

OLIVE DINING

AUTUMN 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 to administer it to them.

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



OLIVE DINING

AUTUMN 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)
720261	BBQ Chicken & Sweetcorn Pizza	82	180	7.4	19.3	1.1	9.9	0.5
		100	220	9.0	23.5	1.3	12.1	0.6
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
577131	Beef Burger (No Bun)	57	128	11.1	4.0	0.0	7.5	1.0
		100	225	19.5	7.0	0.0	13.2	1.8
746119	Beef Cottage Pie	190	238	10.5	23.3	4.9	12.2	1.1
		100	125	5.5	12.3	2.6	6.4	0.6
711410	Beef Ragu Topper (No Mac & Cheese)	89	96	5.6	5.1	1.6	6.1	0.5
		100	108	6.3	5.7	1.8	6.9	0.6
733206	Big Bite Chicken Hot Dog (No Bun)	48	123	7.1	7.6	0.0	8.9	1.1
		100	256	14.8	15.8	0.0	18.5	2.3
634968	Butcher's Beef Sausage	85	302	16.3	11.2	0.5	11.4	2.1
		100	355	19.2	13.2	0.6	13.4	2.5
685305	Butcher's Chicken Sausage	85	296	20.0	19.4	1.7	9.0	2.1
		100	348	23.5	22.8	2.0	10.6	2.5
685293	Butcher's Pork Sausage	86	305	21.8	15.3	0.0	11.3	1.7
		100	355	25.3	17.8	0.0	13.1	2.0
674142	Butter Chicken Curry	81	86	2.1	3.6	1.5	13.0	0.3
		100	106	2.6	4.4	1.9	16.0	0.4
745543	Chicken & Tomato Pasta Bake	245	297	4.1	43.4	3.3	18.6	1.0
		100	121	1.7	17.7	1.3	7.6	0.4
745507	Chicken Biryani	207	256	5.0	34.7	2.1	15.6	0.1
		100	124	2.4	16.8	1.0	7.5	0.0
745385	Chicken Curry	90	107	3.5	4.7	1.8	12.3	0.3
		100	119	3.9	5.2	2.0	13.7	0.3

764930	Chicken Kebab (No Pitta)	116	95	2.6	3.6	1.4	12.2	0.1
		100	82	2.2	3.1	1.2	10.5	0.1
746152	Chicken Nuggets	70	155	9.1	11.9	0.0	6.4	0.7
		100	221	13.0	17.0	0.0	9.1	1.0
630354	Crispy Catch Fish	70	139	7.4	11.4	0.9	6.2	0.5
		100	199	10.6	16.3	1.3	8.9	0.7
630211	Crispy 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
630705	Jerk Chicken Curry	113	130	5.6	5.8	1.6	12.4	0.4
		100	115	5.0	5.1	1.4	11.0	0.4
744553	Lightly Spiced Chicken	92	76	0.7	4.9	0.3	12.7	0.1
		100	83	0.8	5.3	0.3	13.8	0.1
744825	Mild Beef & Vegetable Casserole	116	124	5.5	8.2	3.0	9.7	0.4
		100	107	4.7	7.0	2.6	8.3	0.3
730360	Mild Chicken Tikka Masala	123	164	8.7	4.0	1.2	15.0	0.2
		100	133	7.1	3.3	1.0	12.2	0.2
711230	Pepperoni "Pizza" Frittata	101	150	10.6	2.6	0.6	10.9	0.3
		100	149	10.5	2.6	0.6	10.8	0.3
633494	Pepperoni Pizza	68	178	9.5	15.3	0.8	8.9	0.5
		100	262	14.0	22.5	1.2	13.1	0.7
632129	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
683960	Salmon Star 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
743755	Smoky BBQ Chicken	95	109	2.7	6.4	0.6	12.5	0.1
		100	115	2.8	6.7	0.6	13.2	0.1
744690	Sticky Chicken & Vegetable Pasta Bake	233	268	4.0	36.9	3.5	17.8	1.0
		100	115	1.7	15.8	1.5	7.6	0.4
743782	Super Swirl Beefy Bolognaise (No Pasta)	143	123	5.5	8.4	3.0	9.5	0.6
		100	86	3.8	5.9	2.1	6.6	0.4
744923	Sweet & Sour Chicken	116	135	3.5	11	1.2	12.1	0.4
		100	116	3.0	9.7	1	10.4	0.3
744739	Tex Mex Mild Beef Chilli	129	133	6.0	8.7	3.5	10.1	0.4
		100	103	4.7	6.7	2.7	7.8	0.3
733339	Tuscan Beef Sausage Pasta	238	379	13.7	49.8	0.5	12.7	0.2
		100	159	5.8	20.9	0.2	5.3	0.1
713755	Tuscan Chicken Sausage Pasta	239	373	12.7	51.8	3.9	11.5	0.1
		100	156	5.3	21.7	1.6	4.8	0.0
713777	Tuscan Pork Sausage Pasta	239	377	13.6	49.8	3.0	12.6	0.1
		100	158	5.7	20.8	1.3	5.3	0.0

