	41	
	Popcorn	5g	22	0.5	0	3.3	67	
	Fresh Fruit Portion - site specific							
	Cucumber Sticks	3 Sticks	2	0	0	0	0	
Lemon Cupcake	1 Individual	134.0	7.2	2.6	15.0	36.0		
Wednesday	Sausages	2 Individual	132.0	8.0	3.0	7.8	13.0	
	<i>(v) Veggie Sausage</i>	1 Individual	111.0	5.2	0.5	13.0	23.0	
	Yorkshire Pudding - site specific	1 Individual	38.0	1.1	0.0	5.7	35.0	
	Homemade Yorkshire Pudding - site specific	1 Individual	39.0	1.1	0.0	5.6	25.0	
	Mashed Potatoes	125g	128.0	4.0	1.5	20.0	16.0	
	Carrots	40g	14.0	0.5	0.0	2.4	5.9	
	Garden Peas	40g	27.0	0.0	0.0	3.6	9.0	
	Gravy	27g	6.0	0.0	0.0	1.2	4.6	
	Toffee Cream Shortbread	1 Portion	237.0	12.0	4.7	28.0	39.0	
	Tuna (Mayonnaise)	70g	85.0	2.8	0.2	0.7	1.0	
	Pasta - cooked	101g	163.0	1.4	0.0	31.0	31.0	
	Cucumber Sticks	3 Sticks	2	0	0	0	0	
	Fresh Fruit Portion - site specific							
	Sultanas	20g	59	0	0	14	69	
Toffee Cream Shortbread	1 Portion	237.0	12.0	4.7	28.0	39.0		

Thursday	Beef Bolognese	185g	135.0	8.3	3.5	3.2	1.7	
	Pasta - cooked	101g	163.0	1.4	0.0	31.0	31.0	
	<i>(v) Vegetarian Enchilada</i>	155g	211.0	5.5	1.6	25.0	16.0	
	Garlic Bread	1 Individual	54.0	0.6	0.2	10.0	41.0	
	Broccoli	80g	21.0	0.0	0.0	1.6	2.0	
	Fresh Fruit Salad	80g	37.0	0.0	0.0	8.0	10.0	
	Egg Mayo - sandwich filling	29g	44.0	3.4	0.7	0.5	1.2	
	50/50 Bread	2 Slices	204	2	0.4	36	41	
	Carrot Batons	3 Batons	5	0	0	0.9	5.9	
	Sultanas	20g	59	0	0	14	69	
	Orange Wedges	Half Whole	34	0	0	6.4	8	
	Fruit Yoghurt	80g	77	3.1	2.1	8.6	11	
Friday	Breaded Fish Fingers	3 Individual	156.0	6.5	0.8	15.0	19.0	
	<i>(v) Cheese and Tomato Quiche</i>	1 Portion	282.0	18.0	9.0	17.0	16.0	
	Chips	100g	124.0	3.0	0.4	21.0	21.0	
	Garden Peas - site specific	40g	27.0	0.0	0.0	3.6	9.0	
	Baked Beans - site specific	40g	36.0	0.0	0.0	6.1	15.0	
	Fruit Jelly	150g	34.0	0.0	0.0	7.7	5.1	
	Cheese - roll filling	1 Slice	84	7	4.3	0	0	
	Roll	1 Roll	189.0	1.7	0.6	36.0	44.0	
	Popcorn	5g	22	0.5	0	3.3	67	
	Fresh Fruit Portion - site specific							
	Cucumber Sticks	3 Sticks	2	0	0	0	0	
	Fruit Jelly	150g	34.0	0.0	0.0	7.7	5.1	

