CEC EDINBURGH CATERING - HALLOWEEN MENU 2016

NUTRITIONAL INFORMATION

| Dish | Energy K Cal | Fat (g) | Sat Fat (g) | Carb (g) | NME Sugar (g) | NSP (g) | Protein (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vit A (ug) | Vit C(ug) | Folate | Sodium |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| MAIN COURSE | | | | | | | | | | | | | | |
| Chicken Curry | 140 | 1.9 | 0.3 | 15.2 | 4.0 | 2.8 | 16 | 2.2 | 0.7 | 47.9 | 481.1 | 18.6 | 17.9 | 231.3 |
| Rice (v) (vegan) | 153.2 | 1.4 | 0.4 | 34.3 | 0.0 | 0.2 | 2.9 | 0.2 | 0.7 | 20.4 | 0.0 | 0.0 | 8.0 | 1.6 |
| Falafael (V) | 188.0 | 7.2 | 0.8 | 22.4 | 0.0 | 0.0 | 8.8 | 2.96 | 1.36 | 88.0 | 14.6 | 6.4 | 76.0 | 400.0 |
| Sweet Chilli Sauce | 55.0 | 1.3 | 0.2 | 5.1 | 3.9 | 1.9 | 5.6 | 0.5 | 2.8 | 13.3 | 57.0 | 0.8 | 9.4 | 142.0 |
| Cous Cous | 171.4 | 5.2 | 1.1 | 28.0 | 2.5 | 1.0 | 4.1 | 1.8 | 0.0 | 6.7 | 0.0 | 0.0 | 0.0 | 2.8 |
| Pitta Bread | 153.0 | 0.8 | 0.1 | 33.1 | 0.0 | 1.4 | 5.5 | 1.1 | 0.5 | 82.8 | 0.0 | 0.0 | 12.0 | 263.4 |
| Jacket Potato with Beans (v) (vegan) | 272.4 | 10.0 | 6.5 | 33.2 | 1.8 | 3.5 | 12.7 | 1.1 | 1.8 | 247.5 | 116.3 | 12.6 | 55.5 | 199.0 |
| Quorn Sausage (V) served with above(optional) | 67.8 | 2.22 | 0.36 | 2.94 | 0.0 | 1.98 | 8.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 240.0 |
| Jelly | 48.2 | 0.1 | 0.0 | 10.6 | 0.0 | 0.0 | 1.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |