

Menu Nutritional Analysis for AF Traditional AUTUMN/ WINTER 25/26 - Week 1

Filter



Dishes	29 of 29	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Veggie Bean Patty & Chips With Peas KS1 AF14 - Aspens Services		241	224 11.2%	4.0 5.7%	1.7 8.6%	36.4 14.0%	1.9 2.1%	8.5 17.0%	7.9 -	0.3 4.6%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Southern Fried Chicken Fillet, Chips & Peas KS1 - Aspens Services		210	280 14.0%	9.7 13.8%	2.5 12.3%	31.9 12.3%	1.8 1.9%	14.3 28.7%	4.8 -	0.6 10.7%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Southern Fried Chicken Fillet, Chips & Peas KS2 - Aspens Services		223	290 14.5%	9.8 14.0%	2.5 12.4%	33.0 12.7%	2.1 2.3%	15.0 30.1%	5.5 -	0.6 10.7%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Meatball Marinara & Spaghetti, Mixed Salad KS1 - Aspens Services		198	291 14.5%	5.4 7.7%	1.1 5.4%	47.0 18.1%	4.1 4.5%	12.0 24.1%	3.1 -	0.8 12.5%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Roast Veg & Butterbean Traybake, Spaghetti & Mixed Greens KS1 - Aspens Services		305	285 14.2%	3.7 5.3%	0.5 2.5%	54.7 21.1%	8.4 9.3%	8.3 16.6%	6.5 -	0.2 4.1%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Veggie Bean Patty & Chips With Peas AF14 KS2 - Aspens Services		254	233 11.7%	4.1 5.8%	1.7 8.7%	37.5 14.4%	2.2 2.5%	9.2 18.4%	8.6 -	0.3 4.6%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Roast Veg & Butterbean Traybake, Spaghetti & Mixed Salad KS2 - Aspens Services		355	341 17.1%	4.3 6.2%	0.6 3.1%	65.5 25.2%	9.5 10.5%	10.1 20.3%	7.8 -	0.3 4.5%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Mushroom & Sweet Potato Sausages, Roasties, Carrots & Cabbage & Gravy KS1 - Aspens Services		291	248 12.4%	8.2 11.7%	0.7 3.6%	38.6 14.8%	7.6 8.5%	5.7 11.3%	6.5 -	0.4 6.1%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Mushroom & Sweet Potato Sausages, Roasties, Carrots & Cabbage & Gravy KS2 - Aspens Services		303	252 12.6%	8.2 11.8%	0.7 3.7%	39.2 15.1%	8.3 9.2%	5.9 11.7%	7.0 -	0.4 6.2%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Roast Chicken, Skin on Roasties, Gravy, Carrots & Cabbage KS1 - Aspens Services		221	261 13.1%	13.3 19.0%	1.9 9.5%	21.9 8.4%	3.5 3.9%	13.8 27.6%	4.0 -	0.4 7.1%