IPA Code	Veggie Mains	Portion (g)	Calories (kcal)	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)	Salt (g)
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662897	Butternut Squash & Spinach Tarka Dahl	132	129	1.6	20.3	5.4	6.7	0.6
		100	98	1.2	15.4	4.1	5.1	0.5
745471	Butter Plant Based Curry	69	69	1.7	4.4	2.9	7.6	0.4
		100	100	2.5	6.4	4.2	11.0	0.6
743817	Cheesy Classic Pizza	70	147	6.7	15.6	1.0	7.1	0.3
		100	210	9.6	22.3	1.4	10.1	0.4
743839	Cheesy Mexican Veggie Burrito	126	185	3.3	33.2	2.2	5.0	0.6
		100	147	2.6	26.3	1.7	4.0	0.5
743807	Cheesy Veggie Hot Pot	134	140	4.5	14.3	4.3	9.3	0.5
		100	105	3.4	10.7	3.2	6.9	0.4
745572	Chunky Cheese & Tomato Pasta Bake	182	220	5.2	35.0	2.7	8.2	1.0
		100	121	2.9	19.2	1.5	4.5	0.5
715391	Hoi Sin Quorn & Vegetable Stir Fry	93	69	2.0	6.8	2.3	4.8	0.6
		100	74	2.2	7.3	2.5	5.2	0.6
641204	Honey Glazed Quorn	56	63	0.7	4.9	3.8	7.4	0.8
		100	113	1.3	8.8	6.8	13.2	1.4
662223	Garden Patch Pie	178	210	2.0	36.4	8.7	10.1	0.5
		100	118	1.1	20.4	4.9	5.7	0.3
641202	Jerk Vegetable Curry	98	92	3.0	12.6	3.2	2.8	0.7
		100	94	3.1	12.9	3.3	2.9	0.7
744561	Lightly Spiced 'Chickn'	96	74	0.8	7.1	2.5	8.7	0.2
		100	77	0.8	7.4	2.6	9.1	0.2
684012	Mac & Cheese Topper with Squash	281	454	17.2	58.8	2.7	15.3	0.6
		100	162	6.1	20.9	1.0	5.4	0.2
633423	Margherita Pizza	58	144	6.7	15.1	0.8	7.0	0.3
		100	248	11.6	26.0	1.4	12.1	0.5
744006	Mild Vegetable Tikka Masala	130	129	6.5	13.4	3.5	3.5	0.1
		100	99	5.0	10.3	2.7	2.7	0.1
633388	Pesto Pasta	210	336	9.4	53.1	2.7	9.0	0.4
		100	160	4.5	25.3	1.3	4.3	0.2
713725	Roast Jerk Quorn Fillet	63	78	2.8	3.0	3.9	8.4	0.8
		100	124	4.4	4.8	6.2	13.3	1.3
665206	Roasted Squash & Root Vegetable Lasagne	221	242	10.6	27.9	4.1	8.4	0.6
		100	110	4.8	12.6	1.9	3.8	0.3
744860	Roasted Vegetable Casserole	123	95	4.4	9.1	2.9	4.5	0.3
		100	77	3.6	7.4	2.4	3.7	0.2
743763	Smoky BBQ Pulled Jack Fruit	101	38	0.2	6.5	2.9	1.4	0.2
		100	38	0.2	6.4	2.9	1.4	0.2
744708	Sticky Vegetable Pasta Bake	215	228	2.2	38.2	4.7	12.0	1.0
		100	106	1.0	17.8	2.2	5.6	0.5
743793	Super Swirly Veggie Bolognaise (No Pasta)	135	54	0.3	9.2	2.5	3.8	0.1
		100	40	0.2	6.8	1.9	2.8	0.1

