

Aspens Autumn Winter 25/26 Secondary Traditional		Per Portion								
DISH/ RECIPIE TITLE (Per Serving)	RECIPE/DIS H ID	Raw Weight (g)	Kcal	Carbs (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Fibre (g)	Protein (g)	Salt (g)
Aspens Best Ever Hand pressed beef burger Caramelised Onion	1540760	189	301	19.2	8.7	18.7	6.5	2.3	14.0	1.2
ASPENS ULTIMATE Roasties	1540725	161	193	27.5	1.4	7.8	0.6	3.3	3.0	0.2
Baked Beans	786018	100	83	12.8	3.6	0.4	0.1	4.1	4.8	0.6
Baked Beans Portion HD	622746	100	83	12.8	3.6	0.4	0.1	4.1	4.8	0.6
Battered Sausage	785786	132	291	28.5	1.5	12.2	4.0	2.7	15.3	2.8
Bechamel Sauce	691035	98	86	7.7	4.5	4.6	2.1	0.2	3.4	0.1
Butternut Tomato Chilli Masala	1559043	260	195	26.3	8.6	4.4	0.6	6.0	9.6	0.1
Cajun Rice	1559131	65	238	50.8	0.3	1.5	0.4	0.7	4.8	0.2
Caramelised Onions	1540794	55	44	6.5	5.6	1.8	0.4	1.1	0.5	0.0
Cauliflower	1559463	90	28	4.0	2.6	0.4	0.1	1.6	2.3	0.0
Cauliflower & Broccoli Cheese Bake	1555295	253	250	16.4	7.6	15.0	7.8	3.6	12.1	0.8
Char Sui Roast Pork with Chinese Curry Sauce	1558566	141	260	13.7	9.9	15.8	6.5	0.8	15.5	1.0
Cheese & Onion Burger with Tomato Relish	1540830	199	279	35.3	6.9	10.6	5.4	3.5	9.8	0.8
Cheese Portion jacket HD	627707	40	139	4.8	0.2	11.2	6.4	0.0	5.2	0.8
Chicken Nuggets	1077414	88	203	15.0	0.4	10.6	2.3	0.4	11.4	0.4
Chicken Tikka Balti	1558913	179	174	9.6	4.4	8.0	1.7	3.3	14.7	1.0
Chinese Curry Sauce	1558570	40	53	6.2	3.7	2.7	2.2	0.6	0.8	0.7
Chips	683212	150	203	37.8	0.5	4.8	0.6	3.5	3.5	0.5
Coleslaw Portion Jacket HD	627719	120	111	6.9	5.1	8.2	1.1	3.1	1.6	0.4
Garlic Rice	1528590	67	239	51.1	0.3	1.4	0.4	0.7	4.8	0.0
Grated Cheese HD	622743	40	139	4.8	0.2	11.2	6.4	0.0	5.2	0.8
Gravy	629731	4	11	2.8	0.2	0.1	0.0	0.0	0.2	0.5
Gravy	684842	4	11	2.8	0.2	0.1	0.0	0.0	0.2	0.5
Green Beans	628562	80	25	2.5	1.8	0.3	0.1	2.7	1.7	0.0
Green Salad	960615	59	6	1.2	1.1	0.2	0.0	0.7	0.7	0.0
HALAL Aspens Best Ever Hand pressed beef burger Caramelised Onion	1563510	189	301	19.2	8.7	18.7	6.5	2.3	14.0	1.2
HALAL Char Sui Roast Chicken with Chinese Curry Sauce	1564360	141	187	15.8	10.9	7.4	3.7	0.9	13.7	1.8
HALAL Chicken Tikka Balti	1564438	179	174	9.6	4.4	8.0	1.7	3.3	14.7	1.0
HALAL Maple Glazed Chicken	1564299	10	33	8.0	8.0	0.0	0.0	0.0	0.0	0.0
HALAL Minced Beef Hotpot Topped with Root Veg & Potatoes	1564465	238	297	39.5	8.2	7.8	3.1	8.5	16.0	0.9
HALAL Peri Chicken & Macho Pea Pasta Bake Chilli Lime Aioli	1564259	292	515	63.7	8.8	18.0	6.0	4.6	21.5	1.1
HALAL Roast Chicken & Thyme Toad in the hole	1563573	87	108	16.0	2.8	2.6	0.9	0.8	5.1	0.6
HALAL Slow Braised Chicken & Fennel Lasagne	1564320	247	362	43.0	8.9	10.5	4.4	5.0	21.5	0.7
HALAL Slow Roast Garlic & Rosemary Chicken + Apple Stuffing	1564266	118	175	18.4	3.2	5.4	1.5	1.2	14.5	1.7
HALAL Smothered BBQ Chicken & Cheese Melt	1564473	119	166	8.9	5.7	8.1	3.4	0.2	14.6	1.5
HALAL Swedish Style Meatballs in Gravy With Cranberry Jam	1564408	139	217	23.9	6.6	10.1	6.5	2.6	6.8	1.3
Hand Battered Fish	701874	99	121	15.5	0.2	1.0	0.3	1.2	12.7	0.9
Homemade Cajun Bean Burger	786106	239	362	52.6	4.0	6.4	0.7	12.8	16.7	1.2
Homemade Crusty Bread	1558506	21	82	14.1	0.5	1.5	0.3	1.0	2.5	0.2
Homemade Curry Sauce KS1 & KS2	671564	87	39	4.7	3.3	1.7	0.1	1.3	1.1	0.1
Honey Carrot & Apple Wellington	1556935	146	369	39.6	5.4	19.8	10.3	2.5	9.2	1.6
