

Code	Product	Size (g)	kJ	Kcal	Protein (g)	Carbohydrates (g)	Carbohydrates of which sugars (g)	Carbohydrates of which added sugars (g)	Fat (g)	Fat of which saturates (g)	Fibre (g)	Salt (g)	Sodium (g)	Potassium (mg)	Phosphorus (mg)
101	Roast Lamb Dinner	400	420	100	6.5	8.1	1.6	0.8	4.6	1.4	1.8	0.5	0.19	169	43
102	Roast Beef Dinner	400	415	99	7.2	9.5	1.7	0.6	3.5	0.8	1.4	0.5	0.19		
103	Roast Pork Dinner	400	364	87	6.6	7.7	2.1	1.2	3.2	0.7	1.5	0.4	0.14	228	74
104	Roast Chicken Dinner	400	390	93	7.1	9.8	1.0	0.3	2.8	0.5	1.9	0.5	0.19	204	78
105	Roast Turkey Dinner	430	374	89	7.3	8.5	1.2	0.3	2.8	0.6	3.1	0.5	0.20	225	73
111	Beef in Ale	380	423	101	7.0	9.8	1.6	0.4	3.5	0.7	1.6	0.3	0.10	313	78
112	Beef in Peppercorn & Brandy Sauce	380	341	81	6.6	6.3	1.4	0.1	3.3	1.1	1.4	0.3	0.13	230	76
113	Beef Bourguignon & Basmati Rice	400	552	131	7.8	17.6	0.6	0.0	2.9	0.7	0.6	0.6	0.20	128	74
114	Beef Goulash	380	452	108	7.5	7.4	2.2	0.1	5.3	1.7	1.7	0.4	0.17	303	83
115	Beef Stroganoff & Rice	400	584	139	6.6	17.8	0.8	0.0	4.6	1.3	0.7	0.6	0.24	58	32
117	Beef in Red Wine	380	446	106	7.7	8.1	1.1	0.0	4.5	0.8	1.5	0.3	0.11	347	87
118	Pork in Creamy Apple Sauce	400	353	85	5.1	7.0	1.9	0.1	3.8	1.1	1.5	0.3	0.14	155	28
119	Chicken with Leek & Bacon	400	357	85	7.0	6.6	1.2	0.1	3.4	1.2	1.2	0.5	0.22	239	87
120	Chicken in Tomato & Basil Sauce	400	273	65	6.0	5.4	1.3	0.0	2.2	0.3	1.2	0.3	0.10	215	64
123	Mediterranean Chicken	400	446	107	6.3	9.0	1.5	0.0	5.1	1.2	1.6	0.4	0.20	331	78
124	Chicken in Mushroom Sauce	380	373	88	8.5	9.7	2.3	0.1	2.1	1.0	1.7	0.4	0.14	344	135
125	Chicken with Honey & Ginger Sauce	365	393	93	8.7	9.8	2.3	1.7	2.2	0.9	1.2	0.4	0.18	317	121
128	Salmon in Dill Sauce	450	529	126	6.2	9.4	1.6	1.6	6.8	2.9	0.8	0.2	0.08		
129	Battered Cod Fillet & Chips	340	720	171	6.0	20.5	0.1	0.1	7.2	1.9	1.8	0.5	0.19	479	110
130	Chicken & Broccoli in Stilton Sauce	400	438	105	6.7	8.2	1.4	0.1	5.0	1.8	1.7	0.4	0.14	274	82
131	Chicken & Mushroom in White Wine	400	552	131	6.0	17.8	0.6	0.1	3.6	0.9	0.5	0.6	0.20	99	62
133	Lamb & Bean Casserole	400	368	88	7.0	6.6	0.9	0.0	3.5	1.4	1.8	0.4	0.17	227	77
134	Chicken & Mushroom with Puff Pastry	400	549	131	11.1	9.4	1.9	0.1	5.4	2.1	1.3	0.5	0.22	242	107
137	Herb Pork Steak with Thyme Gravy	400	381	91	8.7	7.6	0.8	0.4	2.6	0.1	1.1	0.4	0.17	196	23
142	Coq au Vin	400	297	71	5.9	6.5	1.2	0.3	2.0	0.5	1.4	0.5	0.21	238	60
145	Smoked Haddock & Vegetable Bake	420	329	119	7.6	10.4	1.6	0.1	5.3	2.9	0.5	0.8	0.32	326	108
146	Salmon in a Creamy White Wine Sauce	400	470	112	5.7	11.7	2.1	0.1	4.9	1.9	1.6	0.6	0.22	324	122
147	Beef & Ale with Herb Dumplings	400	574	137	7.5	10.9	2.6	1.1	6.7	3.0	0.6	0.6	0.26	203	69
148	Chicken & Bacon Casserole with Dumplings	400	420	100	6.9	10.0	0.9	0.5	3.3	1.3	0.7	0.6	0.24	131	48
149	Salmon & Asparagus	400	412	99	6.1	9.0	1.8	0.2	4.3	1.8	0.7	0.2	0.07	316	118
151	Pork & Vegetable Casserole	400	326	78	7.4	5.2	1.8	0.6	2.3	0.8	0.8	0.6	0.23	120	93
152	Liver & Sausages	400	416	99	5.6	9.4	1.0	0.5	4.8	1.4	1.0	0.4	0.17	215	85
153	Beef & Kidney Casserole	400	402	96	6.7	7.2	3.0	0.3	4.2	1.5	0.7	0.4	0.16	171	64
154	Sausage Casserole	400	505	121	4.8	10.0	2.1	0.5	7.0	2.9	0.7	0.9	0.37	142	24
155	Liver & Bacon with Colcannon Mash	400	389	93	5.5	8.4	1.6	0.1	4.1	1.1	1.1	0.6	0.23	201	90
156	Vegetable Hotpot	400	299	72	2.0	8.4	5.2	0.2	3.2	0.8	1.7	0.5	0.18	234	53
201	Minced Beef Hotpot	300	462	110	6.9	10.0	1.6	0.0	4.7	1.3	1.4	0.6	0.23	270	85
202	Macaroni Cheese	400	626	150	5.5	10.8	1.7	0.0	9.4	5.2	0.7	0.5	0.20	74	106
203	Cauliflower Cheese	300	428	103	4.9	4.3	2.5	0.1	7.3	4.1	1.4	0.4	0.18	175	105
204	Beef Lasagne	400	473	113	9.0	6.4	2.2	0.0	5.7	2.6	0.7	0.5	0.19	262	105
