

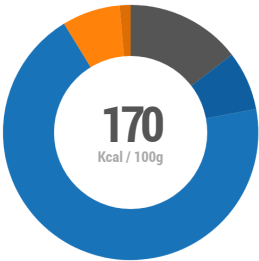
Cajun Chicken Ciabatta March '25

Hot School Meals

By Sinead Bradbury

OVERVIEW ...

U / 12804948



CALORIES:

76.7% Carbs

14.6% Protein

8.7% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 216G SERVING	%RI
Energy(Kj)	741 kJ	9%	1601 kJ	19%
Energy(kcal)	175 kcal	9%	378 kcal	19%
Fat	1.7 g	2%	3.6 g	5%
of which saturates	0.3 g	2%	0.6 g	3%
Carbohydrate	33 g	13%	71 g	27%
of which sugars	3.2 g	4%	6.9 g	8%
Fibre	2.3 g	9%	5.1 g	20%
Protein	6.2 g	12%	13 g	26%
Salt	0.68 g	11%	1.5 g	25%

CONTAINS:



MAY CONTAIN:



NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 9% RI	170kcal	Saturated Fat 1% RI	0.2611g	Vitamin A (ret eq)	0ug
Energy(Kj) 9% RI	722kJ	Monounsaturated fat 5% RI	1.4g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	-
Carbohydrate 13% RI	32.7g	Polyunsaturated fat 4% RI	0.5614g	Vitamin D	0ug
Protein 12% RI	6.2g	Omega3(n-3)	-	Vitamin E 3% RI	0.3068mg
Fat 2% RI	1.7g	Omega6(n-6)	-	Vitamin K ₁	-
Water	25.5g	cis-Poly	-	Thiamin (B ₁) 14% RI	0.1567mg
Water from Drinks	0g	Trans-fatty acids	0.0131g	Riboflavin (B ₂) 3% RI	0.0392mg
Alcohol (0% ABV)	0g	Cholesterol	0mg	Niacin total (B ₃) 17% RI	2.7mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin 8% RI	1.3mg
Starch	29.5g	Sodium 11% RI	271mg	Tryptophan	86mg
Oligosaccharide	-	Potassium 5% RI	99mg	Pantothenic Acid (B ₅) 4% RI	0.2611mg
Fibre 9% RI	2.3g	Chloride 51% RI	411mg	Vitamin B ₆ 3% RI	0.0457mg
NSP	1.8g	Calcium 10% RI	79mg	Folates (B ₉) Total	0ug
Sugars 4% RI	3.2g	Phosphorus 9% RI	65mg	Vitamin B ₁₂	0ug
Glucose	0.0007g	Magnesium 4% RI	14.4mg	Biotin (B ₇) 1% RI	0.6528ug
Galactose	-	Iron 7% RI	0.9139mg	Vitamin C	0mg
Fructose	0.0653g	Zinc 5% RI	0.4569mg	OTHER	
		Copper 6% RI	0.0588mg		
		Manganese 20% RI	0.3917mg		

Sucrose
Maltose
Lactose

0.1958g
1.8g
0g

Selenium 23% RI
Iodine 4% RI

12.4ug
6.5ug

GI (estimated)
GL
Caffeine

68
22.4
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Ciabatta Actual..

BREAD CIABATTA

U

141g

1 ¾ x Average Portion

unchanged

Cajun Sauce Actual..

SAUCE

U

10g

unchanged

100% Irish Chicken Breast..

U

65g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 216g / 378kcal

1.0

INGREDIENT LIST (QUID) ...

Bread Ciabatta (65.3%) [Fortified **Wheat** Flour (**Wheat** Flour, **Wheat Gluten**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Salt, Yeast, Malted **Wheat** Flour, Flour Treatment Agent, Ascorbic Acid], 100% Irish Chicken Breast (30.1%), Sauce (4.6%) [Tomatoes (53%), Sugar, Tomato Paste, Spirit Vinegar, Salt, Black, Pepper, **Mustard** Flour, Spices, **Barley**, Malt (**Barley**) Vinegar, Modified Starch, **Soy** Sauce (Water, **Soybeans**, Salt, Spirit Vinegar), Stabilisers: Guar Gum, Xanthan Gum, Herb Extract, Preservative: Potassium Sorbate, Colour: Paprika Extract, Smoke Flavour]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. May contain traces of **Milk**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

65g 100% Irish Chicken Breast ()

10g Sauce ()

141g Bread ciabatta (1 ¾ x Average Portion)