

OLIVE DINING

SUMMER 2026 NUTRIENT COUNT

At Olive Dining, we have a responsibility to provide nutritional information for our food. This enables us to support those we cater for in managing conditions such as diabetes or PKU.

Through the recipes system we use, we can provide nutritional information for each dish, including carbohydrate value, and fat. We share this information via our Nutrient Counts for each menu cycle. When made aware of a school that requires this information, the Nutrition Team will provide this document to both the unit team and the school team.

The information provided is given in both the portion size based on the recipe the kitchen team follows and in per 100g. The numbers in white are the portion size based on the recipe, the numbers in green are the per 100g amounts. This is to aid in calculating nutrient amounts based on the portion served, if this differs from the general portion size from the recipe. For example, if 150g of penne pasta is required for the pupil, the per 100g data can be used instead of the 132g portion size.

It is not the responsibility of the kitchen to calculate the amount of insulin or medication the child needs, nor is it administer it to them.

If you have any questions or queries, please reach out to the nutrition team at nutrition@olivedining.co.uk.



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SUMMER 2026 NUTRIENT COUNT

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IPA Code	Meat/Fish Mains	Portion (g)	Calories (kcal)	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)	Salt (g)
708862	1/2 Pepperoni Panini	94	252	9.3	31.6	1.8	10.2	0.5
		100	268	9.9	33.6	1.9	10.9	0.5
528419	Battered Fish	70	139	7.4	11.4	0.9	6.2	0.5
		100	198	10.6	16.3	1.3	8.9	0.7
720246	BBQ Chicken	105	147	1.1	17.4	0.0	17.2	0.3
		100	140	1.0	16.6	0.0	16.4	0.3
714407	BBQ Chicken & Sweetcorn Pizza	92	186	7.1	19.2	1.0	12.4	0.3
		100	202	7.7	20.9	1.1	13.5	0.3
715288	BBQ Chicken Fajitas	133	191	3.3	24.2	2.4	15.6	0.6
		100	144	2.5	18.2	1.8	11.7	0.5
714276	Beef & Lentil Enchilada Pie	132	266	8.7	25.0	6.3	19.0	0.4
		100	202	6.6	18.9	4.8	14.4	0.3
630772	Beef & Lentil Lasagne	167	295	13.0	28.0	4.4	14.7	0.8
		100	177	7.8	16.8	2.6	8.8	0.5
641230	Beef & Lentil Bolognese	141	178	5.6	16.7	4.9	14.3	1.1
		100	126	4.0	11.8	3.5	10.1	0.8
577131	Beef Burger	57	128	11.0	4.0	0.0	7.5	1.0
		100	225	19.3	7.0	0.0	13.2	1.8
713811	Black Bean Chicken	123	94	0.9	8.4	0.7	12.5	0.7
		100	76	0.7	6.8	0.6	10.2	0.6
633392	Butcher's Beef Sausage	86	260	16.3	11.2	0.5	11.4	0.2
		100	302	19.0	13.0	0.6	13.3	0.2
658632	Butcher's Chicken Sausage	86	296	20.0	19.4	1.7	9.0	2.1
		100	344	23.3	22.6	2.0	10.5	2.4
685293	Butcher's Pork Sausage	85	305	21.8	15.3	0.0	11.3	1.7
		100	359	25.6	18.0	0.0	13.3	2.0
644262	Chicken & Tomato Pasta Bake	224	250	3.8	34.4	2.6	18.9	1.0
		100	112	1.7	15.4	1.2	8.4	0.4

