## Nutri WHFSS22 WHF Spring Summer Menu 2022

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Contains

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May Contain

Does Not Contain

No Information

			Portion	arbohy	Celery	Cereals co	ustacea	ß	Ę	Lupin	×	Molluscs	Mustard	ts	Peanuts	Sesame Soya	Sulphur D
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Ca	မီ	မီ	อี	Eggs	Fish	Lu	Milk	Ň	Mu	Nuts	Ъе	Sesar Soya	Su
20% PB Tomato Sauce Base (V3)	#V160	#V160	170.21	15.28g	Q	•	Õ	Õ	Õ	Õ	Q	Q	Q	Q (	Q	OO	$\sum$
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33.94g	Ο	Ο	Ο	Ο	Ο	Ο	Ο	Ο	Ο	O(	С	OO(	)
Apple & Raisin Flapjack (V2)	#D6	#D6	51.38	23.36g	Ο		Ο	Ο	Ο	Ο	Ο	Ο	Ο	O(	С	OO(	)
Apple and Blackberry Crumble (V4)	#D74	#D196, #D74	107.50	37.82g	Ο		Ο	Ο	Ο	Ο	Ο	Ο	Ο	O(	С	OO(	)
Apple, Cheese and Biscuits (V1)	#D4	#D4	70.00	14.96g	Ο		Ο	Ο	Ο	$\bigcirc$		$\bigcirc$	Ο	$\bigcirc$ (	С	00	)
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	Ο	Ο	Ο	Ο	Ο	$\bigcirc$	Ο	$\bigcirc$	Ο	$\bigcirc$ (	С	00	)
BBQ Quorn Vegan Fillet (V1)	#V205	#V205	189.70	13.02g	Ο		Ο	Ο	Ο	$\bigcirc$	Ο	$\bigcirc$	Ο	$\bigcirc$ (	С	00	)
Beef Bolognaise (APP) (V2)	#B37	#B37	147.06	9.05g	Ο		Ο	Ο	Ο	$\bigcirc$	Ο	$\bigcirc$	Ο	$\bigcirc$ (	С	00	)
Beef Lasagne (APP) (V2)	#B39	#B39	235.88	25.88g	Ο		Ο	Ο	Ο	$\bigcirc$		$\bigcirc$	Ο	$\bigcirc$ (	С	00	)
Beefburger (No Bun) (V1)	#B5	#B5	35.33	0.00g	*	*	*	*	*	*	*	*	*	* *	*	** *	ĸ
Bidfood Tomato Ketchup (V1)	#SD14	#SD14	10.00	2.86g	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q (	Q	OO	)
Breaded Fish (V1)	#F7	#F7	70.40	13.66g	Ο		Ο	Ο		Ο	Ο	Ο	Ο	O(	С	OO(	)
Broccoli (V1)	#SD20	#SD20	50.00	1.40g	Ο	Ο	Ο	Ο	Ο	$\bigcirc$	Ο	$\bigcirc$	Ο	$\bigcirc$ (	С	00	)
Broccoli Pasta Bake (V2)	#V51	#V51	233.67	35.76g	Ο		Ο	Ο	Ο	$\bigcirc$		$\bigcirc$	Ο	$\bigcirc$ (	С	OO(	)
Brown Baguette (V1)	#PL2	#PL2	62.50	31.50g	Ο		Ο	Ο	Ο	$\bigcirc$	Ο	$\bigcirc$	Ο	$\bigcirc$ (	С		)
Cabbage	#SD35	#SD35	50.00	1.60g	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q (	Ç	OO	)
Carrot & Beetroot Slaw (V2)	#SD58	#SD58	72.00	5.44g	Ο	Ο	Ο	Ο	Ο	Ο	Ο	$\bigcirc$	Ο	O(	С	00	)
PlanCarbsAll: Nutrition Plan with Carbohydr	ates and Allerge	ns															##

