

Menu Nutritional Analysis for SS 2025 TRADITIONAL DISHES

Filter



Dishes	15 of 15	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 BBQ Pulled Pork Bap With Coleslaw & Firecracker Rice SEC	367	713	25.5	5.9	89.4	11.9	27.7	6.7	2.1	
		35.6%	36.4%	29.6%	34.4%	13.2%	55.3%	-	35.4%	
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Cheesy Garlic Mushroom & Leek Mac & Cheese with Coleslaw SEC	464	643	28.3	9.5	79.8	14.2	20.8	6.9	1.6	
		32.1%	40.4%	47.5%	30.7%	15.8%	41.7%	-	26.1%	
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 CLASSIC CHICKEN PIE, Mashed Potato & Seasonal Vegetables SEC	465	496	16.6	6.2	63.3	9.1	22.1	8.8	2.0	
		24.8%	23.8%	31.1%	24.4%	10.2%	44.2%	-	33.1%	
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Cottage Pie with Cheesy Chive Mash, Green Beans & Broccoli SEC	391	471	18.0	5.9	54.8	6.0	22.3	11.9	1.3	
		23.5%	25.8%	29.6%	21.1%	6.7%	44.6%	-	21.7%	
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Veggie Cottage Pie, Green Beans & Broccoli SEC	462	553	10.8	1.4	87.8	9.6	25.3	9.0	1.6	
		27.7%	15.5%	7.1%	33.8%	10.6%	50.5%	-	26.8%	
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Veggie Sausage, Mash & Seasonal Vegetables SEC	367	362	8.7	2.4	48.4	4.5	20.7	9.5	1.7	
		18.1%	12.4%	12.2%	18.6%	4.9%	41.4%	-	28.8%	
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Roast Pork Sausages with Red Onion - Crushed New Potatoes, Peas SEC	483	516	18.0	4.6	64.3	13.1	22.5	10.4	3.3	
		25.8%	25.7%	23.0%	24.7%	14.5%	45.0%	-	54.4%	
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Sticky Veggie Bangers - Crushed New Potatoes, Peas SEC	406	434	10.7	2.2	59.5	11.9	23.1	11.5	1.7	
		21.7%	15.3%	11.2%	22.9%	13.2%	46.2%	-	27.6%	
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Minced Beef & Onion Pie - Mash & Cabbage SEC	426	504	19.0	6.6	59.9	7.6	22.8	8.5	1.1	
		25.2%	27.2%	32.9%	23.1%	8.5%	45.6%	-	17.9%	

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SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Lentil & Onion Pie - Mash & Cabbage SEC		435	577	14.7	3.9	90.1	9.9	20.4	9.0	1.2
			28.9%	21.0%	19.6%	34.7%	11.0%	40.8%	-	20.8%
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Cauliflower Cheese, Skin on Roasties, Summer Veg, Gravy SEC		454	421	21.4	6.5	43.9	10.5	13.7	5.9	1.5
			21.0%	30.5%	32.7%	16.9%	11.6%	27.3%	-	25.2%
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Chicken Korma, Rice, Coconut Green Beans SEC		346	518	20.4	7.0	60.6	6.9	20.8	4.9	0.8
			25.9%	29.1%	35.0%	23.3%	7.6%	41.7%	-	13.4%
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Veggie Chickpea Korma, Rice, Coconut Green Beans SEC		407	496	13.5	4.5	74.5	8.7	15.4	9.1	0.1
			24.8%	19.3%	22.3%	28.7%	9.7%	30.7%	-	1.6%
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Chinese Sweet & Sour Chicken, Rice, Asian Vegetables SEC		327	461	11.2	2.4	68.6	15.8	20.8	3.1	1.4
			23.0%	15.9%	12.0%	26.4%	17.5%	41.6%	-	22.8%
SS 2025 TRADITIONAL DISHES \ SECONDARY CORE MENU SPRING SUMMER 2025 Chinese Style Vegetable Curry, Rice, Asian Vegetables SEC		278	412	11.0	1.4	60.9	7.2	14.9	7.3	0.1
			20.6%	15.8%	7.2%	23.4%	8.0%	29.8%	-	1.1%