

Nutrition Plan with Carbohydrates and Allergens

Nutri WHFSS22 WHF Spring Summer Menu 2022

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Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
20% PB Tomato Sauce Base (V3)	#V160	#V160	170.21	15.28g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33.94g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple & Raisin Flapjack (V2)	#D6	#D6	51.38	23.36g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple and Blackberry Crumble (V4)	#D74	#D196, #D74	107.50	37.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple, Cheese and Biscuits (V1)	#D4	#D4	70.00	14.96g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Quorn Vegan Fillet (V1)	#V205	#V205	189.70	13.02g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognaise (APP) (V2)	#B37	#B37	147.06	9.05g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Beef Lasagne (APP) (V2)	#B39	#B39	235.88	25.88g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Beefburger (No Bun) (V1)	#B5	#B5	35.33	0.00g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Bidfood Tomato Ketchup (V1)	#SD14	#SD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Breaded Fish (V1)	#F7	#F7	70.40	13.66g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Broccoli (V1)	#SD20	#SD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli Pasta Bake (V2)	#V51	#V51	233.67	35.76g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Brown Baguette (V1)	#PL2	#PL2	62.50	31.50g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cabbage	#SD35	#SD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrot & Beetroot Slaw (V2)	#SD58	#SD58	72.00	5.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Carrot & Cucumber Sticks (Crudites) (V1)	#SB10	#SB10	19.00	0.77g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots (V1)	#SD28	#SD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower (V1)	#SD27	#SD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Tomato Pinwheel (V1)	#V40	#V40	51.96	13.42g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheese Filling for Jacket Potato or Sandwich	#V85	#V85	20.00	0.02g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Cheesy Bean Puffs (V1)	#V191	#V191	102.92	28.34g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Chef James' Chicken Jollof Rice (V1)	#C84	#C84	221.35	38.09g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken and Bean Fajitas (APP) (V1)	#C85	#C85	143.40	25.25g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Chicken and Red Pepper Pizza (V4)	#C40	#C40, #V160	93.42	25.92g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Chicken Tikka Masala (Diced) (APP) (V3)	#C45	#C45	133.92	8.02g	○	◐	○	○	○	○	●	○	●	○	○	○	○	○
Chicken Tikka Masala (V4)	#C35	#C35	121.26	4.24g	○	○	○	○	○	○	●	○	●	○	○	○	○	○
Chinese Chicken Curry (APP) (V4)	#C46	#C46	264.46	21.23g	○	●	○	○	○	○	○	○	●	○	○	○	○	○
Chips (Fryer or Oven) (V1)	#SD5	#SD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Sauce (V1)	#D3	#D3	65.00	8.85g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Chocolate Shortbread (V1)	#D80	#D80	29.94	17.03g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cinnamon and Orange Cookie (V1)	#D195	#D195	29.10	17.99g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Coleslaw (V4)	#SD47	#SD47	51.36	2.68g	○	○	○	●	○	○	○	○	○	○	○	○	○	○

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Cottage Pie (V5)	#B9	#B9	272.33	30.33g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cucumber (V1)	#SD30	#SD30	46.00	0.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce (V4)	#D2	#D2	77.14	8.15g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Deep Pan BBQ Chicken Pizza (V1)	#C83	#C83, #V160	172.71	42.02g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Deep Pan Cheese and Tomato Pizza (V1)	#V203	#V160, #V203	134.71	39.13g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Devil's Kitchen Plant Sausage (V1)	#V182	#V182	56.00	4.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devil's Kitchen Southern Style Vegan Burger	#V164	#V164	57.00	7.41g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Egg Mayonnaise Filling (V3)	#V57	#V57	71.40	0.90g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Falafel Filling (V1)	#V178	#V178	60.00	9.54g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Fish in Batter (V1)	#F3	#F3	70.40	10.98g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Fruit Jelly with Mandarins (V1)	#D217	#D217	102.67	3.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Garlic Flavoured Bread (made) (V1)	#SD50	#SD50	17.08	7.52g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Green Beans (V1)	#SD24	#SD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ham and Cheese Pizza (V2)	#P2	#P2, #V160	85.67	25.62g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Ham Filling (V1)	#P20	#P20	50.00	0.50g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Hot Dog Bun (V1)	#SD33	#SD33	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Ice Cream (V3)	#D13	#D13	60.00	13.20g	○	○	○	○	○	○	●	○	○	○	○	○	○	○