744964	Sweet & Sour Roasted Vegetables	94	73	1.2	11.6	2.1	3.2	0.2
		100	78	1.3	12.3	2.2	3.4	0.2
744742	Tex Mex Mild Veggie Chilli	134	89	1.0	9.4	4.1	8.8	0.4
		100	66	0.7	7.0	3.1	6.6	0.3
781856	Tomato & Olive Arrabiata Pasta	210	272	2.8	52.5	2.2	8.5	0.2
		100	130	1.3	25.0	1.0	4.0	0.1
745498	Tuscan Vegetable Pasta	236	261	3.1	43.7	4.6	12.7	0.2
		100	111	1.3	18.5	1.9	5.4	0.1
746767	Vegan Nuggets	54	106	5.0	13.0	1.5	1.7	0.0
		100	196	9.3	24.1	2.8	3.1	0.0
745514	Vegetable Biryani	168	187	3.0	35.1	2.2	4.4	0.2
		100	111	1.8	20.9	1.3	2.6	0.1
641088	Vegetable Filo Parcel with Tomato Sauce	69	135	7.5	14.8	1.7	1.9	0.6
		100	196	10.9	21.4	2.5	2.8	0.9
630844	Veggie & Lentil Lasagne	221	242	10.6	27.9	4.1	8.4	0.6
		100	110	4.8	12.6	1.9	3.8	0.3
644526	Veggie Bean Fajita	122	258	6.9	41.1	3.6	6.0	0.8
		100	212	5.7	33.7	3.0	4.9	0.7
745372	Veggie Big Bite Dog (No Bun)	48	149	0.2	12.1	1.1	1.6	0.3
		100	310	0.4	25.2	2.3	3.3	0.6
749375	Veggie 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
684074	Veggie Cottage Pie	185	145	1.1	29.5	5.1	4.8	0.6
		100	78	0.6	15.9	2.8	2.6	0.3
746765	Veggie Curry	169	138	6.1	16.0	6.1	4.7	4.0
		100	82	3.6	9.5	3.6	2.8	2.4
764933	Veggie Kebab (No Pitta)	129	42	0.3	7.9	2.7	2.4	0.1
		100	33	0.2	6.1	2.1	1.9	0.1
730404	Veggie Meatballs	123	124	3.1	9.9	3.9	12.3	1.8
		100	101	2.5	8.0	3.2	10.0	1.5
633413	Veggie Sausage	86	146	5.1	5.7	4.1	17.0	1.1
		100	170	5.9	6.6	4.8	19.8	1.3
630033	Veggie Supreme Pizza	86	154	6.9	16.5	1.4	7.5	0.5
		100	179	8.0	19.2	1.6	8.7	0.6