714428	Chicken Katsu Curry	110	152	2.9	12.0	1.5	18.5	0.2
		100	139	2.6	10.9	1.4	16.8	0.2
713665	Chicken Tikka Kebab with Pitta	107	150	0.8	20.0	0.8	15.5	0.1
		100	140	0.7	18.7	0.7	14.5	0.1
630026	Chicken Tikka Masala	123	136	6.3	3.7	0.9	15.6	0.2
		100	111	5.1	3.0	0.7	12.7	0.2
630207	Fish Fingers	75	153	5.9	15.7	0.7	9.0	0.3
		100	204	7.9	20.9	0.9	12.0	0.4
641533	Jerk Chicken	51	61	1.3	0.7	0.0	11.7	0.1
		100	120	2.5	1.4	0.0	22.9	0.2
711340	Lemon & Herb Chicken with Piri Mayo	89	175	11.7	0.7	0.1	16.6	0.1
		100	197	13.1	0.8	0.1	18.7	0.1
711511	Mild Cajun Chicken Pitta	136	173	1.3	21.7	1.1	18.3	0.4
		100	127	1.0	16.0	0.8	13.5	0.3
715280	Mild Goan Chicken Curry	98	90	2.2	3.8	1.5	13.1	0.4
		100	92	2.2	3.9	1.5	13.4	0.4
711260	Pepperoni "Pizza" Frittata	101	150	10.6	2.6	0.6	10.9	0.2
		100	148	10.5	2.6	0.6	10.8	0.2
674172	Pepperoni Pizza	68	196	11.6	15.2	0.8	8.8	0.3
		100	288	17.1	22.4	1.2	12.9	0.4
716180	Philly Cheese Steak Mac & Cheese	267	401	14.6	49.3	2.4	17.3	0.6
		100	150	5.5	18.5	0.9	6.5	0.2
630297	Roast Chicken	73	91	2.7	0.1	0.0	16.6	0.2
		100	125	3.7	0.1	0.0	22.7	0.3
577351	Salmon Fishcake	50	147	9.1	11.4	1.1	4.3	0.6
		100	294	18.2	22.8	2.2	8.6	1.2
713855	Sticky BBQ Chicken Baguettes	115	202	2.5	28.6	1.5	16.2	0.6
		100	176	2.2	24.9	1.3	14.1	0.5
713787	Tuscan Sausage Pasta	252	377	13.6	49.8	3.0	12.6	0.1
		100	150	5.4	19.8	1.2	5.0	0.0
711412	Yakatori Chicken Noodles	197	247	2.0	37.7	2.3	18.5	1.2
		100	125	1.0	19.1	1.2	9.4	0.6

IPA Code	Veggie Mains	Portion (g)	Calories (kcal)	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)	Salt (g)
711763	1/2 Tomato & Mozzarella Panini	76	190	4.0	31.3	1.7	6.6	0.5
		100	250	5.3	41.2	2.2	8.7	0.7
715316	Cajun Chickpea & Pepper Fajitas	137	267	5.1	43.3	5.6	9.4	0.7
		100	195	3.7	31.6	4.1	6.9	0.5
714416	BBQ Quorn & Sweetcorn Pizza	92	184	7.2	19.7	2.1	10.7	0.4
		100	200	7.8	21.4	2.3	11.6	0.4
640842	BBQ Roasted Vegetables	139	100	1.2	17.2	3.6	4.1	0.0
		100	72	0.9	12.4	2.6	2.9	0.0

713817	Black Bean Quorn	113	67	0.8	6.8	2.7	6.9	0.6
		100	59	0.7	6.0	2.4	6.1	0.5
577137	Butternut Squash & Spinach Tarkha Dahl	112	120	1.6	18.0	5.0	6.5	0.6
		100	108	1.4	16.1	4.5	5.8	0.5
636443	Cheese (jacket filling)	17	69	5.8	0.3	0.2	4.2	0.3
		100	408	34.1	1.8	1.2	24.7	1.8
640970	Cheesy Calzone	103	256	8.8	36.2	1.6	10.1	0.8
		100	249	8.5	35.1	1.6	9.8	0.8
716863	Cheesy Quorn Sloppy Joe	125	186	4.1	25.5	4.4	9.9	0.4
		100	149	3.3	20.4	3.5	7.9	0.3
715261	Margherita Pizza Slice	83	185	4.3	30.0	2.0	8.3	0.5
		100	223	5.2	36.1	2.4	10.0	0.6
711267	Grilled Courgette & Broccoli Quiche	107	193	13.8	6.1	0.6	11.0	0.3
		100	180	12.9	5.7	0.6	10.3	0.3
713724	Jerk Quorn	45	56	1.9	2.3	2.8	6.0	0.7
		100	125	4.2	5.1	6.2	13.3	1.6
641059	Jerk Vegetable Burrito	177	265	3.5	47.0	5.3	9.6	0.9
		100	150	2.0	3.0	0.5	8.0	0.6
711604	Lemon & Herb Quorn Fillet	68	80	2.7	3.5	4.2	8.6	0.6
		100	118	4.0	5.1	6.2	12.6	0.9
630231	Mac & Cheese	178	431	15.1	60.4	2.4	12.4	0.6
		100	242	8.5	33.9	1.3	7.0	0.3
714384	Mexican Bean Enchilada Pie	129	214	3.0	30.9	8.3	11.9	0.4
		100	166	2.3	24.0	6.4	9.2	0.3
716914	Mild Cajun Halloumi & Bean Pitta	120	177	4.2	25.6	3.0	8.6	0.7
		100	148	3.5	21.3	2.5	7.2	0.6
716900	Mozzarella & Cherry Tomato Frittata	93	107	6.9	2.7	0.6	8.4	0.2
		100	115	7.4	2.9	0.6	9.0	0.2
716920	Philly Squash Mac & Cheese	257	356	11.1	51.1	2.8	11.9	0.5
		100	139	4.3	19.9	1.1	4.6	0.2
711381	Plant Based "Chickn" Pitta	123	149	1.0	23.8	3.3	10.3	0.6
		100	121	0.8	19.3	2.7	8.4	0.5
630860	Roasted Root Vegetable Lasagne	227	242	10.6	27.9	4.0	8.4	0.5
		100	107	4.7	12.3	1.8	3.7	0.2
577359	Roasted Vegetable & Lentil Bolognese	150	34	0.3	15.6	4.2	4.4	0.1
		100	23	0.2	10.4	2.8	2.9	0.1
713860	Sticky BBQ Quorn & Vegetable Baguettes	105	177	2.4	28.4	3.2	9.3	0.6
		100	169	2.3	27.0	3.0	8.9	0.6
714434	Sweet Potato Katsu Curry	94	67	1.7	10.4	3.2	2.0	0.3
		100	72	1.8	11.1	3.4	2.1	0.3
711716	Tandoori Vegetable Bake	91	56	1.2	9.2	1.5	1.9	0.2
		100	61	1.3	10.1	1.6	2.1	0.2