207	Spaghetti Bolognese	400	355	84	6.2	8.0	1.4	0.1	2.7	0.9	0.1	0.3	0.11	175	61
208	Beef & Kidney Pie	360	630	150	6.5	15.1	1.2	0.8	6.9	3.3	1.8	0.6	0.24	378	66
210	Beef Steaklet Meal	290	627	150	5.2	12.5	0.6	0.1	9.1	4.2	2.1	0.4	0.16	343	44
211	Cottage Pie Meal	395	395	94	4.9	10.4	2.0	0.1	3.9	1.8	1.4	0.4	0.17	222	63
212	Rigatoni Bolognese	340	459	109	6.2	10.0	1.3	0.0	4.8	2.2	0.8	0.3	0.14	140	78
214	Yorkshire Pudding with Beef	320	501	119	5.4	15.5	2.3	0.0	4.2	1.1	1.0	0.7	0.27	108	63

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216	Beef Stew & Dumpling	400	445	106	5.1	14.0	2.2	0.1	3.8	1.8	2.0	0.2	0.60	283	88
217	Lamb Steaklet Meal	290	521	124	5.8	12.6	0.5	0.1	5.9	3.0	2.1	0.3	0.14	339	41
218	Shepherd's Pie	390	436	104	6.3	10.3	2.2	0.2	4.4	2.3	1.6	0.4	0.17	230	89
221	Sausages & Mash	400	526	126	5.5	11.0	2.3	0.1	6.8	2.8	1.4	0.7	0.29	142	38
222	Pork Faggot & Onion Gravy	360	301	71	4.7	9.7	2.4	0.1	1.8	0.9	2.0	0.5	0.20	233	63
223	Yorkshire Pudding with Sausage	320	642	153	5.7	17.5	3.6	0.4	6.9	2.0	0.9	0.9	0.35	92	38
224	Sausages, Chips & Beans	380	672	160	6.4	16.8	2.6	1.7	7.6	3.3	2.4	1.0	0.40	368	34
225	Pork Steak with Honey & Ginger Sauce	320	437	104	8.9	11.2	2.4	1.6	3.0	1.2	1.5	0.4	0.17	327	121
228	Gammon & Pineapple	360	335	79	7.1	10.9	2.3	0.1	1.1	0.4	1.7	0.6	0.25	209	81
229	Sweet & Sour Pork with Rice	400	512	121	5.1	18.4	7.0	5.6	3.0	0.3	0.7	0.5	0.21	50	20
230	Chicken Supreme & Rice	400	549	130	6.7	16.5	0.9	0.1	4.2	1.1	0.5	0.6	0.24	114	77
231	Chicken Tikka Masala & Rice	400	555	132	5.5	17.2	1.3	0.2	4.5	2.0	0.6	0.5	0.20	113	62
232	Chicken Korma & Rice	400	579	138	7.1	14.2	1.3	0.5	5.9	2.3	0.6	0.5	0.21	140	72
233	Sweet & Sour Chicken with Rice	400	515	122	6.1	18.5	7.2	5.9	2.6	0.3	0.7	0.5	0.21	114	60
237	Chicken Breast Platter	405	244	101	8.3	12.6	0.7	0.1	2.0	0.8	1.0	0.2	0.10	322	72
240	Cod, Chips & Peas	300	715	170	6.4	22.3	0.5	0.1	6.2	0.9	2.2	0.3	0.11	432	105
243	Breaded Scampi & Chips	300	639	152	4.1	20.8	0.2	0.2	5.8	2.0	2.2	0.5	0.18	483	103
254	Vegetable Lasagne	400	361	86	3.4	8.0	3.0	0.0	4.4	1.6	1.4	0.4	0.16	208	63
255	Ricotta & Spinach Cannelloni	380	408	98	5.1	8.1	2.0	0.0	4.9	2.7	1.0	0.5	0.20	170	89
256	Chilli con Carne & Rice	400	504	120	5.6	16.5	1.2	0.0	2.3	0.7	1.3	0.3	0.10	159	57
267	Chicken Curry & Rice	400	556	132	7.0	16.9	0.7	0.0	4.1	0.7	0.9	0.6	0.22	151	70
269	Tuscan Bean Casserole	340	256	61	2.7	7.9	3.1	0.0	2.0	0.2	2.6	0.3	0.12	251	46
272	Beef Casserole	380	440	105	7.7	8.0	1.3	0.1	4.5	0.8	1.7	0.3	0.13	352	91
274	Steak & Ale Hotpot	400	433	104	7.2	9.9	1.9	1.1	3.8	0.8	1.3	0.4	0.15	218	30
275	Lamb Hotpot	380	596	142	8.4	10.8	1.9	0.0	7.3	2.2	1.1	0.4	0.16	328	98
276	Minced Beef & Mash	400	367	87	5.9	9.3	1.3	0.2	3.0	1.2	1.3	0.6	0.22	227	60
277	Creamy Cheese & Broccoli Bake	400	478	114	3.8	9.7	2.0	0.2	6.7	2.4	1.5	0.4	0.17	263	74
278	Mediterranean Vegetables & Pasta	400	342	82	2.5	7.0	2.3	0.1	4.9	1.5	1.1	0.4	0.17	159	46
279	Bacon, Leek & Mushroom Hotpot	380	210	99	4.6	11.0	1.1	0.0	4.0	1.7	1.2	0.7	0.28	362	54
284	Chicken Breast Wrapped in Bacon	380	374	89	7.2	9.3	3.3	0.9	2.8	1.4	1.2	0.4	0.16	269	91
285	Beef & Vegetable Hotpot	360	249	96	6.4	10.6	1.9	0.2	3.2	1.4	1.7	0.6	0.24	321	62
297	Chicken & Thyme Risotto	360	534	127	7.5	10.5	1.0	0.5	6.1	1.6	0.3	0.5	0.19	125	93
298	Beef Cannelloni	380	548	131	9.0	8.9	2.2	0.0	6.4	2.9	0.8	0.5	0.19	222	109
299	Chicken Casserole with Herby Mash	400	331	79	5.8	8.3	1.7	0.5	2.3	0.9	1.2	0.5	0.18	257	63
300	Creamy Potato & Leek Bake	450	637	153	3.6	11.0	1.8	0.2	10.5	4.5	1.0	0.5	0.20	269	75
302	Roast Chicken & Chips	400	684	164	10.2	11.0	0.1	0.1	8.8	3.2	1.4	0.1	0.04	400	70