IPA Code	Jacket/ Pasta Option	Portion (g)	Calories (kcal)	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)	Salt (g)
636438	Baked Beans	40	35	0.2	5.6	1.4	2.1	0.2
		100	88	0.5	14.0	3.5	5.3	0.5
636443	Grated Cheese	17	69	5.8	0.3	0.2	4.2	0.3
		100	406	34.1	1.8	1.2	24.7	1.8
641216	Italian Tomato Twirl Pasta	174	240	5.8	37.5	3.8	7.7	0.8
		100	138	3.3	21.6	2.2	4.4	0.5

636437	Jacket Potato	188	193	0.3	43.8	5.5	5.0	0.0
		100	103	0.2	23.3	2.9	2.7	0.0
630235	Mac & Cheese	289	449	15.3	63.7	2.5	13.1	0.7
		100	155	5.3	22.0	0.9	4.5	0.2
634203	Tomato & Vegetable Pasta	204	292	4.9	53.0	2.5	7.9	0.2
		100	143	2.4	26.0	1.2	3.9	0.1
636440	Tuna Mayonnaise	44	107	6.2	0.2	0.0	12.5	0.5
		100	243	14.1	0.5	0.0	28.4	1.1

IPA Code	Sides	Portion (g)	Calories (kcal)	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)	Salt (g)
636438	Baked Beans	40	35	0.2	5.6	1.4	2.1	0.2
		100	88	0.5	14.0	3.5	5.3	0.5
577136	Broccoli	25	9	0.1	1.7	0.7	0.7	0.0
		100	34	0.4	6.8	2.8	2.8	0.0
764862	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
775141	Buttered Green Beans	53	32	2.1	1.6	1.7	1.1	0.1
		100	62	4.0	3.0	3.2	2.1	0.2
633640	Carrots	30	12	0.1	2.9	0.8	0.3	0.0
		100	41	0.3	9.7	2.7	1.0	0.0
716068	Chips	71	127	2.5	24.5	1.8	2.5	0.3
		100	179	3.5	34.5	2.5	3.5	0.4
661172	Chunky 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
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
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	32	0.4	3.2	3.4	2.2	0.0
764903	Hot Dog Bun	45	118	1.7	21.2	1.3	4.0	0.4
		100	262	3.8	47.1	2.9	8.9	0.9
633396	Mash	118	129	4.0	21.2	2.6	2.6	0.2
		100	109	3.4	18.0	2.2	2.2	0.2
725553	New Potatoes	94	98	2.4	34.6	2.2	2.0	0.1
		100	104	2.6	36.8	2.3	2.1	0.1
744607	Paprika Diced Potatoes	93	98	2.2	34.7	2.5	2.1	0.0
		100	105	2.4	37.3	2.7	2.3	0.0
684058	Paprika Spiced Carrots, Sweetcorn & Peas	60	44	0.7	6.8	1.9	2.1	0.0
		100	73	1.2	11.3	3.2	3.5	0.0
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

799740	Pitta	80	195	0.8	43.0	1.8	6.8	0.5
		100	244	1.0	53.8	2.3	8.5	0.6
742999	Rice & Peas	196	252	2.5	49.2	3.1	7.1	0.3
		100	129	1.3	25.1	1.6	3.6	0.2
630143	Roasted Carrots	52	39	2.1	4.8	1.4	0.5	0.3
		100	75	4.0	9.2	2.7	1.0	0.6
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
743846	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
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
663001	Sunshine 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
633638	Sweetcorn	50	48	0.9	7.8	0.8	1.7	0.0
		100	96	1.8	15.6	1.6	3.4	0.0
743777	Tricolore Pasta	88	143	0.6	29.2	1.2	4.6	0.0
		100	163	0.7	33.2	1.4	5.2	0.0