Gluten

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20-Jan-2022

**Dioxide and Sulphites** 

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No Information

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			Portion	arboh	Celery	Cereals	Eaas	h r	_upin	Milk	Mollu	Mustard	Nuts Peanuts	Secamo	Soya	Sulphur
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ပိ	ပီ	ບໍ່ໃ	Б Ш	Fish	Ľ	Ĭ	ž	Ĕ	Pe	, v	ŝ	Su
Carrot & Cucumber Sticks (Crudites) (V1)	#SB10	#SB10	19.00	0.77g	Q (	$\sum_{i}$	) Ç	٥Q	Q	Q	Q	Q	ΩQ	) Ç	Q (	Õ
Carrots (V1)	#SD28	#SD28	50.00	3.00g	Q (	ΣÇ	) Ç	٥Q	Q	Q	Q	Q	ÕÕ	) Ç	Q (	Q
Cauliflower (V1)	#SD27	#SD27	50.00	1.75g	Q (	ЭC	) Ç	٥Q	Q	Q	Q	Q	ΟQ	) Ç	)Q (	Q
Cheese and Tomato Pinwheel (V1)	#V40	#V40	51.96	13.42g	Q (	DC	) Ç	٥Q	Q		Q	Q	QQ	) Ç	) 🔵 (	Q
Cheese Filling for Jacket Potato or Sandwic	h#V85	#V85	20.00	0.02g	Q (	ЪС	) Ç	٥Q	Q		Q	Q	QQ	) Ç	)Q (	Q
Cheesy Bean Puffs (V1)	#V191	#V191	102.92	28.34g	Q (	DC	) Ç	٥Q	Q		Q	Q	QQ	) Ç	)Q (	Q
Chef James' Chicken Jollof Rice (V1)	#C84	#C84	221.35	38.09g	Q (	ЪС	) Ç	٥Q	Q	Q	Q	Q	QQ	) Ç	)Q (	Q
Chicken and Bean Fajitas (APP) (V1)	#C85	#C85	143.40	25.25g	Q (	DC	) Ç	٥Q	Q	Q	Q	Q	QQ	) Ç	)Q (	Q
Chicken and Red Pepper Pizza (V4)	#C40	#C40, #V160	93.42	25.92g	Q (	DQ	) Ç	٥Q	Q		Q	Q	QQ	) Ç	) 🔵 (	Q
Chicken Tikka Masala (Diced) (APP) (V3)	#C45	#C45	133.92	8.02g	Q.	P C	) Ç	٥Q	Q		Q		QQ	) Ç	)Q (	Q
Chicken Tikka Masala (V4)	#C35	#C35	121.26	4.24g	Q (	ЪС	) Ç	٥Q	Q		Q		QQ	) Ç	)Q (	Q
Chinese Chicken Curry (APP) (V4)	#C46	#C46	264.46	21.23g	Q	DC	) Ç	٥Q	Q	Q	Q		ΟQ	) Ç	) 💽 (	Q
Chips (Fryer or Oven) (V1)	#SD5	#SD5	83.40	29.44g	Q (	ΣÇ	) Ç	٥Q	Q	Q	Q	Q	ÕÕ	) Ç	Q (	Q
Chocolate Sauce (V1)	#D3	#D3	65.00	8.85g	Q (	ЭC	) Ç	٥Q	Q		Q	Q	ΟQ	) Ç	)Q (	Q
Chocolate Shortbread (V1)	#D80	#D80	29.94	17.03g	Q (	DC	) Ç	٥Q	Q	Q	Q	Q	QQ	) Ç	)Q (	Q
Cinnamon and Orange Cookie (V1)	#D195	#D195	29.10	17.99g	Q	D Ç	) Ç	٥Q	Q	Q	Q	Q	ÕÕ	) Ç	)Q (	Q
Coleslaw (V4)	#SD47	#SD47	51.36	2.68g	0(	ЭC		$\circ$	Ο	Ο	Ο	$\bigcirc$	O O	) C	OO	Ο
PlanCarbsAll: Nutrition Plan with Carbohydra	ates and Allerge	ns														##