303	Corned Beef Hash	400	469	112	7.0	11.3	2.9	1.5	4.3	1.7	1.8	0.6	0.24	337	69
304	Cottage Pie	400	405	98	6.2	9.4	1.1	0.1	4.6	2.1	0.9	0.4	0.17	297	51
305	Lancashire Hotpot	400	389	93	7.2	7.6	1.2	0.3	2.8	1.2	0.7	0.5	0.22	204	53
306	Fish Pie	400	452	110	6.1	10.6	2.1	0.2	4.9	3.1	1.0	0.6	0.23	316	100
307	Gammon & Cumberland Sauce	400	448	107	7.2	13.2	6.1	4.4	3.5	1.2	0.7	0.9	0.35	174	59
324	Fish in Parsley Sauce	400	401	96	7.4	8.1	2.1	0.0	3.9	1.4	1.1	0.4	0.16	270	107
326	Fish in Butter Sauce	400	408	98	7.0	7.8	2.1	0.0	4.4	2.5	0.8	0.5	0.19	257	102
327	Cod & Prawn Bake	340	427	137	8.6	10.3	1.7	0.1	6.9	3.9	0.3	0.6	0.22	295	134
328	Salmon in Watercress Sauce	400	395	95	6.4	7.5	2.5	0.1	4.5	1.7	0.8	0.5	0.19	246	108
329	Salmon & Broccoli Bake	400	488	156	5.0	9.1	1.7	0.1	11.1	4.2	0.6	0.5	0.18	312	73

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330	Pork Tenderloin with Dolcelatte Sauce	400	556	133	10.7	8.9	1.3	0.1	6.4	3.6	1.2	0.5	0.19	339	153
331	Smoked Salmon & Asparagus Gratin	430	630	151	10.5	9.9	2.9	0.1	7.9	4.5	0.4	1.3	0.51	214	183
332	Omelette, Chips & Peas	305	587	140	6.4	11.0	0.8	0.1	7.9	2.9	2.4	0.3	0.13	331	83
333	Quiche Lorraine, Potatoes & Beans	330	591	140	5.2	17.6	2.7	1.6	5.7	2.6	2.0	0.7	0.29	374	135
343	Beef & Potato Casserole	400	597	145	8.6	5.5	1.4	0.9	7.0	3.6	0.6	1.0	0.40	161	47
344	Shanghai Beef	400	351	89	5.1	14.0	7.5	7.5	2.9	0.4	0.3	1.1	0.44	117	38
345	Honey & Apricot Lamb	400	543	130	6.6	11.3	2.3	1.2	5.9	2.6	0.9	0.6	0.23	124	56
346	Shrewsbury Lamb	400	480	118	6.3	9.7	3.2	2.1	5.3	2.1	0.6	0.5	0.21	178	47
347	Highland Sausages & Cheddar Mash	400	551	136	4.9	11.4	3.7	2.9	6.5	2.8	0.9	0.5	0.21	279	82
348	Pork & Lentil Casserole	400	418	97	9.9	8.3	2.6	0.5	7.0	2.6	0.7	0.6	0.23	158	51
349	Chicken in Creamy Madeira Sauce	400	431	103	8.2	9.8	3.1	0.5	3.9	1.6	1.1	0.6	0.24	282	91
350	Chicken with Cheese & Bacon	400	532	127	9.3	8.5	2.1	0.4	5.8	3.3	0.7	0.6	0.23	207	115
351	Hong Kong Chicken	400	532	127	7.5	22.0	13.3	13.1	1.0	0.1	0.7	0.3	0.11	158	82
352	Hunter's Chicken	400	443	106	7.3	14.8	6.8	2.6	1.6	0.2	0.8	0.6	0.23	242	60
353	Red Thai Chicken	400	488	116	6.6	15.1	3.6	2.5	3.7	2.1	0.8	0.5	0.18	129	80
354	Fragrant Chicken Curry	400	539	127	6.6	13.7	2.7	1.4	5.4	3.5	0.9	0.4	0.14	117	84
356	Kedgeree	400	452	108	8.2	9.8	1.3	0.2	3.9	2.3	0.6	0.7	0.29	122	89
357	Seafood Paella	400	377	90	6.3	13.9	2.1	2.6	0.9	0.1	0.8	0.6	0.25	137	64
359	Gnocchi with Butternut Squash & Spinach	400	380	90	4.5	10.5	2.0	0.1	3.4	2.0	2.1	0.7	0.28	290	105
361	Beef In Red Wine with Puff Pastry	400	658	157	7.7	11.8	1.3	0.0	8.6	2.4	1.5	0.4	0.16	141	37
363	Moussaka	400	701	168	9.1	2.9	2.1	0.0	11.2	4.2	0.8	0.6	0.24	228	104
364	Honey Glazed Belly Pork	400	513	123	5.7	10.5	3.2	1.5	6.2	1.8	1.9	0.6	0.22	326	69
366	All Day Breakfast	400	580	139	8.8	6.1	2.2	1.3	9.0	2.9	1.3	1.3	0.50	206	111
370	Spaghetti Carbonara	400	519	125	3.5	11.1	0.8	0.2	7.3	3.1	0.4	0.5	0.19	48	59
371	Mushroom Stroganoff & Rice	400	333	79	2.2	15.6	0.6	0.0	1.2	0.4	0.6	0.2	0.07	180	66
372	Seafood Spaghetti	400	365	87	4.5	26.3	2.9	2.1	1.1	0.4	1.1	0.4	0.17	174	98
375	Roasted Vegetables in Arrabiata Sauce	400	332	79	2.8	11.8	3.0	0.6	2.0	0.9	1.4	0.4	0.15	152	65
376	Liver & Onions	400	418	100	8.0	8.7	1.9	0.1	3.9	0.7	1.4	0.3	0.13	208	138
377	Liver & Bacon Hotpot	380	252	99	6.8	10.0	1.4	0.0	3.6	1.4	1.0	0.4	0.17	278	88
378	Pork in Mushroom & Brandy Sauce	400	456	109	8.4	6.3	1.7	1.2	5.5	2.2	1.7	0.3	0.12	161	63
379	Italian Meatballs in Tomato Sauce	400	404	96	5.8	12.3	1.2	0.1	2.5	0.7	0.8	0.3	0.11	113	61
381	Vegetables in a Tomato Sauce with Puff Pastry	400	390	93	1.9	10.2	2.6	0.2	5.0	1.8	1.4	0.3	0.13	197	34
