Menu Nutritional Analysis for AF14 Sparkle Spectacular Primary Theme Day Nov 26

Filter

Dishes 8 of 8	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
AF14 Sparkle Spectacular Primary Theme Day Nov 26 \ Sparkle Spectacular Primary Theme Day Nov 26 AF14 Bonfire Beef Chilli & Sweet Potato Wedges, Sweetcorn KS1 - Aspens Services	293	294 14.7%	11.0 15.7%	4.0 20.0%	34.8 13.4%	9.9 11.1%	13.7 27.4%	4.1 -	0.4 6.7%
AF14 Sparkle Spectacular Primary Theme Day Nov 26 \ Sparkle Spectacular Primary Theme Day Nov 26 AF14 Halal Bonfire Beef Chilli & Sweet Potato Wedges, Sweetcorn KS1 - Aspens Services	303	295 14.8%	9.5 13.6%	3.3 16.6%	37.8 14.5%	10.1 11.2%	13.5 26.9%	5.4 -	0.4 6.4%
AF14 Sparkle Spectacular Primary Theme Day Nov 26 \ Sparkle Spectacular Primary Theme Day Nov 26 AF14 Bonfire Veggie Bean Chilli & Sweet Potato Wedges, Sweetcorn KS1 - Aspens Services	292	231 11.6%	3.4 4.8%	0.5 2.7%	41.4 15.9%	10.9 12.2%	6.6 13.3%	6.2 -	0.4 6.6%
AF14 Sparkle Spectacular Primary Theme Day Nov 26 \ Sparkle Spectacular Primary Theme Day Nov 26 AF14 Bonfire Beef Chilli & Sweet Potato Wedges, Sweetcorn KS2 - Aspens Services	379	369 18.5%	11.9 17.0%	4.2 20.8%	47.2 18.2%	12.6 14.0%	16.8 33.6%	6.8 -	0.5 8.0%
AF14 Sparkle Spectacular Primary Theme Day Nov 26 \ Sparkle Spectacular Primary Theme Day Nov 26 AF14 Halal Bonfire Beef Chilli & Sweet Potato Wedges, Sweetcorn KS2 - Aspens Services	379	369 18.5%	11.9 17.0%	4.2 20.8%	47.2 18.2%	12.6 14.0%	16.8 33.6%	6.8 -	0.5 8.0%
AF14 Sparkle Spectacular Primary Theme Day Nov 26 \ Sparkle Spectacular Primary Theme Day Nov 26 AF14 Bonfire Veggie Bean Chilli & Sweet Potato Wedges, Sweetcorn KS2 - Aspens Services	365	289 14.5%	4.2 6.0%	0.7 3.4%	51.8 19.9%	13.7 15.2%	8.3 16.6%	7.7 -	0.5 8.3%
AF14 Sparkle Spectacular Primary Theme Day Nov 26 \ Sparkle Spectacular Primary Theme Day Nov 26 AF14 Sparkle Cookies KS1 - Aspens Services	42	179 9.0%	7.3 10.5%	2.8 14.2%	27.0 10.4%	12.1 13.4%	0.9 1.8%	0.0 -	0.2 3.4%
AF14 Sparkle Spectacular Primary Theme Day Nov 26 \ Sparkle Spectacular Primary Theme Day Nov 26 AF14 Sparkle Cookies KS2 - Aspens Services	52	221 11.0%	9.0 12.9%	3.5 17.5%	33.2 12.8%	14.8 16.5%	1.1 2.2%	0.1 -	0.3 4.2%