Honey Mustard Glazed British Bangers with Roasted Red Onion	1559086	203	278	25.8	8.7	12.4	4.0	3.0	14.8	3.4

Aspens Autumn Winter 25/26 Secondary Traditional		Per Portion									
DISH/ RECIPIE TITLE (Per Serving)	RECIPE/DIS H ID	Raw Weight (g)	Kcal	Carbs (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Fibre (g)	Protein (g)	Salt (g)	
Honey Mustard Glazed Veggie Bangers with Roasted Red Onion	1559094	139	127	16.1	7.4	2.8	0.8	2.7	8.7	1.3	
Honey Smashed Parsnips	1540742	86	84	13.5	8.1	2.9	0.3	3.8	1.5	0.0	
IRISH STYLE Chip Shop Curry Sauce	1540898	9	36	6.5	3.7	0.9	0.5	0.3	0.4	0.4	
Jacket Potato	622712	300	244	53.7	2.7	0.3	0.1	6.0	5.7	0.0	
Jacket Potato HD	627664	300	250	58.8	2.7	0.3	0.1	6.0	5.7	0.0	
Leek Mash	1559066	237	194	36.7	2.5	3.2	0.8	4.7	4.3	0.1	
Lentil, Onion & Root Veg Hotpot	1559121	268	291	52.8	11.4	1.8	0.3	11.4	13.4	0.8	
MAC Sauce	1540788	25	41	3.2	1.7	2.9	0.4	0.4	0.3	0.3	
Maple Glazed Gammon	1556925	90	123	8.1	8.0	4.2	1.6	0.0	13.0	1.7	
Masala Roasted Cauliflower	683155	86	75	3.6	2.3	5.4	0.5	1.7	2.1	0.0	
Mash	695974	207	187	35.8	1.8	3.0	0.8	4.0	3.8	0.1	
Minced Beef Hotpot Topped with Root Veg & Potatoes	1559107	238	297	39.5	8.2	7.8	3.1	8.5	16.0	0.9	
Minted Crushed Peas	786007	88	73	7.2	2.1	1.9	0.5	4.1	4.7	0.0	
Mushy Peas	628557	80	72	11.3	1.0	0.3	0.1	2.2	4.7	0.4	
Oregano Roasted Carrots	1558512	82	44	4.8	4.4	2.4	0.2	2.0	0.6	0.1	
Peas	628547	80	61	7.0	2.0	0.7	0.2	4.1	4.6	0.0	
Peri Chicken & Macho Pea Pasta Bake Chilli Lime Aoili	1555083	292	515	63.7	8.8	18.0	6.0	4.6	21.5	1.1	
Peri Crispy Chickpea & Butterbean Pasta Bake Chilli Lime Aoili	1555101	313	538	72.1	8.7	16.8	5.4	8.1	19.7	0.8	
Plain Rice	710406	65	237	50.7	0.3	1.4	0.4	0.7	4.8	0.0	
Roast Chicken & Thyme Toad in the hole	1540706	87	108	16.0	2.8	2.6	0.9	0.8	5.1	0.6	
Roast Root Vegetable Wedges SEC	1540881	120	79	17.3	3.9	0.5	0.1	3.3	1.9	0.0	
Roasted Summer Veg	1424015	82	32	3.0	2.5	2.2	0.2	0.8	1.1	0.2	
Savoy Cabbage	628548	60	16	2.5	2.5	0.1	0.0	2.5	1.4	0.0	
Slow Braised Pork & Fennel Lasagne	1556984	247	374	43.0	8.9	12.2	5.3	5.0	21.0	0.7	
Slow Roast Garlic & Rosemary Pork + Apple Stuffing	1555278	118	248	16.1	2.1	13.8	4.4	1.1	16.3	0.9	
Smashed Crispy New Potatoes	1558316	205	183	32.2	2.6	5.2	0.5	3.6	3.4	0.0	
Smokey Tomato Relish	1540837	61	29	6.1	5.6	0.1	0.0	0.8	0.6	0.0	
Smothered BBQ Chicken & Cheese Melt	1559125	119	166	8.9	5.7	8.1	3.4	0.2	14.6	1.5	
Somerset Stew with Cheddar & Parsley Mash	761511	445	375	54.0	6.5	10.3	3.7	12.4	12.8	0.8	
Spinach, Cream Cheese & Roasted Vegetable Lasagne	1557000	297	323	44.7	11.4	9.4	4.2	5.5	13.1	0.8	
Steamed Mixed Greens	1319078	83	40	4.5	2.3	0.5	0.1	3.1	2.7	0.0	
Swede	1558509	80	21	3.8	3.6	0.2	0.0	2.0	0.7	0.0	
Swedish Style Meatballs in Gravy With Cranberry Jam	1558557	139	216	20.7	6.2	11.3	6.8	2.1	7.4	1.3	
Tugo Pizza Slice - 12.5 Round Margherita HD	622768	85	202	26.4	0.7	6.1	3.4	1.1	9.8	1.2	
Tuna Mayonnaise Portion Jacket HD	627715	90	130	1.5	0.6	6.0	0.9	0.1	17.5	0.7	
Veggie Battered Sausage	1056323	69	139	18.8	0.2	2.6	0.9	2.4	9.1	0.7	
Veggie Chinese Curry	1079141	132	145	14.6	6.8	5.7	1.7	4.9	6.9	0.5	
Veggie Sausage Toad in the Hole	685237	181	241	42.6	8.8	3.3	1.2	3.0	9.0	1.4	
Wok Fried Oriental Veggies	1056586	82	47	4.6	2.9	2.2	0.3	1.5	2.5	0.0	
Zesty Dressed Roast Broccoli	1557034	84	38	2.6	1.6	1.5	0.2	3.2	3.5	0.0	