ir Dioxide and Sulphites

Nutrition Plan with Carbohydrates and Allergens

Nutri SprGen22 Spring General Dishes 2022

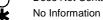
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Contains

May Contain

Does Not Contain



			Portion	Carbol	Celery	Cereals	gs	چ	-upin	<u>~</u>	Molluse	ts	Peanuts	Sesame Sova	Sulphu
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	రొ	ပ္ပ	ပ္ပ	Eggs	Fish	3	Mik	Ž Ž	Nuts	ī	Sesar	Su
50% Wholemeal Rustic Bread (made) (V2)	#SD51	#SD51	16.77	7.48g	Ō () (Ō	Ō	Ō (ЭÇ) O ()	Q) ()
50% WM Beetroot and Apple Bread (made)	(#SD41	#SD41	19.51	7.88g	Q (D C) Q	Ō	Q I	Q (ЭÇ) O ()	Q) ()
50% WM Cheese and Turmeric Bread (mad	€#SD42	#SD42	20.15	7.48g	Q (D C) Q	Ō	Q '	• (ЭÇ) Q ()	Q) (
50% WM Cinnamon and Raisin Bread (mad	€#SD43	#SD43	20.23	9.34g	Q (D C) Q	Ō	Q '	• (ЭÇ) Q ()	Q) Q
50% WM Cranberry Bread (made) (V1)	#SD101	#SD101	20.32	9.43g	\circ		\circ	\circ	\bigcirc	\bigcirc (ЭС	$) \bigcirc ($)	\bigcirc	
50% WM Curry Bread (made) (V1)	#SD91	#SD91	16.37	7.54g	\circ		\circ	\circ	\bigcirc	\bigcirc () (ho ()	\bigcirc) (
50% WM Honey Bread (made) (V1)	#SD89	#SD89	18.33	8.97g	Q (D C) Q	Ō	Q '	Q (ЭÇ) Q ()	Q) Q
50% WM Pizza Bread (made) (V2)	#SD45	#SD45	19.11	7.66g	Q (D C) Q	Ō	Q '	• (ЭÇ) Q ()	Q) Q
50% WM Roasted Vegetable & Olive Bread	(#SD46	#SD46	21.39	7.67g	Q (D C) Q	Ō	Q '	Q (ЭÇ) Q ()	Q) Q
50% WM Sweetcorn Bread (made) (V1)	#SD90	#SD90	18.64	7.83g	Q (D C) Q	Ō	Q '	Q (ЭÇ) Q ()	Q) (
Apple & Raisin Salad (V3)	#SB12	#SB12	19.08	3.92g	Q (Ò Ĉ		Ō	Q '	Q (ЭÇ) Q ()	ŌŌ) 🌘
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	Q (Ò Ĉ) Q	Ō	Q '	Q (ЭÇ) Q ()	ŌŌ) Q
Baked Potato (V2)	#SD55	#SD55	187.50	42.38g	Q (Ò Ĉ) Q	Ō	Q '	Q (ЭÇ) Q ()	ŌŌ) Q
Beetroot & Orange Salad (V1)	#SB15	#SB15	16.93	1.51g	Q (Ò Ĉ) Q	Ō	Q '	Q (ЭÇ) Q ()	ŌŌ) Q
Carrot & Cucumber Sticks (Crudites) (V1)	#SB10	#SB10	19.00	0.77g	\circ	$\supset C$	\circ	\circ	\bigcirc	\bigcirc (ЭС	$) \bigcirc ($)	00) (
Cheese Filling for Jacket Potato or Sandwick	n#V85	#V85	20.00	0.02g	\circ	$\supset C$	\circ	\circ	\bigcirc		$\supset C$	$) \bigcirc ($)	00) (
Cheesy Coleslaw (V1)	#SD87	#SD87	83.50	4.12g	\circ	\circ		\circ	\circ		$\supset C$	$) \bigcirc ($)	00) (

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PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