711731	Three Cheese Pasta Bake	255	420	17.0	50.5	2.2	15.2	0.8
		100	165	6.7	19.8	0.9	6.0	0.3
630218	Vegan Nuggets	60	122	1.9	15.4	7.3	7.4	0.9
		100	204	3.2	25.7	12.2	12.3	1.5
633454	Vegetable Burger (No Bun)	57	131	5.4	16.7	2.2	2.7	0.5
		100	230	9.5	29.3	3.9	4.7	0.9
644248	Vegetable Curry	132	155	6.5	18.9	4.2	4.2	0.3
		100	117	4.9	14.3	3.2	3.2	0.2
711655	Vegetable Tikka Kebab	114	156	4.8	21.6	2.7	5.1	0.4
		100	137	4.2	18.9	2.4	4.5	0.4
633413	Veggie Sausage	100	146	5.1	5.7	4.1	17.0	1.1
		100	146	5.1	5.7	4.1	17.0	1.1
713778	Veggie Tuscan Sausage Pasta	206	261	3.1	43.7	4.6	12.7	0.2
		100	127	1.5	21.2	2.2	6.2	0.1

IPA Code	Jacket/ Pasta Option	Portion (g)	Calories (kcal)	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)	Salt (g)
636438	Baked Beans	30	26	0.2	4.2	1.1	1.6	0.2
		100	87	0.7	14.0	3.7	5.3	0.7
636443	Cheese (jacket filling)	17	69	5.8	0.3	0.2	4.2	0.3
		100	408	34.1	1.8	1.2	24.7	1.8
630148	Jacket Potato (plain)	188	188	0.5	43.0	3.3	5.3	0.0
		100	100	0.3	22.9	1.8	2.8	0.0
630231	Mac & Cheese	178	431	15.1	60.4	2.4	12.4	0.6
		100	242	8.5	33.9	1.3	7.0	0.3
630168	Tomato & Basil Pasta	207	270	2.4	53.0	2.0	8.5	0.0
		100	131	1.2	25.6	1.0	4.1	0.0
636440	Tuna Mayo	44	107	6.2	0.2	0.0	12.5	0.5
		100	242	14.1	0.5	0.0	28.4	1.1
630045	Vegan Roasted Vegetable Pasta	246	277	2.2	54.6	3.8	8.8	0.2
		100	113	0.9	22.2	1.5	3.6	0.1

IPA Code	Sides	Portion (g)	Calories (kcal)	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)	Salt (g)
636438	Baked Beans	30	26	0.2	4.2	1.1	1.6	0.2
		100	87	0.7	14.0	3.7	5.3	0.7
577136	Broccoli	25	9	0.1	1.7	0.7	0.7	0.1
		100	34	0.4	6.8	2.8	2.8	0.4
630285	Burger Bun	50	123	0.9	23.2	1.5	4.8	0.5
		100	246	1.8	46.4	3.0	9.6	1.0
633640	Carrots (boiled)	30	12	0.1	2.9	0.8	0.3	0.2
		100	41	0.3	9.7	2.7	1.0	0.7