Gluten

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No Information

T				arbohy	>	lls o	ace					scs	Ird		lts	ne	ur
			Portion	ą	Celery	real	usta	Eggs	Fish	-upin	Milk	Mollus	Mustard	Nuts	Peanuts	Sesame Soya	Sulphur
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	່ ບຶ	ပီ	ပီ	Cru	Щ	Ĕ	Ľ	Ξ	ž	Ĕ	N	Ре	နိုင်ငံ	ns (
Cottage Pie (V5)	#B9	#B9	272.33	30.33g	Q	Q	Õ	Q	Õ	Õ	Q	Q	Q	Q	Q	QQ	Q
Cucumber (V1)	#SD30	#SD30	46.00	0.55g	Q	Q	Õ	Q	Q	Q	Q	Q	Q	Q	Õ	ÕÕ	Õ
Custard Sauce (V4)	#D2	#D2	77.14	8.15g	Q	Q	Õ	Q	Q	Q	•	Q	Q	Q	Õ	QQ	Q
Deep Pan BBQ Chicken Pizza (V1)	#C83	#C83, #V160	172.71	42.02g	Q		Õ	Q	Q	Q	•	Q	Q	Q	Õ	QO	Q
Deep Pan Cheese and Tomato Pizza (V1)	#V203	#V160, #V203	134.71	39.13g	Q		Õ	Q	Q	Q	•	Q	Q	Q	Õ	QO	Q
Devil's Kitchen Plant Sausage (V1)	#V182	#V182	56.00	4.70g	Q	Q	Õ	Q	Q	Q	Q	Q	Q	Q	Õ	QQ	Q
Devil's Kitchen Southern Style Vegan Burge	r #V164	#V164	57.00	7.41g	Q	Q	Õ	Q	Q	Q	Q	Q	Q	Q	Õ	QQ	Q
Egg Mayonnaise Filling (V3)	#V57	#V57	71.40	0.90g	Q	Q	Õ		Q	Q	Q	Q	Q	Q	Õ	QQ	Q
Falafel Filling (V1)	#V178	#V178	60.00	9.54g	Q		Õ	Q	Q	Q	Q	Q	Q	Q	Õ	QQ	Q
Fish in Batter (V1)	#F3	#F3	70.40	10.98g	Q		Õ	Q		Q	Q	Q	Q	Q	Õ	ÕÕ	Õ
Fruit Jelly with Mandarins (V1)	#D217	#D217	102.67	3.85g	Q	Q	Õ	Q	Q	Q	Q	Q	Q	Q	Õ	QQ	Q
Garlic Flavoured Bread (made) (V1)	#SD50	#SD50	17.08	7.52g	Q		Õ	Q	Q	Q	Q	Q	Q	Q	Õ	QO	Q
Green Beans (V1)	#SD24	#SD24	50.00	2.00g	Q	Q	Õ	Q	Q	Q	Q	Q	Q	Q	Õ	ÕÕ	Õ
Ham and Cheese Pizza (V2)	#P2	#P2, #V160	85.67	25.62g	Q		Õ	Q	Q	Q		Q	Q	Q	Õ	$\bigcirc \bullet$	Õ
Ham Filling (V1)	#P20	#P20	50.00	0.50g	Q	Q	Õ	Q	Q	Q	Q	Q	Q	Q	Õ	QQ	Q
Hot Dog Bun (V1)	#SD33	#SD33	50.00	25.75g	Q		Õ	Q	Q	Q	Q	Q	Q	Q	Õ	<b>_</b> O	Q
Ice Cream (V3)	#D13	#D13	60.00	13.20g	Ο	Ο	Ο	Ο	Ο	Ο		Ο	Ο	O	0	00	Ο
PlanCarbsAll: Nutrition Plan with Carbohydra	ates and Allerge	ns															##