382	Fish in Creamy Sauce with Puff Pastry	400	510	122	4.5	11.3	1.3	0.1	6.4	1.9	1.1	0.3	0.13	256	92
383	Nut & Mushroom Roast	420	533	127	4.8	12.7	2.9	0.5	6.3	1.0	2.4	0.3	0.11	267	80
384	Vegetable Chilli & Rice	400	394	94	2.4	15.4	1.6	0.0	2.5	0.3	1.2	0.5	0.19	119	33
385	Vegetable Curry & Rice	400	429	102	2.5	18.9	1.3	0.0	1.8	0.2	1.1	0.5	0.18	117	31
387	Chicken with Stir-Fried Vegetables	380	342	81	6.2	7.8	2.0	0.5	2.7	0.4	1.2	0.5	0.22	176	74
388	Duck Breast in Orange Sauce	440	577	138	5.6	8.5	2.3	0.1	9.2	2.8	0.9	0.2	0.07	178	59
389	Vegetarian All Day Breakfast	400	442	146	8.1	12.4	2.3	1.2	7.2	2.5	2.0	0.9	0.35	295	77
390	Chicken in Pancetta & Wild Mushroom Sauce	400	474	113	9.1	10.0	2.1	0.1	4.4	2.1	1.6	0.5	0.19	368	141
391	Minced Beef & Onion Pie with Chips	350	834	199	4.3	24.5	0.3	0.1	9.3	4.0	1.8	0.5	0.19	434	21
392	Cheese & Ham Omelette Meal	400	338	136	6.4	14.1	2.1	0.1	6.3	2.0	2.3	0.8	0.30	386	94
393	Vegetarian Sausages & Mash	400	497	118	8.4	12.5	2.3	0.1	4.1	2.0	2.2	0.6	0.23	181	52
394	Sausage Roll & Chips	300	765	182	3.8	24.6	0.2	0.1	7.6	3.5	2.1	0.2	0.08	507	15
396	Vegetarian Sausages, Chips & Beans	400	559	133	8.3	16.2	2.7	1.4	4.0	2.0	2.7	1.0	0.38	369	33
397	Pork Platter	425	272	65	4.7	8.2	1.9	0.1	1.6	0.8	1.1	0.7	0.26	183	56

Code	Product	Size (g)	kJ	Kcal	Protein (g)	Carbohydrates (g)	Carbohydrates of which sugars (g)	Carbohydrates of which added sugars (g)	Fat (g)	Fat of which saturates (g)	Fibre (g)	Salt (g)	Sodium (g)	Potassium (mg)	Phosphorus (mg)
398	Lamb Platter	430	266	63	5.6	7.4	1.3	0.1	1.4	0.7	0.8	0.3	0.13	155	19
399	Beef Platter	425	374	88	4.9	8.4	1.8	0.1	3.9	1.6	1.2	0.5	0.20	196	63
900	Turkey Platter	440	285	67	4.7	11.6	2.5	0.1	0.4	0.1	1.0	0.5	0.22	150	60
901	Atlantic Cod Fishcakes with Pea Purée	400	768	183	7.1	17.2	1.8	0.2	9.5	2.7	2.6	0.4	0.18		
902	Smoked Haddock Loin in Cheddar & Leek Sauce	430	555	132	7.4	8.2	2.1	2.1	7.7	4.3	0.7	0.8	0.32		
903	Cheese and Vegetable Bakes	400	557	133	4.5	16.4	1.2	0.2	5.5	1.4	1.3	0.3	0.12		
904	Scottish Salmon & Haddock Mornay	420	525	125	8.1	6.4	1.2	1.2	7.5	3.5	0.7	0.5	0.19		
905	Smoked Haddock Florentine	415	609	145	8.7	7.2	1.9	1.9	9.0	5.4	0.8	1.1	0.43		
906	Ocean Pie	400	614	146	8.4	10.7	1.2	0.1	7.8	4.5	0.6	0.5	0.20		
908	Venison Casserole with Horseradish Mash	420	349	83	6.0	9.6	3.5	0.9	2.4	1.2	0.8	0.6	0.22	218	71
909	Venison Sausages with Red Wine & Onion Gravy	400	319	76	4.3	8.5	2.3	1.0	2.5	1.1	2.0	0.7	0.28	131	17
912	Gammon in Wholegrain Mustard Sauce	400	405	96	4.9	8.0	2.9	1.6	4.8	3.1	1.2	0.9	0.35	134	77
913	Beef and Stout Casserole with Dumpling	400	446	106	6.4	10.2	2.3	0.4	4.3	1.4	1.7	0.3	0.14	232	90
914	Salmon with a Honey & Parsnip Crust	375	918	219	7.0	18.8	8.3	7.8	12.8	4.5	1.1	0.2	0.07		
915	Sole Fillet Rolled with Smoked Haddock	390	583	139	7.8	8.7	1.4	1.4	8.1	3.9	0.6	0.4	0.15		
916	Salmon & Prawn Tagliatelle	375	572	136	8.3	9.1	1.3	0.0	7.4	3.3	0.5	0.6	0.23		
917	Pork & Haggis Sausages with Sage & Onion Gravy	375	551	133	4.1	10.0	1.4	0.1	7.3	2.6	1.5	0.8	0.30	230	67
918	Cheddar & Ale Topped Beef	400	406	99	6.1	7.5	2.1	0.9	3.8	1.0	0.7	0.4	0.15	191	73
920	Aubergine & Potato Stack	400	374	97	2.4	7.9	2.9	0.7	4.8	2.3	1.2	0.2	0.09	211	53
921	Stilton & Walnut Cannelloni	380	653	164	7.5	10.0	2.2	0.6	8.8	3.1	0.9	0.5	0.20	91	109
923	Beef Pasty & Chips	300	835	199	4.1	24.2	0.5	0.1	9.6	5.3	2.0	0.3	0.11	482	25
924	Cheese & Onion Pasty & Chips	300	775	185	3.6	22.9	0.6	0.1	8.7	5.0	2.0	0.3	0.11	478	27
925	Salmon & Cod Fishcakes & Chips	300	658	156	4.5	21.7	0.2	0.2	5.7	2.2	2.5	0.3	0.14	495	43
926	Beef Burger & Chips	300	703	203	8.0	15.6	0.2	0.2	8.9	4.3	1.9	0.4	0.17	506	52