685636	Chips	71	166	5.6	25.1	3.2	2.3	0.0
		100	234	7.9	35.4	4.5	3.2	0.0
714451	Coconut Rice	112	142	1.9	28.7	0.6	2.9	0.0
		100	127	1.7	25.6	0.5	2.6	0.0
676498	Coleslaw	41	43	3.4	2.9	0.9	0.4	0.0
		100	104	8.3	7.1	2.2	1.0	0.0
711284	Crispy Garlic Potatoes	103	83	2.1	15.1	0.9	1.8	0.0
		100	81	2.0	14.7	0.9	1.7	0.0
665107	Garlic Bread	50	194	8.5	24.0	1.9	4.5	0.4
		100	388	17.0	48.0	3.8	9.0	0.8
730274	Garlic Naan	38	111	3.7	14.7	0.8	3.8	0.3
		100	292	9.7	38.7	2.1	10.0	0.8
577347	Gravy (60ml water to 4g granules)	64	12	0.1	3.0	0.0	0.2	0.6
		100	19	0.2	4.7	0.0	0.3	0.9
630100	Green Beans	50	16	0.2	1.6	1.7	1.1	0.0
		100	31	0.4	3.2	3.4	2.2	0.0
577315	Green Salad	51	8	0.0	1.7	0.5	0.4	0.0
		100	16	0.0	3.3	1.0	0.8	0.0
711383	Grilled Corn	40	38	0.7	6.2	0.6	1.4	0.0
		100	95	1.8	15.5	1.5	3.5	0.0
661172	Homemade Potato Wedges	63	113	4.1	17.5	2.2	2.0	0.0
		100	179	6.5	27.8	3.5	3.2	0.0
633396	Mashed Potato	130	129	4.0	21.2	2.6	2.6	0.2
		100	99	3.1	16.3	2.0	2.0	0.2
630229	Peas	50	38	0.5	4.4	2.6	2.9	0.0
		100	76	1.0	8.8	5.2	5.8	0.0
733283	Penne Pasta	132	216	0.9	44.2	1.8	6.9	0.0
		100	164	0.7	33.5	1.4	5.2	0.0
663001	Pilau Rice	109	145	0.9	31.3	0.5	3.0	0.0
		100	133	0.8	28.7	0.5	2.8	0.0
636533	Potato Salad	68	89	5.5	9.0	0.5	1.1	0.0
		100	131	8.1	13.2	0.7	1.6	0.0
713731	Rainbow Slaw	50	63	5.4	3.2	1.0	0.5	0.0
		100	126	10.8	6.4	2.0	1.0	0.0
632215	Rice & Peas	132	161	2.0	31.2	1.9	4.3	0.1
		100	122	1.5	23.6	1.4	3.3	0.1
638249	Rustic Roast Potatoes	74	129	5.7	17.7	2.4	2.0	0.4
		100	174	7.7	23.9	3.2	2.7	0.5
645663	Seasonal Greens	49	21	1.1	1.9	1.2	0.8	0.0
		100	42	2.2	3.9	2.4	1.6	0.0
630369	Seasonal Vegetables	60	31	0.2	6.5	2.1	1.1	0.1
		100	52	0.3	10.8	3.5	1.8	0.2

633447	Spaghetti	77	112	0.5	23.0	0.9	3.6	0.0
		100	145	0.6	29.9	1.2	4.7	0.0
644218	Spicy Rice	130	146	1.0	30.7	0.6	3.1	0.2
		100	112	0.8	23.6	0.5	2.4	0.2
577357	Steamed Rice	109	144	0.9	31.2	0.4	3.0	0.0
		100	132	0.8	28.6	0.4	2.8	0.0
577358	Stir Fried Greens	45	33	1.6	3.1	1.5	1.4	0.0
		100	74	3.6	6.9	3.3	3.1	0.0
711420	Sweet Chilli Roasted Vegetable Noodles	143	175	2.4	32.1	2.6	5.4	1.0
		100	122	1.7	22.4	1.8	3.8	0.7
633638	Sweetcorn	50	48	0.9	7.8	0.8	1.7	0.0
		100	95	1.8	15.6	1.6	3.4	0.0
711293	Texan BBQ Baked Beans	65	0	0.1	3.6	3.2	0.5	0.6
		100	0	0.2	5.5	4.9	0.8	0.9
711529	Tomato Rice	112	148	0.9	31.9	0.6	3.1	0.2
		100	132	0.8	28.5	0.5	2.8	0.2
711541	Vegetable & Bean Rice	144	181	1.2	37.7	1.7	4.3	0.2
		100	126	0.8	26.2	1.2	3.0	0.1

