

FOR LOCAL USER AUTOMATION

Site EUR1

WEEK 22 - WEDNESDAY

LUNCH

RECIPE		
004Apple Sauce (tinned)_v22	£20	6.72 kcal 28.2 kj
RECIPE		
004Apple Sauce (tinned)_v3	£10	7.81052 kcal 32.7763 kj
RECIPE		
004Apple Sauce (tinned)_v4	£10	193.14 kcal 128.76 kj
RECIPE		
004Baked Beans_0	£30	121.36396 kcal 388.59301 kj
RECIPE		
004Baked Beans_1		3120 kcal 13092 kj
RECIPE		
004Baked Beans_2		312 kcal 1309.2 kj
RECIPE		
004Baked Beans_3		
RECIPE		
004Baked Beanss		39 kcal 163.65 kj
RECIPE		
004Basic Chocolate Sponge		
RECIPE		
004Basic Sponge		6.6 kcal 217.8 kj
RECIPE		
004Beef Stock (bouillon)		7.02493 kcal 29.39971 kj

RECIPE		
004Bechamel Sauce		117.66324 kcal 633.73922 kj
RECIPE		
004Blueberry Muffin (Wrapped)		386.58 kcal 1617.72 kj
RECIPE		
004Boiled Rice		298.35 kcal 1248.65 kj
RECIPE		
004Bread (frozen dough)		362.73854 kcal 1517.79411 kj
RECIPE		
004Chicken Stock (bouillon)		14.99999 kcal 62.74994 kj
RECIPE		
004Fish Stock (bouillon)		6.99993 kcal 29.29971 kj
RECIPE		
004Fresh Lemon Curd		348.24408 kcal 1457.02612 kj
RECIPE		
004Fresh White Breadcrumbs (frz) 10g		124.6117 kcal 91.01172 kj
RECIPE		
004Fresh White Breadcrumbs (frz) 50g		809.97646 kcal 591.57647 kj
RECIPE		
004German Shortcrust Pastry (fresh)007		367.29874 kcal 5340.49064 kj

RECIPE		
004Gravy (mix)		1.4 kcal 5.83999 kj
RECIPE		
004Grilled Back Bacon		134 kcal 560.5 kj
RECIPE		
004Hash Brown, triangle (frz)		119.2 kcal 498.4 kj
RECIPE		
004Jam Sauce		255.99979 kcal 1070.9991 kj
RECIPE		
004Jerk Paste Marinade		104.25285 kcal 436.26749 kj
RECIPE		
004Kellogs Special K Cereal Bar		94.3 kcal 394.45 kj
RECIPE		
004Mango Chutney & Lime Pickle (bulk)		118.5 kcal 496 kj
RECIPE		
004Muller Fruit Corner Bberry Yoghurt 175g E2E1		185.5 kcal 777 kj
RECIPE		
004Orange Juice (200ml)		96 kcal 402 kj
RECIPE		
004Pork Sausage 8's		110.9091 kcal 464.09096 kj

RECIPE		
004River Rock Still Water Pet		
RECIPE		
004Roast Chicken Breast		246.14948 kcal 1029.5228 kj
RECIPE		
004Sweet Pastry (fresh)		66 kj
RECIPE		
004Tartare Sauce (bulk)		84 kcal 351.6 kj
RECIPE		
004Tartare Sauce Portion		28.08 kcal 117.45 kj
RECIPE		
004Tayto Cheese & Onion Crisps		190.92 kcal 798.83 kj
RECIPE		
004Tracker Roasted Nut Cereal Bar		180.93 kcal 757.02 kj
RECIPE		
004Vegetable Stock (gran bouillon)		5.64829 kcal 23.63751 kj
RECIPE		
004Vegetable Stock (bouillon)		19.19999 kcal 80.34992 kj
RECIPE		
004Wholemeal Pastry (fresh)		278.75967 kcal 1166.32861 kj

RECIPE

004White Floured Bap 5" (frz)

220.9 kcal 924.02 kj

WEEK 23 - MONDAY

LUNCH

RECIPE	
004Boiled Rice	
298.35 kcal	1248.65 kj

RECIPE	
004Bread (frozen dough)	
362.73854 kcal	1517.79411 kj

WEEK 23 - TUESDAY

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BRUNCH

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