937	Mackerel Fillets with Oat Crumb & Horseradish Mash	340	832	198	7.2	15.3	3.2	0.3	12.1	2.0	1.9	0.3	0.12		
938	Lamb Rogan Josh & Basmati Rice	400	482	116	6.9	14.7	2.6	1.0	3.4	1.5	1.1	0.4	0.14	186	76
939	Beef Curry & Basmati Rice	400	731	175	7.7	14.7	2.8	1.6	9.4	2.3	1.2	0.4	0.16	168	77
Mini Meals															
308	Mini Sausages with Red Onion Gravy	240	614	146	3.4	11.4	2.5	0.5	10.1	3.5	0.8	0.5	0.20	191	56
309	Mini Faggot, Mash & Peas	240	570	140	4.2	12.2	1.2	0.4	8.3	3.5	1.5	0.6	0.22	187	37
310	Mini Fisherman's Pie	240	404	99	5.8	9.6	2.2	0.2	4.0	2.5	0.8	0.5	0.20	297	90
311	Mini Corned Beef Hash	240	395	96	7.1	8.8	2.1	1.4	3.3	1.8	2.1	0.3	0.12	177	48
312	Mini Chicken & Mixed Peppers in Creamy Sauce	240	384	94	6.1	10.8	1.3	0.4	2.5	1.4	1.2	0.3	0.14	180	61
313	Mini Minced Lamb Hotpot	240	451	108	7.6	7.4	2.0	0.3	5.2	2.1	0.6	0.5	0.21	197	64
314	Mini Cumberland Pie	240	476	114	6.4	9.7	1.2	0.1	5.6	2.8	1.1	0.5	0.19	275	70
315	Mini Pasta Bolognese	240	512	125	9.9	22.5	3.3	0.5	5.0	2.3	1.4	0.5	0.19	203	89
316	Mini Creamy Chicken & Mushroom Hotpot	240	279	70	6.1	7.1	1.7	0.0	1.7	1.1	1.3	0.3	0.10	245	65
317	Mini Cauliflower Cheese & Sauté Potatoes	240	371	89	3.3	7.3	1.5	0.4	5.3	3.0	1.0	0.4	0.15	172	61
318	Mini Gammon & Creamy Onion Sauce	240	422	101	7.2	1.4	1.3	0.4	5.4	2.8	0.3	0.5	0.21	197	80
319	Mini Beef & Ale Casserole	240	494	118	7.8	8.5	1.6	1.0	5.7	2.6	0.7	0.6	0.23	180	55
320	Mini Chicken Casserole with Dumpling	240	382	91	6.9	8.3	1.4	0.5	3.3	1.4	0.7	0.8	0.30	86	49
321	Mini Filled Potato Skin with Baked Beans & Cheese	260	506	120	5.9	16.3	3.1	2.7	3.6	2.3	3.6	0.4	0.14	337	99
322	Mini Filled Potato Skin with Gammon & Cheese Sauce	240	583	148	6.9	11.9	1.3	0.4	6.9	4.0	0.9	0.6	0.23	265	94
323	Mini Filled Potato Skin with Cottage Pie Sauce	240	394	95	6.1	9.1	1.2	0.2	3.9	1.7	1.3	0.5	0.19	203	54
334	Mini Beef & Barley Casserole	250	417	100	8.1	6.0	1.4	0.0	4.5	1.7	1.4	0.6	0.25	206	56
335	Mini Spaghetti & Meatballs	240	649	156	7.9	18.2	6.7	0.9	8.4	3.1	0.9	0.7	0.27	175	90

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336	Mini Chicken Chasseur	240	281	69	7.5	6.5	2.0	0.4	0.9	0.3	1.3	0.6	0.23	214	54
337	Mini Chicken in Peppercorn Sauce	240	371	88	6.8	9.3	1.5	0.6	2.5	1.5	0.9	0.4	0.15	194	88
338	Mini Chicken Tikka Masala	240	423	101	6.4	11.8	3.8	1.2	3.2	1.4	0.8	0.4	0.16	161	76
339	Mini Fruity Chicken Curry	240	670	160	6.3	14.1	6.5	4.6	9.6	4.6	0.9	0.5	0.22	138	71
340	Mini Poacher's Chicken	240	373	89	7.7	9.1	1.0	0.2	2.2	1.1	2.4	0.6	0.22	381	106
341	Mini Haddock Smokie	240	360	86	6.9	6.4	1.2	0.3	3.7	2.2	0.9	0.7	0.26	288	113
342	Mini Salmon in Tomato Sauce	240	343	82	3.8	10.0	3.1	1.2	3.0	1.0	1.0	0.6	0.23	283	69
564	Mini Gardener's Pie	240	337	81	1.4	10.5	2.2	0.8	3.8	1.6	1.1	0.4	0.17	173	98
569	Mini Breaded Chicken Fillet & Chips	240	635	151	7.1	20.3	0.1	0.0	4.6	1.9	2.1	0.4	0.16	525	64
922	Mini Roast Turkey Dinner	240	469	113	6.4	7.1	2.0	0.9	5.4	1.9	0.6	0.6	0.24	153	23
927	Mini Chicken & Vegetables in Gravy	240	318	77	7.7	8.4	1.9	0.1	2.5	1.0	1.0	0.6	0.22	172	60
928	Mini Macaroni Cheese & Broccoli	240	606	150	7.5	9.9	2.5	0.5	8.5	5.2	0.9	0.5	0.20	162	151
929	Mini Sausages & Mash	240	532	131	4.1	9.8	1.2	1.0	8.6	3.5	1.0	0.4	0.17	229	57
930	Mini Roast Beef Dinner	240	280	67	7.0	9.1	2.0	0.2	0.9	0.3	1.0	0.4	0.15	173	97
931	Mini Roast Lamb Dinner	240	211	51	1.5	6.4	0.7	0.2	1.0	0.4	1.3	0.5	0.19	193	95
932	Mini Roast Pork Dinner	240	238	57	4.7	7.3	1.5	0.5	1.0	0.4	1.0	0.6	0.23	140	90
933	Mini Roast Chicken Dinner	240	443	106	8.4	16.7	1.5	0.2	0.9	0.3	1.4	0.4	0.16	279	87
935	Mini Steak & Ale Pie	240	669	164	9.4	11.6	1.8	0.1	7.4	3.9	1.1	0.5	0.21	155	104
936	Mini Chicken & Vegetable Pie	240	644	154	8.7	14.1	1.6	0.1	6.8	3.2	1.0	0.6	0.24	166	113
940	Mini Chicken & Tomato Pasta	240	345	83	7.2	7.0	1.7	0.1	2.7	1.0	1.0	0.3	0.10	127	81
941	Mini Mixed Bean Bake	240	438	104	3.9	10.4	2.9	0.7	5.6	2.3	1.3	0.4	0.16	197	70
942	Mini Chilli con Carne & Rice	240	568	135	9.6	13.2	2.4	0.9	6.2	2.3	0.8	0.6	0.24	176	66
943	Mini Vegetable Lasagne	240	449	107	3.5	11.6	2.2	1.3	5.1	2.5	0.9	0.3	0.12	82	48
Entrees															
404	Sliced Cotswold Ham	250	502	119	19.0	0.5		0.5	4.6			2.0	0.80		
420	Garlic Baguettes	170	1379	329	7.7	43.0	2.9	0.0	14.8	8.9	1.8	1.3	0.52		
433	Scottish Salmon & Mozzarella Fishcakes	240	1084	258	13.0	15.3	0.9	0.8	16.1	3.4	0.7	0.8	0.31		
435	Chicken Breast with a Mixed Pepper Crumb	290	561	136	14.2	4.4	1.8	0.8	6.0	3.8	1.0	0.5	0.19	172	125
436	BBQ Chicken Breast with a Cheddar Crumb	260	586	141	14.9	9.9	9.1	7.7	4.1	2.8	0.9	0.7	0.26	150	121
438	Chicken en Croute	290	1021	255	11.8	16.7	0.6	0.0	15.5	9.6	1.1	0.7	0.28	215	89
439	Salmon en Croute	290	1029	256	12.1	15.3	0.7	0.0	16.3	10.2	0.7	0.6	0.25	160	105
512	Haddock Toppers	320	855	203	10.9	17.6	2.2	0.0	9.9	1.9	0.7	1.2	0.48		
554	Lemon Breaded Sole	250	1040	249	11.8	20.7	0.3	0.0	13.2	1.4	1.5	0.8	0.31		
555	Breaded Haddock	280	896	214	14.0	18.0	0.3	0.3	9.5	0.8	1.4	0.8	0.33		
563	Kipper Fillets	150	837	201	16.8	0.1	0.0	0.0	14.9	3.1	0.0	2.5	1.00	340	230
565	Beef & Mushrooms in Redcurrant Gravy	340	488	116	9.7	4.1	1.7	1.4	6.7	2.3	0.7	1.0	0.39	198	72
566	Steak & Kidney Pudding	180	1000	240	8.7	22.7	1.1	0.0	12.7	6.0	0.5	1.1	0.43		
567	Lamb & Mint Pudding	180	912	218	8.3	18.8	1.2	1.0	12.9	6.1	1.5	1.4	0.55		
568	Sliced Chicken Breast	250	460	109	23.7	0.0		0.3	1.8			1.2	0.48		
Vegetables & Potatoes															
522	Parisienne Potatoes	1	320	76	2.3	16.8	1.1	0.0	0.0	0.0	3.1	0.0	0.00	434	57
525	Broccoli	450	84	20	3.0	2.0	2.0	0.0	0.0	0.0	3.6	0.0	0.01	340	67
526	Creamed Leeks	450	317	76	1.9	5.0	3.5	0.0	5.4	3.8	1.8	0.7	0.28		
527	Creamed Spinach	450	198	48	1.8	3.1	1.8	1.8	3.1	0.9	2.3	0.8	0.31		
542	Colcannon Mash	400	388	93	2.3	13.7	2.0	0.0	3.6	2.2	1.2	0.4	0.16	266	49
549	Sauté Potatoes with Cheese & Rosemary	450	763	184	4.9	11.6	2.2	0.0	13.0	6.6	0.9	0.4	0.14	275	126

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552	Dauphinoise Potatoes	400	381	92	3.0	11.5	2.0	0.1	4.9	3.0	1.0	0.3	0.11	394	80	
553	Ratatouille	400	192	46	1.3	6.7	3.2	0.4	2.1	0.3	1.4	0.6	0.23	178	59	
556	Green Vegetables in a Wild Garlic & Herb Butter	150	418	106	3.2	4.8	1.1	0.0	6.0	3.1	2.9	0.2	0.07	332	105	
557	Cauliflower & Broccoli Cheese	200	417	110	5.7	5.6	2.7	0.5	6.3	3.8	1.4	0.5	0.20	171	119	
558	Roast Potatoes	2.27	347	82	2.2	18.0	0.7	0.0	0.1	0.0	1.4	0.0	0.01			
559	Mashed Potatoes	1.5	540	110	3.0	25.0	1.5	0.0	2.1	0.0	1.7	0.2	0.08			
560	Baby Carrots	450	126	30	0.8	6.7	6.5	0.0	0.0	0.0	3.2	0.1	0.04	233	35	
561	Petits Pois	450	204	49	5.4	6.8	3.5	0.0	0.3	0.0	5.2	0.1	0.02	184	103	
562	Potato & Vegetable Medley	300	244	58	1.9	12.4	2.1	0.0	0.4	0.1	1.6	0.1	0.03	389	47	
Ice Cream																
801	Sugar Free Strawberry Yoghurt	150	514	123	3.3	23.4	6.0	0.0	4.7			0.1	0.05			
810	Sugar Free Strawberry Ice Cream	100	487	116	5.3	22.5	6.5	0.0	5.0	4.5	7.2	0.1	0.05			
813	Sugar Free Vanilla Ice Cream	100	487	116	5.3	22.5	6.5	0.0	5.0	4.5	7.2	0.1	0.05			
816	Low Calorie Vanilla & Choc Cones	120	869	207	4.8	35.0	4.9	0.0	10.1		6.4	0.1	0.05			
817	Clotted Cream Vanilla Ice Cream	120	756	181	4.0	19.5	19.4	19.4	10.1	7.0	0.1	0.3	0.10			
818	Chunky Ginger Ice Cream	120	804	192	4.0	24.3	24.2	24.2	10.1	7.0		0.1	0.05			