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Jerk Chicken (V2)	#C17	#C17	72.24	0.73g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Knorr Gravy Granules (V1)	#SD107	#SD107	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lemon and Parsley Couscous (V2)	#SD73	#SD73	157.50	31.74g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Basil Puff Pastry Whirl (V3)	#V135	#V135	143.00	29.12g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Sweet Potato Curry (V5)	#V108	#V108	226.66	26.49g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese (V3)	#V11	#V11	165.50	42.33g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
MSC Fish Fingers (V1)	#F6	#F6	65.25	13.05g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
MSC Salmon Fish Fingers (V1)	#F1	#F1	65.23	13.51g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
New Potatoes (Steamed or Boiled) (V1)	#SD2	#SD2	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Carrot and Courgette Cake (V1)	#D174	#D174	61.19	20.45g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Chocolate and Beetroot Brownie (V2)	#D169	#D169	53.55	17.51g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Iced Sponge (V1)	#D177	#D177	52.28	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Lemon and Mixed Berry Cake (V2)	#D183	#D183	61.31	20.59g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Lemon Drizzle Cake (V2)	#D168	#D168	50.34	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Pear and Chocolate Upside Down Cake	#D207	#D207	86.48	22.02g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Pineapple Loaf (V1)	#D164	#D164	63.31	21.44g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Pasta (Shells) (V2)	#SD11	#SD11	111.00	36.52g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

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Peaches (V1)	#D166	#D166	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas (V1)	#SD18	#SD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Phat Mexican Bean Vegan Roll (V1)	#V161	#V161	90.00	27.63g	○	●	○	○	○	○	○	○	●	○	○	○	○	○
Phat Naked Sausage Roll 4 inch (V1)	#P19	#P19	90.00	24.30g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Pork Sausage (V4)	#P3	#P3	42.56	4.17g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Portuguese Chicken and Bean Stew (APP) (\#C78	#C78	#C78	149.20	6.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Potato Wedges (Made & Oven Baked) (V3)	#SD6	#SD6	93.78	21.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Rainbow Slaw (V1)	#SD92	#SD92	52.67	2.42g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Pepper and Cheese Frittata (V1)	#V24	#V24	141.14	4.09g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Beef (V2)	#B4	#B4	34.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Thigh (Boneless) (V2)	#C5	#C5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Potatoes - Peeled (V1)	#SD7	#SD7	86.80	19.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Quorn Vegan Fillet (V1)	#V204	#V204	68.90	3.38g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Roast Turkey (V1)	#T1	#T1	60.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Potato - Skin On (V1)	#SD82	#SD82	86.80	19.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Shepherdess Pie - Lentil Free (V1)	#V170	#V170	225.60	30.11g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Soya Vegetarian Bolognaise (V1)	#V169	#V169	188.90	12.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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- * No Information

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
Spaghetti (V2)	#SD8	#SD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Spanish Omelette (V2)	#V9	#V9	171.67	19.04g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Sticky Toffee Apple Crumble (50% Fruit) (V2)	#D72	#D72	90.13	32.20g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Stuffing (V2)	#SD40	#SD40	31.64	1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Sweet and Sour Vegetable Noodles (V1)	#V206	#V206	305.80	62.36g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Sweetcorn (V1)	#SD19	#SD19	43.50	6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato and Onion Salsa (V1)	#SD56	#SD56	50.40	2.71g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tuna Filling for Jacket Potato or Sandwich (V)	#F17	#F17	50.00	0.00g	○	○	○	○	●	○	○	○	○	○	○	○	○	○
Unseeded 4" Bun (V1)	#SD17	#SD17	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	◐	○	○
Vegetable Enchiladas (V3)	#V20	#V20	148.00	25.76g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Vegetarian Wellington (V5)	#V12	#V12	122.34	24.36g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
White Baguette (V1)	#PL1	#PL1	62.50	34.31g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Wholemeal Vegetable Pasta Bake (V4)	#V16	#V16	269.04	40.97g	○	●	○	○	○	○	●	○	○	○	○	○	○	○