IPA Code	Pud	Portion (g)	Calories (kcal)	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)	Salt (g)
633080	Banana Bonanza Sponge	61	238	12.8	27.4	0.8	3.1	0.6
		100	390	21.0	44.9	1.3	5.1	1.0
683914	Caramel Banana Cake	53	200	9.9	25.4	0.7	2.3	0.5
		100	377	18.7	47.9	1.3	4.3	0.9
644278	Chocolate Cake	55	221	12.0	25.3	0.9	2.7	0.5
		100	402	21.8	46.0	1.6	4.9	0.9
743897	Chocolate Cloud Mousse	60	49	0.8	9.6	0.3	0.7	0.1
		100	82	1.3	16.0	0.5	1.2	0.2
743913	Chocolate Orange Cookie	44	174	5.6	28.8	1.1	1.4	1.4
		100	396	12.7	65.5	2.5	3.2	3.2
664739	Chocolate Sauce	14	29	0.5	4.3	1.3	1.2	0.0
		100	207	3.6	30.7	9.3	8.6	0.0
687240	Coconut Custard	79	47	1.1	8.6	0.1	0.5	0.1
		100	59	1.4	10.9	0.1	0.6	0.1
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
743885	Golden Pear Crumble	61	196	6.0	32.4	1.8	2.1	0.1
		100	321	9.8	53.1	3.0	3.4	0.2
714601	Ice Cream	85	119	4.8	17.0	0.1	1.8	0.2
		100	140	5.6	20.0	0.1	2.1	0.2
664400	Jam & Coconut Sponge	61	198	6.5	31.9	1.0	2.4	0.3
		100	325	10.7	52.3	1.6	3.9	0.5

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
630866	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
684854	King Cake	56	199	10.8	22.3	0.6	2.9	0.6
		100	355	19.3	39.8	1.1	5.2	1.1
676458	Lemon & Cardamon Drizzle Cake	50	213	9.9	29.7	0.6	1.1	0.5
		100	426	19.8	59.4	1.2	2.2	1.0
714491	Lemon & Courgette Cake	54	185	9.9	21.7	0.7	2.3	0.6
		100	343	18.3	40.2	1.3	4.3	1.1
638868	Lemon Drizzle Cake	39	153	4.7	25.4	0.6	2.0	0.2
		100	392	12.1	65.1	1.5	5.1	0.5
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
709358	Mixed Berry Crumble	96	145	5.6	21.2	2.5	1.2	0.2
		100	151	5.8	22.1	2.6	1.3	0.2
714582	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
641249	Oaty Crunch Cookie	42	170	5.4	28.4	1.0	1.5	0.6
		100	405	12.9	67.6	2.4	3.6	1.4
704322	Orange Syrup Sponge	36	140	4.4	22.6	0.6	2.0	0.3
		100	389	12.2	62.8	1.7	5.6	0.8
633380	Pineapple Upside Down Cake	67	189	8.7	25.0	0.7	2.4	0.4
		100	282	13.0	37.3	1.0	3.6	0.6
743910	Rainbow Sprinkle Cake	41	155	4.6	26.3	0.5	2.0	0.2
		100	378	11.2	64.1	1.2	4.9	0.5
630983	Sticky Toffee 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
709098	Summer Fruit Cheesecake	73	183	8.4	23.5	1.3	2.7	0.5
		100	251	11.5	32.2	1.8	3.7	0.7
704328	Syrup Sponge	40	166	4.3	29.6	0.5	2.0	0.2
		100	415	10.8	74.0	1.3	5.0	0.5
633644	Vanilla Crunch 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
633015	Vanilla Sauce	41	65	3.6	6.6	0.2	1.5	0.1
		100	159	8.8	16.1	0.5	3.7	0.2
644282	Vanilla Sponge	45	177	9.7	19.8	0.5	2.3	0.5
		100	393	21.6	44.0	1.1	5.1	1.1
663344	West Indian Fruit Cake	62	242	12.4	29.5	0.8	2.7	0.8
		100	390	20.0	47.6	1.3	4.4	1.3
743929	Winter Berry Cake	51	192	10.2	22.0	0.7	2.6	0.1
		100	377	20.0	43.1	1.4	5.1	0.1