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No Information

•			Portion	Carboh	Cereals	stace	S	_	.⊑		lusca	Mustard Nuts Peanuts	Sesame Soya Sulphur
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Car	Celery	Crusta	Eggs	Fish	Lupin	Milk	Mollus	Must Nuts Pean	
Chocolate Yoghurt (V1)	#D138	#D138	112.00	14.48g	O Ĉ) Q	Ō	Ō	Ō	•	Ō	\bigcirc \bigcirc \bigcirc	00 O
Coleslaw (V4)	#SB2	#SB2	20.26	1.06g	O Ĉ) Q		Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	00 O
Couscous Salad (V1)	#SB16	#SB16	27.63	7.79g	O •	Ò	Ō	Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	$\bigcirc lacksquare$
Cucumber (V1)	#SB1	#SB1	18.40	0.22g	Ó Ć	Ò	Ō	Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	00 O
Egg Mayonnaise Filling (V3)	#V57	#V57	71.40	0.90g	Ó Ć	Ò		Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	00 O
Fruit Platter (V1)	#D37	#D37	74.45	6.20g	Ó Ć	Ò	Ō	Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	00 O
Fruit Salad (V4)	#D42	#D42	48.28	5.03g	Ó Ć	Ò	Ō	Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	00 O
Fruits of the Forest Yoghurt (V2)	#D104	#D104	125.00	12.26g	Ó Ć	Ò	Ō	Ō	Ō		Ō	\bigcirc \bigcirc \bigcirc	00 O
Garlic Flavoured Bread (made) (V1)	#SD50	#SD50	17.08	7.52g	O •	Ò	Ō	Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	$\bigcirc \bullet \bigcirc$
Grated Carrot & Raisin (V1)	#SB7	#SB7	20.00	4.37g	Ó Ć	Ò	Ō	Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	00 O
Grated Carrot Salad (V1)	#SB6	#SB6	20.00	1.20g	Ó Ć	Ò	Ō	Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	00 O
Green Bean Salad (V1)	#SB13	#SB13	19.57	1.11g	Ó Ć	Ò	Ō	Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	00 O
Homemade Houmous Filling (Requires a ble	eı#V134	#V134	51.00	5.13g	Ó Ć	Ò	Ō	Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	$\bigcirc\bigcirc\bigcirc$
Honey Yoghurt (V1)	#D140	#D140	106.00	12.38g	Ó Ć	Ò	Ō	Ō	Ō		Ō	\bigcirc \bigcirc \bigcirc	00 O
Mixed Bean Salad (V1)	#SB11	#SB11	14.45	1.79g	Ó Ć	Ò	Ō	Ō	Ō	Q	Ō	\bigcirc \bigcirc \bigcirc	00 O
Pasta Salad w/Tomato Sauce (V1)	#SB9	#SB9	31.68	8.74g	\bigcirc \bigcirc) Q	Ō	Ō	Ō	Ō	Ō	\bigcirc \bigcirc \bigcirc	00 O
Peach Yoghurt (V1)	#D137	#D137	100.00	13.33g	\circ		\circ	\bigcirc	\circ		\circ	$\circ \circ \circ$	000

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			Portion	rbot	Celery	reals	ustac	Eggs	چ	npin	≚ :	Mustard	ts	Peanuts	Sesame Soya	Sulphur
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ొ	ပ္ပ	ပ္ပ	ວັ	Eg	Fish	3	¥ :	2 2	Nuts	r D	So	N N
Potato & Chive Salad (V3)	#SD80	#SD80	151.50	21.04g	Ō (Ō (Ò (•	Ō (Ò () () Ç) Q ()	OO C)
Power Salad - Green Bean & Garlic (V1)	#SB22	#SB22	15.58	0.59g	\circ	\bigcirc (\supset (\bigcirc (\bigcirc (\supset () () C	\circ)	00 C)
Power Salad - Roasted Vegetables & Lentil	s #SB20	#SB20	22.04	1.27g	\circ		\supset (\bigcirc (\bigcirc (\supset () () C	\circ)	00 C)
Power Salad - Sweet Potato & Coriander Sa	al #SB8	#SB8	23.22	5.84g	\circ	\bigcirc (\supset (\bigcirc (\bigcirc (\supset () () C	\circ)	00 C)
Power Salad - Tabouleh (V1)	#SB21	#SB21	33.33	10.46g	\circ		\supset (\bigcirc (\bigcirc (\supset () () C	\circ)		
Salad Mix (V1)	#SB4	#SB4	20.50	0.29g	\circ	\bigcirc (\supset (\bigcirc (\bigcirc (\supset () () C	\circ)	00 C)
Sweetcorn (V1)	#SB5	#SB5	18.07	2.27g	\circ	\bigcirc (\supset (\bigcirc (\bigcirc (\supset () () C	\circ)	00 C)
Tomatoes (V1)	#SB3	#SB3	19.80	0.59g	\circ	\bigcirc (\supset (\bigcirc (\bigcirc (\supset () () C	\circ)	00 C)
Tuna Filling for Jacket Potato or Sandwich	(√#F17	#F17	50.00	0.00g	\bigcirc	\bigcirc (\bigcirc (\bigcirc (\mathcal{C}	$)$ \subset) C	\circ)	00 C)
Tuna Mayonnaise Filling (V4)	#F11	#F11	66.60	1.36g	\circ	\bigcirc (\supset (\mathcal{C}) () C	\circ)	00 C)
Vanilla Yoghurt (V1)	#D103	#D103	108.00	12.04g	\circ	\bigcirc (\bigcirc (\bigcirc (\bigcirc (\supset () C	\circ)	00 C)
Wholemeal Flat Bread (made) (V1)	#SD63	#SD63	28.10	11.81g	*		* :	*	*	* *	* *	*	* * *	K	***	K

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