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AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Roast Chicken, Skin on Roasties, Gravy, Carrots & Cabbage KS2 - Aspens Services		248	288	14.7	2.2	22.6	4.1	16.8	4.5	0.5
			14.4%	21.0%	11.1%	8.7%	4.6%	33.6%	-	7.7%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Cottage Pie & Mixed Greens KS1		292	314	13.8	4.2	32.4	5.9	14.6	5.7	1.0
			15.7%	19.7%	21.2%	12.5%	6.5%	29.3%	-	17.3%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Allergy Free Veggie Cottage Pie & Mixed Greens KS1 - Aspens Services		287	250	6.4	0.9	39.6	6.2	8.2	8.8	0.9
			12.5%	9.2%	4.5%	15.2%	6.9%	16.4%	-	15.8%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Cottage Pie & Mixed Greens KS2		364	393	17.3	5.3	40.5	7.3	18.3	7.2	1.3
			19.6%	24.7%	26.5%	15.6%	8.1%	36.6%	-	21.7%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Allergy Free Veggie Cottage Pie & Mixed Greens KS2 - Aspens Services		358	313	8.0	1.1	49.5	7.7	10.3	11.0	1.2
			15.6%	11.5%	5.6%	19.0%	8.6%	20.5%	-	19.8%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Meatball Marinara & Spaghetti, Mixed Salad KS2 - Aspens Services		233	346	6.4	1.3	55.9	4.6	14.4	3.7	0.9
			17.3%	9.1%	6.4%	21.5%	5.1%	28.7%	-	14.5%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Tomato & Basil Chicken Whole Grain Rice & Vegetable Sticks KS1 - Aspens Services		232	272	5.5	1.3	45.7	7.5	12.5	3.1	0.9
			13.6%	7.8%	6.4%	17.6%	8.3%	25.1%	-	15.2%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Tomato & Basil Chicken Whole Grain Rice & Vegetable Sticks KS2 - Aspens Services		290	340	6.8	1.6	57.2	9.3	15.7	3.8	1.1
			17.0%	9.7%	8.0%	22.0%	10.4%	31.3%	-	19.0%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Veggie Stir Fry, Rice & Vegetable Sticks KS1		197	259	4.2	0.7	46.8	5.8	7.3	5.0	0.2
			13.0%	6.0%	3.5%	18.0%	6.4%	14.5%	-	3.9%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Veggie Stir Fry, Rice & Vegetable Sticks KS2		246	324	5.3	0.9	58.6	7.2	9.1	6.3	0.3
			16.2%	7.5%	4.3%	22.5%	8.0%	18.2%	-	4.8%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Strawberry & Pineapple Jelly KS1 & KS2 - Aspens Services		27	61	0.0	0.0	14.0	13.7	1.0	0.1	0.1
			3.0%	0.0%	0.0%	5.4%	15.2%	2.1%	-	1.8%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Allergy Free Chocolate Banana Bread KS1 - Aspens Services		47	200	13.1	3.4	19.3	11.8	0.9	0.8	0.1
			10.0%	18.7%	16.8%	7.4%	13.1%	1.9%	-	1.8%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Lemon Cookie KS1 - Aspens Services		42	176	7.2	2.8	26.8	11.8	0.9	0.0	0.2
			8.8%	10.3%	13.9%	10.3%	13.2%	1.8%	-	3.5%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Lemon Cookie KS2 - Aspens Services		52	217	8.9	3.4	32.9	14.6	1.1	0.0	0.3
			10.9%	12.7%	17.1%	12.7%	16.2%	2.2%	-	4.4%

Dishes	29 of 29	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Apple Crumble KS1 - AVE		84	149 7.5%	0.3 0.4%	0.1 0.3%	34.9 13.4%	18.1 20.1%	1.1 2.2%	0.7 -	0.0 0.2%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Brownie KS1 - Aspens Services		43	214 10.7%	11.2 15.9%	1.0 5.1%	26.9 10.3%	15.1 16.8%	1.2 2.5%	0.9 -	0.1 2.2%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Brownie KS2 - Aspens Services		50	249 12.5%	13.0 18.6%	1.2 5.9%	31.3 12.0%	17.6 19.5%	1.4 2.9%	1.1 -	0.2 2.6%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 Allergy Free Chocolate Banana Bread KS2 - Aspens Services		55	233 11.7%	15.2 21.8%	3.9 19.6%	22.6 8.7%	13.8 15.3%	1.1 2.2%	0.9 -	0.1 2.1%
AF Traditional AUTUMN/ WINTER 25/26 - Week 1 \ AF 14 Traditional AUTUMN/WINTER 25/26 AF Apple Crumble KS2 - AVE		105	186 9.3%	0.3 0.5%	0.1 0.4%	43.6 16.8%	22.7 25.2%	1.4 2.8%	0.9 -	0.0 0.2%