

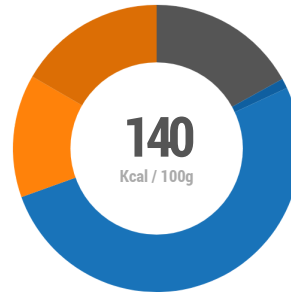
# Chicken Mac and Cheese Jan '26

Hot School Meals

By Sinead Bradbury

OVERVIEW ...

U / 12808636



CALORIES:

52.5% Carbs

17% Protein

30.5% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 265G SERVING	%RI
Energy(Kj)	<b>600</b> kJ	7%	<b>1589</b> kJ	19%
Energy(kcal)	<b>143</b> kcal	7%	<b>378</b> kcal	19%
Fat	<b>4.8</b> g	7%	<b>13</b> g	19%
of which saturates	<b>2.6</b> g	13%	<b>6.9</b> g	35%
Carbohydrate	<b>18</b> g	7%	<b>49</b> g	19%
of which sugars	<b>0.5</b> g	1%	<b>1</b> g	1%
Fibre	<b>1.1</b> g	4%	<b>3</b> g	12%
Protein	<b>5.9</b> g	12%	<b>16</b> g	32%
Salt	<b>0.4</b> g	7%	<b>1.1</b> g	18%

CONTAINS:



Nutri-Score



HFSS Rating  
(HFSS Pass)



NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 7% RI	Saturated Fat <b>13% RI</b>	Vitamin A (ret eq)
Energy(Kj) 7% RI	Monounsaturated fat 0% RI	Retinol
	cis-Mono	Carotene
	Polyunsaturated fat	Vitamin D
	Omega3(n-3) 2% RI	Vitamin E
	Omega6(n-6) 3% RI	Vitamin K <sub>1</sub>
	cis-Poly	
MACRONUTRIENTS		
Carbohydrate 7% RI		
Protein 12% RI		

Fat **7% RI**  
 Water  
 Water from Drinks  
 Alcohol (0% ABV)

4.8g Trans-fatty acids  
 42g Cholesterol  
 0g  
 0g

0g Thiamin (B<sub>1</sub>) 25% RI **0.2774mg**  
 4.5mg Riboflavin (B<sub>2</sub>) 2% RI **0.034mg**  
 Niacin total (B<sub>3</sub>) 17% RI **2.8mg**

**CARBOHYDRATE**

Starch **18g**  
 Oligosaccharide -  
 Fibre 5% RI **1.1g**  
 NSP **0.8708g**  
 Sugars **0% RI** **0.3906g**  
 Glucose **0.1698g**  
 Galactose -  
 Fructose **0.0566g**  
 Sucrose **0.3792g**  
 Maltose **0.8086g**  
 Lactose **0g**

**MINERALS & TRACE ELEMENTS**

Sodium **7% RI** **161mg**  
 Potassium 7% RI **130mg**  
 Chloride 30% RI **244mg**  
 Calcium 7% RI **54mg**  
 Phosphorus 16% RI **113mg**  
 Magnesium 7% RI **27.2mg**  
 Iron 7% RI **1mg**  
 Zinc 8% RI **0.8491mg**  
 Copper 16% RI **0.1642mg**  
 Manganese 23% RI **0.4528mg**  
 Selenium -  
 Iodine **0ug**

Niacin **-**  
 Tryptophan **-**  
 Pantothenic Acid (B<sub>5</sub>) 3% RI **0.1698mg**  
 Vitamin B<sub>6</sub> 4% RI **0.0623mg**  
 Foliates (B<sub>9</sub>) Total 10% RI **20.9ug**  
 Vitamin B<sub>12</sub> **0ug**  
 Biotin (B<sub>7</sub>) 1% RI **0.566ug**  
 Vitamin C **0mg**

**OTHER**

GI (estimated) **42**  
 GL **7.8**  
 Caffeine **-**

**RECIPE INGREDIENTS ...**

QUANTITY:

DESCRIPTION:

METHOD:

Luxury Cheese Sauce..

CHEESE SAUCE

U **30g**

unchanged

Pasta Actual March '25..

PASTA

U **150g**

**2.4 x 1 serving**

unchanged

Grated Cheese March '25..

CATHEDRAL CITY

U **15g**

**½ x per 30g serving**

unchanged

100% Irish Chicken August '25..

U **70g**

unchanged

**PORTIONS / PACK SIZES ...**

**1 Serving**



**265g / 378kcal**

**INGREDIENT LIST (QUID) ...**

Pasta (56.6%) [Pasta, Durum **Wheat**], 100% Irish Chicken August '25 (26.4%) [100% Irish Chicken Breast, Water, Salt], Cheese Sauce (11.3%) [Water, Cheese (**Milk**), Butter (**Milk**), Modified Potato Starches, Emulsifying Salts (Polyphosphates, Sodium Phosphates, Trisodium Citrate), Natural Colour (Beta Carotene, Paprika Extract), Skimmed **Milk** Powder, Acidity Regulators (Glucono Delta Lactone, Lactic Acid), Preservative (Potassium Sorbate), Thickener (Xanthan Gum)], Grated Cheese March '25 (5.7%) [Pasteurised **Milk**, Salt, Microbial Rennet, Starter Culture, Colour (E160b(i))]

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

**COOKING INSTRUCTIONS & NOTES**

**INGREDIENTS**

<b>70g</b>	100% Irish Chicken August '25
<b>15g</b>	Grated Cheese March '25 (½ x per 30g serving)
<b>30g</b>	Cheese sauce
<b>150g</b>	Pasta (2.4 x 1 serving)

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