

Nutritionals per single serving

Dish	Descriptor	Serving size g	kcal	kJ	Fat g	Sat fat g	Carbs g	Total Sugars g	Fibre (AOAC) g	Protein g	Salt g	Vit B12	Vit D	Fe mg	Ca mg	Zn mg	I mcg	Se mcg	
BREAKFAST	Crunchy Nut Cornflakes and a coffee	30g cereal with 125ss milk & served with a cup normal coffee with ss milk	375	191	806	3.8	1.9	33.8	19.1	1.1	7.5	0.4	1.88	0.00	3.8	195	0.7	47	3
	Branflakes with Iodine fortified soya drink + seeds and berries	30g cereal with 125ml Alpro Soya Original (with Iodine) and topped with 1 tbsp seeds and a handful berries.	247	245	1023	10.4	1.7	30.1	14.3	8.9	9.4	0.3	1.24	2.32	5.5	257	1.3	29	2
	Another healthier and sustainable breakfast option - porridge with plant based trimmings	35g oats with 150ml Alpro Original (+iodine) topped with 30g dried apricots , 20g almonds & 1 tbsp chia seeds.	247	425	1778	21.0	2.2	43.5	17.8	11.1	16.3	0.4	0.49	1.14	3.1	274	1.7	34	3
	Classic Fry Up	2 fried eggs, 2 fried beef sausages, 2 fried rashers bacon, 100g baked beans, 40g fried mushrooms, 1 tomato, 2 slices white toast with butter.	533	975	4072	62.9	24.0	59.2	11.7	8.0	46.9	4.6	2.13	2.72	6.5	304	5.2	91	56
	A more sustainable fry up	1 poached egg, 1 grilled pork sausage, NO bacon, 150g baked beans, 80g fried mushrooms, 1 tomato, 2 wheatgerm toast with unsaturated fat spread.	629	660	2761	30.2	6.3	72.3	26.4	13.2	28.9	2.5	1.26	2.45	6.2	302	4.5	34	48
LUNCH	Cheese baguette - standard large	Large (150g) baguette with butter and filled with 50g cheddar, 15g lettuce & 15g mayo.	254	886	3708	51.3	24.6	84.8	5.1	5.1	26.7	2.9	1.27	0.36	2.3	559	3.2	40	10
	Portion controlled cheese baguette	Half a seeded baguette (75g) with unsat fat spread and filled with 30g cheddar, 95g salad of (lettuce+tomato+cucumber), low fat mayo.	222	431	1803	22.9	8.4	37.5	4.9	5.1	17.1	1.2	0.89	0.49	0.4	235	1.3	13	2
	Cream of chicken soup + white roll and butter	300ml (large serve) canned cream of chicken soup + a crusty white roll (50g) spread with butter (10g).	360	379	1590	20.7	7.3	41.0	4.4	1.4	9.8	2.5	0.00	0.09	2.1	171	1.4	12	3
	Lentil soup + wholemeal roll with unsaturated spread	300ml (large serve) canned lentil soup + a wholemeal roll (48g) spread with unsat. fat spread (10g).	358	308	1305	8.1	1.7	47.6	4.5	7.4	14.3	2.1	0.00	0.58	3.6	75	1.7	3	5
SUPPER	Chicken Tikka Masala with a large rice serving	130g chicken (raw weight) + standard sauce + a large serve (290g) boiled white rice.	782	1032	4340	46.1	18.0	113.4	32.8	10.9	48.5	1.7	0.00	0.39	6.1	258	3.2	59	32
	Vegetarian curry in a tomato sauce (Sweet Potato Curry) with a moderate rice serving	Veggie curry in a tomato-based sauce. Bhuna Sweet Pot Curry: each serving providing one sweet potato, 120g chickpeas, 110g tomatoes and 1/4 pepper. Served with medium portion (180g) wholegrain rice. https://www.alpro.com/uk/recipe-inspiration/sweet-potato-curry	800	800	3376	20.8	2.4	124.8	28.8	23.2	25.6	4.0	0.00	0.56	9.4	336	3.6	12	10
	Spaghetti Bolognese - the classic meat version	Classic recipe: each serving = 1 00g beef mince and a large portion (280g) white spaghetti.	589	724	3045	24.1	8.2	98.4	14.7	8.2	34.8	1.2	1.77	0.71	4.5	124	5.5	16	29
	Spaghetti Bolognese - Less meat more plants	Classic recipe but half the meat replaced with 90g beans/lentils. Served with an average serving (220g) of wholewheat pasta and a baby spinach salad.	665	605	2554	12.6	2.7	94.4	18.6	23.3	33.9	1.1	0.67	0.27	8.3	213	6.2	13	28
Spaghetti Bolognese - veggie version	Classic recipe but replacing all the meat with 100g quorn mince. Served with an average wholewheat pasta serving (220g) + baby spinach salad.	611	550	2316	11.0	1.8	84.9	18.3	22.0	29.9	1.3	0.61	0.18	5.3	159	3.2	8	15	

% DRVs for 19-64 year olds

2000 2500 78g 97g 24g 31g 45g 55.5g 30g 6g 1.5mcg 10mcg 14.8mg 8.7mg 700mg 7mg 9.5mg 140mcg