819	Clotted Cream & Strawberry Ice Cream	120	768	184	3.8	21.0	20.8	20.8	9.5	6.6		0.1	0.05			
820	Mint Chocolate Crisp Ice Cream	120	889	213	4.0	25.6	25.2	25.2	10.0	7.3		0.1	0.05			
821	Crunchy Toffee Ice Cream	120	804	192	4.0	24.3	24.2	24.2	10.1	7.0		0.1	0.05			
822	Chocolate Fudge Ice Cream	120	855	205	4.5	24.4	23.7	23.7	10.7	7.3		0.1	0.05			
823	Rum & Raisin Ice Cream	120	804	192	4.0	24.3	24.0	24.0	10.1	7.0		0.1	0.05			
824	Honeycomb Ice Cream	120	889	213	4.2	25.6	25.2	25.2	10.1	7.0		0.1	0.05			
825	Lemon Sorbet	120	335	80	0.3	19.2	19.1	19.1	0.1	0.0		0.1	0.05			
826	Raspberry Sorbet	120	335	80	0.3	19.1	18.9	18.9	0.1	0.0		0.1	0.05			
Cold Desserts																
701	Strawberry Gateau	125	1229	297	2.3	16.2	14.9	14.9	24.7	15.3	0.5	0.1	0.04	111	68	
702	Black Forest Gateau	125	1381	332	4.8	37.7	28.2	28.0	18.0	10.2	0.6	0.1	0.04	85	44	
704	Raspberry Trifle	175	694	166	2.4	18.4	14.3	13.5	9.2	5.2	0.5	0.2	0.10	84	63	
716	Lemon Cake	120	1646	393	4.3	48.9	33.0	31.9	20.1	4.7	0.7	0.8	0.30			
720	Bananas & Custard	175	796	190	3.0	25.3	15.9	11.1	8.5	4.9	0.6	0.1	0.05			
723	Lemon Charlotte	128	1200	288	1.8	29.4	23.8	23.8	18.0	12.6	0.3	0.1	0.06	35	32	
724	Chocolate & Hazelnut Truffle	139	1452	349	3.4	29.7	26.0	26.0	24.0	14.6	1.4	0.2	0.07	71	54	
727	Toffee & Pecan Oatie Cheesecake	171	1348	323	3.9	32.1	23.9	23.9	19.8	9.8	1.4	0.3	0.12	114	112	
728	Chocolate & Caramel Parfait	140	1270	304	2.7	33.0	27.4	27.4	17.9	11.8	1.0	0.2	0.08	30	30	
733	Raspberry Cheesecake	125	1599	386	3.1	22.6	9.5	4.7	31.4	16.9	0.7	0.5	0.20	65	49	
734	Lemon Cheesecake	125	1688	408	3.2	20.8	8.1	6.5	34.6	19.5	0.6	0.5	0.20	71	54	
735	Blackcurrant Cheesecake	125	1597	385	3.1	22.6	9.5	6.9	31.4	16.9	0.8	0.5	0.20	65	49	
736	Toffee Fudge Cake	125	1702	406	4.0	53.5	39.0	39.0	19.6	5.5	0.6	0.8	0.30			
737	Victoria Sponge	125	1235	294	3.6	44.6	21.3	21.3	11.2	3.4	0.9	0.8	0.30			
738	Carrot Cake	125	1382	328	2.9	56.7	30.5	25.9	10.0	2.2	0.4	0.1	0.04			
739	Coffee Cake	125	1671	399	3.2	58.9	48.2	32.4	16.8	2.6	0.5	0.1	0.04			
740	Ginger & Lime Cheesecake	125	1578	379	4.5	29.6	8.4	7.1	27.0	15.6	0.8	0.3	0.10	79	42	
742	Sherry Trifle	175	1140	274	2.7	24.5	19.9	15.0	18.1	10.9	0.5	0.1	0.05	55	29	
750	Irish Cream & Chocolate Gateau	1400	1394	338	2.9	12.9	8.6	8.6	30.5	18.7	0.0	0.1	0.03	64	44	
752	Apricot & Ginger Brulée	75	1100	263	2.8	30.5	27.8	17.1	14.4	10.6	0.3	0.2	0.08	47	25	
753	Bramley Apple Pie	150	915	217	1.8	35.5	21.2	21.2	7.7	3.1	1.0	0.2	0.06	95	23	

Code	Product	Size (g)	kJ	Kcal	Protein (g)	Carbohydrates (g)	Carbohydrates of which sugars (g)	Carbohydrates of which added sugars (g)	Fat (g)	Fat of which saturates (g)	Fibre (g)	Salt (g)	Sodium (g)	Potassium (mg)	Phosphorus (mg)	
754	Bakewell Tart	100	1660	397	4.5	48.5	23.4	20.6	20.5	4.4	1.3	0.5	0.21	52	33	
755	Pear & Chocolate Tart	150	1436	345	2.6	29.9	20.0	16.0	24.0	15.4	2.3	0.2	0.06	189	76	
756	Profiteroles	20	1345	324	4.0	17.3	17.0	15.1	26.6	17.4	0.6	0.1	0.03	50	24	
757	Chocolate Cake	125	1055	251	4.5	43.8	29.9	29.0	6.6	1.0	0.9	0.5	0.20			
758	Cherry Cheesecake	125	1626	393	2.8	20.0	10.5	10.5	33.6	18.3	0.3	0.3	0.10	67	44	
759	Eton Mess	125	897	214	0.8	27.2	24.1	22.4	11.3	7.0	1.2	0.0	0.00	24	16	
769	Fruit Salad	450	162	38	0.5	8.8	8.8	0.0	0.1	0.0	1.1	0.0	0.01			
770	Raspberries	300	115	27	1.2	4.9	4.9	0.0	0.3	0.1	2.7	0.0	0.01			
Patisserie																
712	Mini Chocolate Eclairs	17.5	1308	314	4.0	26.8	18.3	18.3	21.2	11.9		0.2	0.07			
729	Chocolate & Caramel Tarts	120	1859	446	4.6	47.5	29.4	29.4	26.3	15.8	1.7	0.4	0.15	99	73	
730	Banoffee Tarts	115	1734	415	4.1	49.8	30.7	30.7	22.1	13.6	0.8	0.4	0.16	95	71	