IPA Code	Pud	Portion (g)	Calories (kcal)	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)	Salt (g)
662023	Banana & Berry Loaf Cake	64	238	12.8	27.3	0.9	3.1	0.6
		100	372	20.0	42.7	1.4	4.8	0.9
630983	Caramel Apple Crumble	40	100	3.2	16.5	0.8	0.7	0.1
		100	250	8.0	41.3	2.0	1.8	0.3
630113	Chocolate & Orange Beetroot Brownie	47	170	8.2	21.7	0.6	2.0	0.4
		100	362	17.4	46.2	1.3	4.3	0.9
644290	Chocolate Shortbread Biscuit	47	210	7.8	32.4	0.9	2.0	0.3
		100	447	16.6	68.9	1.9	4.3	0.6
630184	Custard	76	70	1.8	12.2	0.0	1.1	0.1
		100	92	2.4	16.1	0.0	1.4	0.1
630241	Fresh Fruit	28	15	0.0	4.0	0.4	0.1	0.2
		100	55	0.0	14.3	1.4	0.4	0.7
630865	Fruit Jelly	74	14	0.0	8.7	0.0	0.0	0.0
		100	19	0.0	11.8	0.0	0.0	0.0
640560	Fruit Yoghurt	60	57	4.3	2.7	0.1	1.3	0.0
		100	94	7.2	4.5	0.2	2.2	0.0
676418	Homemade Chocolate Cookie	39	160	6.5	22.1	1.7	2.3	0.4
		100	410	16.7	56.7	4.4	5.9	1.0
714553	Ice Cream & Peaches	99	140	5.5	19.0	0.4	3.6	0.2
		100	141	5.6	19.2	0.4	3.6	0.2
632974	Iced Vanilla Sponge	48	192	9.1	24.9	0.4	2.3	0.4
		100	400	19.0	51.9	0.8	4.8	0.8

714491	Lemon & Courgette Cake with Vanilla Sauce	111	264	14.2	29.8	0.9	4.2	0.8
		100	238	12.8	26.8	0.8	3.8	0.7
714839	Lemon & Polenta Cake with Greek Yoghurt	62	201	10.5	24.2	0.5	2.4	0.7
		100	324	16.9	39.0	0.8	3.9	1.1
709167	Lemon Drizzle Cake with Lemon Sauce	120	337	16.2	43.0	1.0	4.7	0.7
		100	281	13.5	35.8	0.8	3.9	0.6
714937	Mango Cheesecake	57	164	7.8	20.7	0.7	2.5	0.4
		100	288	13.7	36.3	1.2	4.4	0.7
714604	Mixed Fruit Jelly	84	18	0.0	9.2	0.6	0.1	0.0
		100	22	0.0	11.0	0.7	0.1	0.0
714573	Oat & Berry Cake with Fruit Coulis	53	192	10.4	21.8	1.1	2.2	0.5
		100	362	19.6	41.1	2.1	4.2	0.9
577304	Orange & Chocolate Marble Cake	70	241	12.9	27.8	1.0	3.4	0.6
		100	344	18.4	39.7	1.4	4.9	0.9
630390	Rice Pudding with Fruit Coulis	51	214	6.4	35.2	0.3	4.6	0.3
		100	420	12.5	69.0	0.6	9.0	0.6
716176	Selection of Mousse Pots	75	61	1.0	12.3	0.1	0.7	0.1
		100	81	1.3	16.4	0.1	0.9	0.1
672674	Sticky Toffee Pudding with Butterscotch Sauce	85	207	5.7	35.8	0.9	2.6	0.8
		100	244	6.7	42.1	1.1	3.1	0.9
709112	Summer Fruit Crumble	48	167	7.0	23.8	1.2	1.6	0.3
		100	345	14.5	49.2	2.5	3.3	0.6
714635	Yoghurt Granola Pot with Fresh Fruit	73	152	9.1	14.0	1.0	2.5	0.2
		100	208	12.5	19.2	1.4	3.4	0.3