	Dish	Descriptor	% DRVs for 19-64 year olds		2000		2500		78g		97g		24g		31g		45g		55.5g		30g		6g		1.5mcg		10mcg		14.8mg		8.7mg		700mg		7mg		9.5mg		140mcg	
			kcal f	kcal m	fat g f	fat g m	Sat fat g f	Sat fat g m	Total Sugars 90g	protein f	protein m	Fibre f/m	Salt	Vit B12 f/m	Vit D f/m	Fe f 19-50yrs	Fe f >50y/m	Ca f/m	Zn f	Zn m	Zn f	Zn m	I f/m																	
BREAKFAST	Crunchy Nut Cornflakes and a coffee	30g cereal with 125ss milk & served with a cup normal coffee with ss milk	10%	8%	5%	4%	8%	6%	21%	17%	14%	4%	7%	125%	0%	26%	44%	28%	10%	8%	33%																			
	Branflakes with Iodine fortified soya drink + seeds and berries	30g cereal with 125ml Alpro Soya Original (with Iodine) and topped with 1 tbsp seeds and a handful berries.	12%	10%	13%	11%	7%	6%	16%	21%	17%	30%	6%	82%	23%	37%	63%	37%	19%	14%	21%																			
	Another healthier and sustainable breakfast option - porridge with plant based trimmings	35g oats with 150ml Alpro Original (+iodine) topped with 30g dried apricots , 20g almonds & 1 tbsp chia seeds.	21%	17%	27%	22%	9%	7%	20%	36%	29%	37%	7%	33%	11%	21%	36%	39%	24%	17%	24%																			
	Classic Fry Up	2 fried eggs, 2 fried beef sausages, 2 fried rashers bacon, 100 g baked beans, 40g fried mushrooms, 1 tomato, 2 slices white toast with butter.	49%	39%	81%	65%	100%	77%	13%	104%	85%	27%	76%	142%	27%	44%	75%	43%	74%	54%	65%																			
	A more sustainable fry up	1 poached egg, 1 grilled pork sausage, NO bacon, 150g baked beans, 80g fried mushrooms, 1 tomato, 2 wheatgerm toast with unsaturated fat spread.	33%	26%	39%	31%	26%	20%	29%	64%	52%	44%	41%	84%	25%	42%	72%	43%	64%	47%	24%																			
LUNCH	Cheese baguette - standard large	Large (150g) baguette with butter and filled with 50g cheddar, 15g lettuce & 15g mayo.	44%	35%	66%	53%	103%	79%	6%	59%	48%	17%	48%	85%	4%	15%	26%	80%	45%	33%	29%																			
	Portion controlled cheese baguette	Half a seeded baguette (75g) with unsat fat spread and filled with 30g cheddar, 95g salad of (lettuce+tomato+cucumber), low fat mayo.	22%	17%	29%	24%	35%	27%	5%	38%	31%	17%	21%	59%	5%	3%	5%	34%	19%	14%	10%																			
	Cream of chicken soup + white roll and butter	300ml (large serve) canned cream of chicken soup + a crusty white roll (50g) spread with butter (10g).	19%	15%	27%	21%	30%	24%	5%	22%	18%	5%	41%	0%	1%	14%	24%	24%	19%	14%	8%																			
	Lentil soup + wholemeal roll with unsaturated spread	300ml (large serve) canned lentil soup + a wholemeal roll (48g) spread with unsat. fat spread (10g).	15%	12%	10%	8%	7%	6%	5%	32%	26%	25%	35%	0%	6%	24%	41%	11%	25%	18%	2%																			
SUPPER	Chicken Tikka Masala with a large rice serving	130g chicken (raw weight) + standard sauce + a large serve (290g) boiled white rice.	52%	41%	59%	48%	75%	58%	36%	108%	87%	36%	29%	0%	4%	41%	70%	37%	46%	34%	42%																			
	Vegetarian curry in a tomato sauce (Sweet Potato Curry) with a moderate rice serving	Veggie curry in a tomato-based sauce. Bhuna Sweet Pot Curry: each serving providing one sweet potato, 120g chickpeas, 110g tomatoes and 1/4 pepper. Served with medium portion (180g) wholegrain rice. https://www.alpro.com/uk/recipe-inspiration/sweet-potato-curry	40%	32%	27%	21%	10%	8%	32%	57%	46%	77%	67%	0%	6%	64%	109%	48%	51%	38%	9%																			
	Spaghetti Bolognese - the classic meat version	Classic recipe: each serving = 1 00 g beef mince and a large portion (280g) white spaghetti.	36%	29%	31%	25%	34%	27%	16%	77%	63%	27%	20%	118%	7%	30%	51%	18%	79%	58%	11%																			
	Spaghetti Bolognese - Less meat more plants	Classic recipe but half the meat replaced with 90g beans/lentils. Served with an average serving (220 g) of wholewheat pasta and a baby spinach salad.	30%	24%	16%	13%	11%	9%	21%	75%	61%	78%	19%	44%	3%	56%	96%	30%	88%	65%	10%																			
Spaghetti Bolognese - veggie version	Classic recipe but replacing all the meat with 100g quorn mince. Served with an average wholewheat pasta serving (220 g) + baby spinach salad.	27%	22%	14%	11%	8%	6%	20%	54%	73%	22%	41%	2%	36%	60%	23%	46%	34%	6%	24%																				