Gluten

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Contains

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May Contain

Does Not Contain

No Information

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			Portion	Carbohy	Celery	Cereal	Crusta	Eggs	Ę	.upin	¥	Mollusc	Mustard	its anu	Sesame	Soya	Sulphur
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ິບິ	ပီ	ပီ	5	ы́	Fish	2	Milk	Ň	Σ Σ	Nuts	Se	ŝ	ns
Jerk Chicken (V2)	#C17	#C17	72.24	0.73g	Q	Q (	) (	$\mathcal{O}(\mathcal{O})$	) (	) Ç	) Ç	Q (	) (	Q Q	- <u>-</u>	O	$\sum$
Knorr Gravy Granules (V1)	#SD107	#SD107	63.24	2.88g	Q	Q (	) (	$\mathcal{D}(\mathbf{C})$	) (	) Ç	) Ç	Q (	Q (	Q Q	Q	O	)
Lemon and Parsley Couscous (V2)	#SD73	#SD73	157.50	31.74g	Q		) (	$\mathcal{D}(\mathbf{C})$	) (	) Ç	) Ç	Q (	Q (	Q Q	Q		
Lentil and Basil Puff Pastry Whirl (V3)	#V135	#V135	143.00	29.12g	Q		) (	$\mathcal{D}(\mathbf{C})$	) (	) Ç	) Ç	Q (		Q Q	Q	) Q (	)
Lentil and Sweet Potato Curry (V5)	#V108	#V108	226.66	26.49g	$\circ$	• (	) (	ЭC	) (	) С	) (	$\bigcirc$		O C	C	O	)
Macaroni Cheese (V3)	#V11	#V11	165.50	42.33g	$\bigcirc$		) (	СС	) (	$\supset$		$\bigcirc$		O C	С	O	)
MSC Fish Fingers (V1)	#F6	#F6	65.25	13.05g	$\bigcirc$		) (	С (		$\mathcal{O}(\mathbf{x})$	) (	$\bigcirc$ (	$\mathcal{O}(\mathbf{C})$	O C	С	O	)
MSC Salmon Fish Fingers (V1)	#F1	#F1	65.23	13.51g	Q		) (	) (		) Ç	) Ç	Q (	Q (	Q Q	Q	) Q (	)
New Potatoes (Steamed or Boiled) (V1)	#SD2	#SD2	120.00	17.88g	Q	Q (	) (	$\mathcal{D}(\mathbf{C})$	) (	) Ç	) Ç	Q (	Q (	Q Q	Q	) Q (	)
OBC Carrot and Courgette Cake (V1)	#D174	#D174	61.19	20.45g	Q		) (		) (	) Ç	) Ç	Q (	Q (	Q Q	_	) Q (	)
OBC Chocolate and Beetroot Brownie (V2)	#D169	#D169	53.55	17.51g	0		) (		) (	) С	) (	$\mathcal{O}($	) С	O C	C	O	)
OBC Iced Sponge (V1)	#D177	#D177	52.28	21.03g	$\bigcirc$		)		) (	$\mathcal{O}(\mathbf{x})$	) (	$\bigcirc$ (	$\mathcal{O}(\mathbf{C})$	O C	С	O	)
OBC Lemon and Mixed Berry Cake (V2)	#D183	#D183	61.31	20.59g	0		) (		) (	) С	) (	$\mathcal{O}($	) С	O C	C	O	)
OBC Lemon Drizzle Cake (V2)	#D168	#D168	50.34	21.03g	$\bigcirc$		)		) (	$\mathcal{O}(\mathbf{x})$	) (	$\bigcirc$ (	$\mathcal{O}(\mathbf{C})$	O C	_	O	)
OBC Pear and Chocolate Upside Down Cal	€#D207	#D207	86.48	22.02g	$\bigcirc$		)		) (	$\mathcal{O}(\mathbf{x})$	) (	$\bigcirc$ (	$\mathcal{O}(\mathbf{C})$	O C	С	O	C
OBC Pineapple Loaf (V1)	#D164	#D164	63.31	21.44g	$\bigcirc$		)		) (	$\mathcal{O}(\mathbf{x})$	) (	$\bigcirc$ (	$\mathcal{O}(\mathbf{C})$	O C	С	O	)
Pasta (Shells) (V2)	#SD11	#SD11	111.00	36.52g	$\bigcirc$		) (	С	) (	$\mathcal{O}$	) C	$\mathcal{O}$ (	) C	$O \subset$	С	O	)
PlanCarbsAll: Nutrition Plan with Carbohydra	ates and Allerge	ns															##

Gluten

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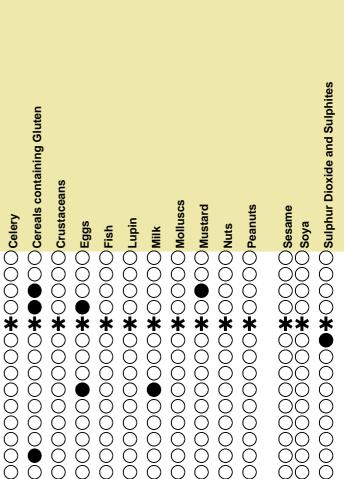
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May Contain **Does Not Contain** 

