

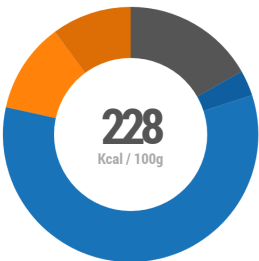
Ham & Cheese Ciabatta March '25

Hot School Meals

By Sinead Bradbury

OVERVIEW ...

U / 12809424



CALORIES:
61.7% Carbs
16.8% Protein
21.6% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 191G SERVING	%RI
Energy(Kj)	982 kJ	12%	1876 kJ	22%
Energy(kcal)	233 kcal	12%	445 kcal	22%
Fat	5.5 g	8%	10 g	14%
<i>of which saturates</i>	2.6 g	13%	4.9 g	25%
Carbohydrate	35 g	13%	67 g	26%
<i>of which sugars</i>	1.9 g	2%	3.5 g	4%
Fibre	2.6 g	10%	4.9 g	20%
Protein	9.5 g	19%	18 g	36%
Salt	0.84 g	14%	1.6 g	27%

CONTAINS:



NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 11% RI	228kcal	Saturated Fat 13% RI	2.6g	Vitamin A (ret eq)	0ug
Energy(Kj) 11% RI	962kJ	Monounsaturated fat 5% RI	1.6g	Retinol	0ug
MACRONUTRIENTS		<i>cis-Mono</i>	-	Carotene	-
Carbohydrate 14% RI	35.1g	Polyunsaturated fat 4% RI	0.6349g	Vitamin D	0ug
Protein 19% RI	9.5g	<i>Omega3(n-3)</i>	-	Vitamin E 3% RI	0.347mg
Fat 8% RI	5.5g	<i>Omega6(n-6)</i>	-	Vitamin K ₁	-
Water	29.8g	<i>cis-Poly</i>	-	Thiamin (B ₁) 16% RI	0.1772mg
Water from Drinks	0g	Trans-fatty acids	0.0148g	Riboflavin (B ₂) 3% RI	0.0443mg
Alcohol (0% ABV)	0g	Cholesterol	0mg	Niacin total (B ₃) 19% RI	3.1mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin 9% RI	1.5mg
Starch	33.3g	Sodium 14% RI	334mg	Tryptophan	97mg
Oligosaccharide	-	Potassium 6% RI	112mg	Pantothenic Acid (B ₅) 5% RI	0.2953mg
Fibre 10% RI	2.6g	Chloride 63% RI	506mg	Vitamin B ₆ 4% RI	0.0517mg
NSP	2g	Calcium 11% RI	89mg	Folates (B ₉) Total	0ug
Sugars 2% RI	1.9g	Phosphorus 11% RI	74mg	Vitamin B ₁₂	0ug
Glucose	0.0007g	Magnesium 4% RI	16.2mg	Biotin (B ₇) 1% RI	0.7382ug
Galactose	-	Iron 7% RI	1mg	Vitamin C	0mg
Fructose	0.0738g	Zinc 5% RI	0.5168mg	OTHER	
		Copper 7% RI	0.0664mg		
		Manganese 22% RI	0.4429mg		

Sucrose
Maltose
Lactose

0.2215g
2g
0g

Selenium 26% RI
Iodine 5% RI

14ug
7.4ug

GI (estimated)
GL
Caffeine

72
25.3
-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
Sliced Ham Actual.. HAM	U 30g		unchanged
Ciabatta Actual.. BREAD CIABATTA	U 141g	1 ¾ x Average Portion	unchanged
Sliced Cheddar Actual.. CHEDDAR CHEESE	U 20g		unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 191g / 445kcal
1.0

INGREDIENT LIST (QUID) ...

Bread Ciabatta (73.8%) [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], Ham (15.7%) [Pork 91%, Water, Salt, Dried Glucose Syrup, Stabilisers (E450, E451, E452, E407a), Antioxidant (E301), Preservative (E250), Potato Starch], Cheddar Cheese (10.5%) [Pasteurised **Milk**, Salt, Micobial Rennet, Starterculture, Colour (E160b)(li)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

141g Bread ciabatta (1 ¾ x Average Portion)

20g Cheddar cheese ()

30g Ham ()

METHOD

No Cooking Instructions