731	Treacle Tarts	115	1404	333	3.3	63.3	41.6	41.6	7.4	4.6	1.0	0.6	0.24	58	39	
732	Lemon Meringue Pies	100	976	231	2.2	43.9	29.2	29.2	5.2	3.0	0.7	0.3	0.10	15	18	
743	Bramley Apple Puff	100	1294	310	3.2	34.6	13.1	11.8	17.6	9.1	1.0	0.4	0.16	379	33	
744	Eccles Cakes	100	1613	384	2.8	58.9	36.5	24.6	15.2	8.0	1.7	0.3	0.10	207	41	
745	Teacakes	70	1199	284	6.5	52.4	17.1	6.1	5.3	2.5	3.0	0.5	0.19	200	90	
746	Fruit Scones	80	1201	284	6.0	51.8	23.3	11.5	5.9	2.1	1.8	2.0	0.80	265	78	
747	Fruit Danish	100	1684	402	7.4	47.8	34.1	15.3	20.2	6.5	6.3	0.4	0.18	443	90	
748	Bramley Apple Danish	100	1355	323	3.5	45.0	25.7	14.2	14.3	7.7	1.4	0.6	0.25	203	71	
749	Jam Doughnuts	90	1583	378	5.9	52.2	21.7	17.8	16.5	3.6	1.7	0.1	0.03	110	71	
Hot Desserts																
603	Spotted Dick & Custard	185	944	224	3.0	38.3	26.8	20.3	6.5	2.5	0.6	0.1	0.04	146	64	
604	Bread & Butter Pudding	185	564	134	4.8	16.0	12.0	11.0	5.7	4.3	0.2	0.3	0.12	170	110	
608	Jam Sponge & Custard	175	976	233	4.2	32.5	19.1	19.1	9.5	3.2	0.6	0.5	0.20	112	127	
613	Apple & Cinnamon Pudding	175	842	201	4.0	25.8	13.3	13.3	8.6	2.3	1.1	0.4	0.20	101	117	
615	Apple Strudel	125	661	158	2.2	16.9	8.9	6.6	6.8	0.1	0.6	0.2	0.10	62	21	
619	Pineapple Pancakes	250	425	101	3.1	19.1	7.1	0.5	1.5	0.6	0.7	0.1	0.02	31	2	
620	Rice Pudding	150	444	104	7.5	19.3	12.9	2.6	0.2	0.0	0.0	0.3	0.11	320	197	
621	Semolina Pudding	150	409	96	7.2	17.4	12.8	3.0	0.2	0.1	0.1	0.3	0.10	301	184	
622	Black Cherry Pancakes	250	463	109	3.2	21.4	11.3	11.3	1.5	0.7	0.8	0.1	0.02	62	7	
623	Apple & Raisin Pancakes	250	545	129	3.2	26.3	15.5	5.7	1.6	0.6	1.1	0.1	0.03	148	10	
624	Chocolate Pudding	150	1452	346	3.7	53.2	40.0	33.5	12.1	3.8	2.2	1.9	0.74			
625	Treacle Pudding	150	1449	342	1.7	70.1	36.2	30.1	6.1	1.0	0.4	0.3	0.12			
626	Sticky Toffee Pudding	150	846	206	0.6	26.9	6.3	5.8	10.7	5.0	0.4	0.7	0.28			
627	Lemon Pudding with Lemon Custard	175	1051	250	3.6	34.0	22.3	20.8	11.1	2.7	0.6	0.5	0.20			
628	Jam Roly Poly & Custard	150	802	190	2.8	29.5	12.9	5.7	7.6	3.6	0.6	0.3	0.14	80	125	
629	Summer Berry Crumble	200	859	204	2.7	35.2	19.9	16.9	6.9	2.8	2.3	0.2	0.08	139	57	
631	Apple & Sultana Crumble	200	914	217	2.3	39.2	24.0	15.2	6.8	2.8	1.7	0.2	0.07	192	46	
632	Rhubarb Crumble	200	848	202	2.5	31.6	16.3	15.6	8.2	3.7	1.5	0.2	0.08	175	47	
633	Low Sugar Apple Crumble	150	723	173	2.3	24.6	8.4	2.8	7.9	3.2	1.8	0.2	0.08	143	42	
634	Low Sugar Blackberry & Apple Crumble	150	716	171	2.5	23.8	7.4	2.8	7.9	3.2	2.4	0.2	0.08	145	49	
635	Pineapple Upside Down Pudding	175	1291	308	3.9	45.3	29.1	29.0	12.3	1.9	0.9	0.1	0.04			
637	Stewed Apple & Summer Berries	150	135	32	0.4	7.7	7.7	0.0	0.1	0.0	1.7	0.0	0.00	164	13	
638	Rhubarb & Custard	185	497	117	1.5	24.2	20.6	12.3	1.6	1.0	0.2	0.0	0.00			
760	Low Sugar Bread Pudding & Custard	140	549	130	3.5	21.9	6.5	1.3	3.8	1.5	0.6	0.5	0.19	118	55	

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761	Low Sugar Jam Sponge & Custard	110	706	169	2.8	23.0	6.6	4.5	8.5	1.6	1.9	0.4	0.17	69	104
762	Low Sugar Lemon Curd Pudding & Custard	110	656	157	2.6	21.3	6.2	4.5	7.8	1.6	1.7	0.4	0.15	67	96
763	Low Sugar Date Sponge & Custard	105	592	141	2.6	19.5	5.7	1.7	6.9	1.4	1.6	0.3	0.14	93	91
764	Low Sugar Apple Pudding & Custard	110	610	146	2.6	18.9	3.8	1.8	7.6	1.5	1.7	0.4	0.15	73	96
765	Low Sugar Banana Pudding & Custard	110	614	147	2.7	19.1	3.9	1.3	7.6	1.5	1.7	0.4	0.15	84	97
766	Low Sugar Apple Pie & Custard	118	354	84	1.5	13.7	5.6	2.9	2.9	1.2	0.4	0.1	0.05	78	33
767	Low Sugar Apple & Blackberry Pie & Custard	118	357	85	1.5	13.8	5.6	2.9	2.9	1.2	0.6	0.1	0.05	85	35
768	Low Sugar Summer Berry Pie & Custard	118	352	84	1.6	13.4	5.2	2.9	2.9	1.2	0.6	0.1	0.05	90	37