No Information

			Portion
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)
Peaches (V1)	#D166	#D166	50.00
Peas (V1)	#SD18	#SD18	50.00
Phat Mexican Bean Vegan Roll (V1)	#V161	#V161	90.00
Phat Naked Sausage Roll 4 inch (V1)	#P19	#P19	90.00
Pork Sausage (V4)	#P3	#P3	42.56
Portuguese Chicken and Bean Stew (APP) (	\#C78	#C78	149.20
Potato Wedges (Made & Oven Baked) (V3)	#SD6	#SD6	93.78
Rainbow Slaw (V1)	#SD92	#SD92	52.67
Red Pepper and Cheese Frittata (V1)	#V24	#V24	141.14
Roast Beef (V2)	#B4	#B4	34.00
Roast Chicken Thigh (Boneless) (V2)	#C5	#C5	62.25
Roast Potatoes - Peeled (V1)	#SD7	#SD7	86.80
Roast Quorn Vegan Fillet (V1)	#V204	#V204	68.90
Roast Turkey (V1)	#T1	#T1	60.00
Roasted Potato - Skin On (V1)	#SD82	#SD82	86.80
Shepherdess Pie - Lentil Free (V1)	#V170	#V170	225.60
Soya Vegetarian Bolognaise (V1)	#V169	#V169	188.90
DianCarboAlly Nutrition Dian with Carbobydra	too and Allarga	22	

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens



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**Carbohydrate Count** 

4.85g

5.60g

27.63g

24.30a

4.17g

6.98g

21.19g

2.42g

4.09g

0.00g

0.00g

19.51g

3.38g

0.00g

19.51g

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Does Not Contain

No Information

			Portion	Irboh	Celery	Cereals	das	h h s	upin	Milk Mollusc	star	Nuts	anut	Sesame Soya	Sulphui
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ပိ	ပီ	ບໍ່ໄ	Б Ш	βü	Ľ		W		р Г	Ses	ns
Spaghetti (V2)	#SD8	#SD8	124.00	39.06g	Q	D Ç	) Ç	٥Q	Q (	ΣÇ	) Q	QQ	)	QQ	Q
Spanish Omelette (V2)	#V9	#V9	171.67	19.04g	Q	ЪС		٥Q	Q (	DC	) Q	QC	$\mathbf{)}$	QQ	Q
Sticky Toffee Apple Crumble (50% Fruit) (V	'2 #D72	#D72	90.13	32.20g	O	DC	C	O	O(	DС	$) \bigcirc$	O C	)	OO	Ο
Stuffing (V2)	#SD40	#SD40	31.64	1.82g	$\bigcirc$	DC	C	O	O(	DС	$) \bigcirc$	00	)	OO	Ο
Sweet and Sour Vegetable Noodles (V1)	#V206	#V206	305.80	62.36g	$\bigcirc$	DC		O	O(	DС	$) \bigcirc$	00	)	OO	Ο
Sweetcorn (V1)	#SD19	#SD19	43.50	6.05g	$\bigcirc$	ЭС	C	O	O(	DС	$) \bigcirc$	00	)	OO	Ο
Tomato and Onion Salsa (V1)	#SD56	#SD56	50.40	2.71g	$\bigcirc$	ЭС	C	O	O(	DС	$) \bigcirc$	00	)	OO	Ο
Tuna Filling for Jacket Potato or Sandwich	(∨#F17	#F17	50.00	0.00g	$\bigcirc$	ЭС	C		O(	DС	$) \bigcirc$	00	)	OO	Ο
Unseeded 4" Bun (V1)	#SD17	#SD17	50.00	25.75g	$\bigcirc$	DC	C	O	O(	DС	$) \bigcirc$	00	)	$- \bigcirc$	Ο
Vegetable Enchiladas (V3)	#V20	#V20	148.00	25.76g	$\bigcirc$	DC	C	O	$\bigcirc$	DC	$) \bigcirc$	00	)	OO	Ο
Vegetarian Wellington (V5)	#V12	#V12	122.34	24.36g	$\bigcirc$	DC	C	O	O(	DС	$) \bigcirc$	00	)	OO	0
White Baguette (V1)	#PL1	#PL1	62.50	34.31g	O	DC	) C	O	O(	DС	$) \bigcirc$	O C	)	$- \bigcirc$	Ο
Wholemeal Vegetable Pasta Bake (V4)	#V16	#V16	269.04	40.97g	$\bigcirc$	DC	) C	0	0	DC	$> \bigcirc$	00	)	00	Ο

r Dioxide and Sulphites containing Gluten hydrate Count ceans S D

