

## EDINBURGH CATERING - APRIL 2024/2025 NUTRITIONAL INFORMATION

These figures are to be used as a guide only. If your child has any special dietary requirements, please arrange to speak to the kitchen supervisor

Dish	Portion Size (g)	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fibre AOAC (g)	Sodium (mg)	Sugar (g)	Protein (g)	Calcium (g)
Plant based hot dog in a finger roll	90g	192.7	6.02	1.57	23	1.55	391.8	2.25	11.05	68
Cowboy beans	209g	268.49	12.15	2.42	22.14	5.69	825.84	4.96	19.06	173.2
Bubble salmon	60g	183	10.2	2.58	14.52	0.3	120	0.12	6.84	13.8
Pasta Arrabbiata	198g	370.92	5.93	0.66	65.31	5.51	87.71	9.05	12.49	131.87
Homemade cook's chicken curry	296g	219.08	4.66	0.84	21.59	3.52	492.46	10.93	20.44	63.81
Cheese and tomato pizza	80g	174.37	6.24	2.88	18.64	4.16	255.95	2.8	8.96	173.57
Pork sausage	60g	152.6	12.6	4.9	1.56	0.3	300	0.9	8.28	96
Quorn Best of British sausage	60g	107.4	5.64	1.4	5.52	unknown	330	0.78	8.94	81.6
Quorn burger in a wholemeal roll	104g	194.76	3.46	1.03	27.29	5.37	397.2	2	15.22	64.38
Mild veggie chilli	261g	332.72	12.44	3.36	27.44	13.29	728.87	6.53	24.95	64.76
Roast chicken	63g	95.4	0.99	0.27	0	unknown	90	unknown	21.6	unknown
Quorn Best of British sausage sausage casserole	157g	139.16	7.05	1.51	9.39	0.77	467.17	3.93	9.78	97.87
Fish fingers	60g	139.2	5.94	0.66	12.4	0.54	72	0.36	6.72	unknown
Macaroni cheese	216g	447.74	10.23	5.34	67.86	2.81	253	7.3	20.2	355.2
Cottage pie	224g	240.91	8.03	3.33	25.42	3.02	250.01	3.78	15.44	8.78
Vegetable and lentil cottage pie	336g	148.98	5.05	1.214	21.22	3.63	272.41	8.85	4.59	72.35
Plant based pasta bolognese	284g	480.87	10.97	1.01	64.1	7.97	584.35	8.36	28.08	46.52
Salmon fish fingers	60g	157.2	6.6	0.96	17.28	0.66	96	0.42	6.72	unknown
Sweet potato and spinach curry	331g	241.11	8.54	0.85	35.8	1.79	841.09	10.64	6.24	232.34
Butcher's beef burger in a wholemeal bun	114g	227.9	7.22	2.79	26.58	2.97	401.28	1.42	15.48	89.73
Campbell's vegetarian haggis	68g	159.12	10	4.22	13.26	2.72	318.27	0.2	2.72	4.08
Homemade chicken and vegetable pie	217g	185.6	6.59	1.37	13.1	1.66	479.47	7.29	17.85	104.7
Broccoli and pea pasta in a creamy sauce	191g	478.57	17.78	11.32	63.21	5.41	21.06	4.62	14	82.11
Vegetable paella	177g	452.17	7.98	1.43	82.18	5.34	1160.42	4.31	10.72	11.4
Veggie balls in a Spanish tomato sauce	151g	193.29	9.17	0.74	13.92	4.88	370.43	4.6	11.62	15.99
Chicken meatballs in gravy	113g	148.43	8.4	2.25	9.83	0.29	372	0.29	8.28	25.2