Week 3	Recipe Name	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Monday	Breaded Chicken	60g	124.0	5.5	0.5	10.0	17.0
	Wrap	1/2 Whole	109.0	2.8	0.0	18.0	50.0
	BBQ Sauce	4g	5.0	0.0	0.0	1.1	29.0
	Potato Wedges	100g	81.0	0.0	0.0	17.0	17.0
	<i>(v) Vegemince Bolognese</i>	203g	151.0	3.0	0.4	14.0	6.7
	<i>Pasta - cooked</i>	101g	163.0	1.4	0.2	31.0	31.0
	Rainbow Salad	70g	22.0	0.5	0.0	3.1	4.4
	Fresh Fruit Salad	80g	37.0	0.0	0.0	8.0	10.0
	Cheese - wrap filling	1 Slice	84	7	4.3	0	0
	Wrap	1 Whole	214	5.5	0	35	50
	Carrot Batons	3 Batons	5	0	0	0.9	5.9
	Fresh Fruit Portion - site specific						
	Sultanas	20g	59	0	0	14	69
Fruit Yoghurt	80g	77	3.1	2.1	8.6	11	
Tuesday	Beef Lasagne	1 Portion	405.0	21.00	9.9	28.0	9.7
	Herby Bread	1 Individual	54.0	0.6	0.0	9.8	40.0
	<i>(v) Sweet Potato and Lentil Curry</i>	211g	194.0	3.4	0.9	33.0	16.0
	<i>Steamed Rice - cooked</i>	77g	125.0	0.6	0.1	27.0	35.0
	<i>Naan Bread</i>	1 Individual	92.0	1.9	0.5	15.0	41.0
	Garden Peas	40g	27.0	0.0	0.0	3.6	9.0
	Cauliflower	60g	22.0	0.0	0.0	3.4	5.7
	Ice Cream Tub	1 Tub	129.0	6.50	3.2	15.0	19.0
	Ham - sandwich filling	25g	27	0.8	0.3	0.5	1
	50/50 Bread	2 Slices	204	2	0.4	36	41
	Popcorn	5g	22	0.5	0	3.3	67
	Fresh Fruit Portion - site specific						
	Cucumber Sticks	3 Sticks	2	0	0	0	0
Ice Cream Tub	1 Tub	129.0	6.50	3.2	15.0	19.0	
Wednesday	Roast Chicken	60g	64.0	0.7	0.2	0.0	0.0
	Stuffing	1 Ball	32.0	0.5	0.0	6.3	16.0
	<i>(v) Lentil Roast</i>	347g	475.0	26.0	12.0	36.0	10.0
	Roast Potatoes	105g	136.0	5.10	0.4	20.0	19.0
	Spring Greens	45g	19.0	0.50	0.0	1.4	3.1
	Carrots	40g	14.0	0.5	0.0	2.4	5.9
	Gravy	27g	6.0	0.0	0.0	1.2	4.6
	Flapjack (Bitesize)	1 Portion	106.0	4.7	1.5	14.0	43.0
	Apple Wedges	40g	21.0	0.0	0.0	4.7	12.0
	Tuna (Mayonnaise)	70g	85.0	2.8	0.2	0.7	1.0
	Pasta - cooked	101g	163.0	1.4	0.0	31.0	31.0
	Cucumber Sticks	3 Sticks	2	0	0	0	0
	Apple Wedges	40g	21.0	0.0	0.0	4.7	12.0
Popcorn	5g	22	0.5	0	3.3	67	
Flapjack	1 Portion	209.0	9.3	3.0	27.0	43.0	

Thursday	<i>(v) Margherita Pizza</i>	1 Slice	186.0	7.30	4.2	20.0	22.0	
	Pasta Salad - cooked	80g	102.0	3.0	0.3	15.0	19.0	
	<i>(v) Sweet and Sour Vegeballs</i>	3 Pieces	81.0	1.3	0.2	9.8	17.0	
	<i>Steamed Rice - cooked</i>	77g	125.0	0.6	0.1	27.0	35.0	
	Sweetcorn	40g	30.0	0.6	0.2	4.6	12.0	
	Cocoa Krispie Bar	1 Portion	202.0	8.1	3.1	30.0	64.0	
	Thursday							
	Egg Mayo - sandwich filling	29g	44.0	3.4	0.7	0.5	1.2	
	50/50 Bread	2 Slices	204	2	0.4	36	41	
	Carrot Batons	3 Batons	5	0	0	0.9	5.9	
	Sultanas	20g	59	0	0	14	69	
	Orange Wedges	Half Whole	34	0	0	6.4	8	
	Cocoa Krispie Bar	1 Portion	202.0	8.1	3.1	30.0	64.0	
	Friday	Breaded Fish Fingers	3 Individual	156.0	6.5	0.8	15.0	19.0
<i>(v) Cheese and Onion Pastry Parcel</i>		1 Portion	378.0	23.0	11.0	34.0	23.0	
Chips		100g	124.0	3.0	0.4	21.0	21.0	
Garden Peas - site specific		40g	27.0	0.0	0.0	3.6	9.0	
Baked Beans - site specific		40g	36.0	0.0	0.0	6.1	15.0	
Cherry Bakewell Cupcake		1 Individual	192.0	7.2	2.6	30.0	58.0	
Friday								
Cheese - roll filling		1 Slice	84	7	4.3	0	0	
Roll		1 Roll	189.0	1.7	0.6	36.0	44.0	
Popcorn		5g	22	0.5	0	3.3	67	
Fresh Fruit Portion - site specific								
Cucumber Sticks		3 Sticks	2	0	0	0	0	
Cherry Bakewell Cupcake		1 Individual	192.0	7.2	2.6	30.0	58.0	

	Recipe Name	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
	Jacket Potatoes						
	Jacket Potato (Size May Vary)	220g	172.0	0.5	0.0	36.0	16.0
	Fillings:						
	Baked Beans	80g	71.0	0.5	0.0	12.0	15.0
	Cheese and Coleslaw	60g	159.0	13.0	6.2	1.8	3.0
	Tuna Mayonnaise	70g	85.0	2.8	0.2	0.7	1.0
	Cheese and Baked Beans	70g	153.0	9.7	5.9	6.1	9.0
	Tuna Sweetcorn	80g	74.0	0.6	0.1	2.4	3.0
	Cheese	60g	236.0	19.0	12.0	0.0	0.0

These values are correct at the time of publishing, however alterations can be made subject to product change and availability. We advise the contents of these reports to be checked regularly.