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Mince in gravy	103g	157.14	10.24	4.34	3.67	0.47	118.2	2.02	12.63	17.96
Veggie nuggets	60g	136.2	7.2	0.54	15	2.46	175.2	1.38	2.1	44.34
Bubble fish	60g	136.2	5.4	0.42	15	0.54	192	0.3	6.6	13.8
Rainbow pasta in tomato and vegetable sauce	218g	314.5	1.55	0.24	67.95	6.84	31.03	8.23	10.69	75.23
<b>Baked potato</b>										
Baked potato plain	120g	116.4	0.24	0.12	27.12	3.12	2.4	1.68	3	13.2
Baked potato with cheese	160g	240.4	9.04	5.72	27.92	3.12	306.4	1.69	13.4	349.2
Baked potatoe with beans	200g	174.8	0.72	0.2	37.12	7.24	266.4	3.92	7.32	49.2
Baked potato with tuna mayo	167g	176.3	2.47	0.41	27.57	3.2	165.68	1.92	12.76	17.61
<b>Soup</b>										
Cajun spiced	282g	60.44	1.19	0.3	10.91	2.39	214.47	6.27	1.63	46.75
Lentil	222g	129.3	1.21	0.4	21.37	2.92	274.38	4.4	7.63	43.47
Carrot	213g	61.04	1.49	0.35	11.24	2.82	214.77	4.28	1.19	15.53
Vegetable	226g	46.94	0.76	0.25	8.59	1.06	204.89	3.62	1.77	53.93
Broccoli and pea	276g	74.06	1.67	0.7	10.15	2.28	466.61	1.99	3.83	27.04
Minestone	264g	136.86	1,49	0.11	22.84	1.81	118.44	7.88	7.97	67.03
Spanish vegetable	237g	98.1	3.61	0.49	11.32	3.99	244.13	7.38	3.33	26.43
<b>Sandwiches</b>										
Cheese sandwich	121g	290	9.12	4.75	33.6	5.6	546	2.24	20.6	420.8
Chicken sandwich	121g	226.4	3.4	0.95	34.4	5.72	510	2.32	16.8	90
Egg mayo sandwich	134g	221.58	4.39	0.91	34.06	5.6	383.45	2.5	13.73	88.5
Tuna mayo sandwich	129g	245.39	5.2	1.06	34.18	5.6	396.67	2.57	17.68	89.21
Vegan cheese sandwich	121g	300	12.4	9.59	42	5.6	630	2.24	7.52	84.8
<b>Side</b>										
BBQ sweetcorn ribs	40g	30.45	0.41	0.04	5.71	0.39	15.2	2.03	0.84	1.65
Crusty bread	25g	54.5	0.35	0.1	9.5	1.78	85	0.6	2.43	26.5
Cucumber dip	33g	13.15	0.28	0.13	1.71	0.09	13.1	1.65	1.09	35.03
Homemade coleslaw	48g	55.93	4.76	0.52	2.87	1.43	91.75	2.29	0.56	13.94
Yorshire pudding	30g	78.3	2.67	0.67	11.7	0.36	72	0.45	1.65	36.9
Wholegrain rice	76g	107.62	0.83	0.23	24.36	2.05	0.76	0.38	1.97	3.04
Potato wedges	80g	116	3.04	0.38	21.2	2.4	1.6	1.36	2.32	10.4
Baby potatoes	90g	61.2	0.09	0.4	14.49	1.62	2.7	1.17	1.53	5.4
Chips	80g	95.2	2.4	0.24	16.8	1.28	32	0.56	1.52	0

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Mashed potatoes	90g	67.5	0.18	0	15.57	1.8	5.4	0.54	1.8	4.5
Homemade tomato salsa	115g	37.66	0.84	0.08	6.5	1.76	69.42	5.16	2.08	19.69
Wholemeal pitta bread	40g	100.8	0.36	0.08	20.4	1.16	84.8	0.8	3.32	55.2
Patatas Bravas	76g	101.7	5.77	0.83	10.37	2.25	7.69	1.99	1.82	20.19
Cherry tomatoes	40g	8.8	0.2	0.04	1.44	0.52	1.6	1.44	0.44	4
Sliced peppers	40g	9.37	0.11	0.03	1.72	0.63	1.08	1.64	0.36	2.21
Peas	40g	18	0.24	0.04	1.96	unknown	92	0.96	14	2.08
Carrots	40g	8.8	0.16	0.04	1.76	unknown	9.2	1.68	0.24	12
Beans	80g	58.4	0.48	0.08	10	4.12	264	2.24	4.32	36
Broccoli	40g	11.2	0.2	0.05	1.12	1.12	2.4	0.64	1.32	14
Cauliflower	40g	11.6	0.36	0.08	1.4	0.76	2.8	0.96	0.76	7.6
Cabbage	44g	7.48	0.09	0.02	1.01	0.97	2.2	1.01	0.66	23.76
Green beans	40g	8.8	0.2	0.04	1.16	0.88	1.2	0.84	0.72	13.6
Sweetcorn	40g	14.4	0.44	0.05	1.92	unknown	0	0.48	0.8	0.8
Turnip	40g	9.6	0.12	0	2	unknown	12.4	1.96	0.28	21.2
Garlic bread	32g	111.36	5.34	2.76	14.43	0.86	3.52	0.93	2.24	40.32
Homemade bread	25g	54.25	0.63	0.12	10.5	1.75	85	0.7	2.35	26.5
<b>Desserts</b>										
Yogurt (fresh)	80g	47.2	0.16	0.08	8.08	0.32	80	7.52	3.84	112
Yogurt (ambient)	100g	57	1	0.66	7.8	unknown	63	7.5	4.8	162
Fruit sponge	57g	140.33	3.12	1.27	25.21	0.67	184.2	9.42	2.56	1.67
Custard	64g	39.28	1.04	0.64	5.44	0	27.84	2.82	2.11	73
Ice cream	80g	128	6.56	3.28	14.24	1.28	51.2	7.21	2.25	unknown
Cheese and crackes	22g	90.72	7.06	4.52	1.34	0.08	153.6	0.03	5.2	unknown