Nutrition Plan with Carbohydrates and Allergens

Nutri WHFAW22 WHF Autumn Winter Menu 2022

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Contains



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No Information

			Portion	Carbol	ery	reals	stac	<u>s</u>	_	ڌِ	J	Insc	Mustard Nuts Peanut	Sesame Soya Sulphu
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Car	Celery	Se	Crusta	Eggs	Fish	Lupin	Σ	Molla	Must Nuts Pean	Sesar Soya Sulph
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33.94g	\circ	\circ	\circ	\circ	\circ	\bigcirc) () $($	000	000
Apple & Blackberry Roll (50% Fruit) (V1)	#D218	#D218	89.00	24.28g	\circ		\circ	\circ	\circ	\bigcirc) () $($	000	000
Apple & Raisin Flapjack (V2)	#D6	#D6	51.38	23.36g	\circ		\circ	\circ	\circ	\bigcirc) () $($	000	000
Apple and Blackberry Crumble (V4)	#D74	#D196, #D74	107.50	37.82g	\circ		\circ	\circ	\circ	\bigcirc) () $($	000	000
Apple, Cheese and Biscuits (V1)	#D4	#D4	68.00	14.96g	\circ		\circ	\circ	\circ	\bigcirc () $($	000	000
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	\circ	\circ	\circ	\circ	\circ	\bigcirc) () $($	000	000
BBQ Chicken Thigh (Quirky Bird) (V1)	#QB6	#QB6	72.20	3.60g	\circ	\circ	\circ	\circ	\circ	\bigcirc) (\mathcal{C}	000	000
Beef Bolognaise (APP) (V2)	#B37	#B37	147.06	9.05g	\circ	lacksquare	\circ	\circ	\circ	\bigcirc () (\mathcal{C}	000	000
Broccoli (V1)	#SD20	#SD20	50.00	1.40g	\circ	\circ	\circ	\circ	\circ	\bigcirc () (\mathcal{C}	000	000
Cabbage	#SD35	#SD35	50.00	1.60g	\circ	\circ	\circ	\circ	\circ	\bigcirc () (\mathcal{C}	000	000
Cajun Spiced Chicken (V3)	#C10	#C10	145.33	3.53g	\circ	\circ	\circ	\circ	\circ	\bigcirc () (C		000
Carrot & Swede Mash (V1)	#SD53	#SD53	49.45	2.28g	\circ	\circ	\circ	\circ	\circ	\bigcirc) () $($	000	000
Cauliflower (V1)	#SD27	#SD27	50.00	1.75g	\circ	\circ	\circ	\circ	\circ	\bigcirc) () $($	000	000
Cauliflower and Broccoli Cheese (V1)	#V210	#V210	314.00	21.06g	\circ		\circ	\circ	\circ	\bigcirc () (000	000
Cheese & Tomato Quiche (V2)	#V113	#V113	118.28	16.58g	\circ		\circ		\circ	\bigcirc () $($	000	000
Cheese and Pepper Whirl (V4)	#V27	#V160, #V27	92.88	16.50g	\circ		\circ	\circ	\circ	\bigcirc () $($	000	000
Chef's Special Aubergine and Potato Curry	(`#V209	#V209	199.70	17.11g	\circ		\circ	\circ	\circ	\bigcirc) (C		000

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			Portion	arboh	ery	reals	stac	St	ے	Ë	¥	llusc	stard	Peanuts	Sesame Soya	phur
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Ca	Celery	Ser	S	Egg	Fish	Lupin	Mijk	Mollu	Musta	Рез	Sesar Soya	Sulph
Chef's Special Chicken Korma (V1)	#C86	#C86	148.20	5.79g	\circ	\circ	0	\circ	\circ	\circ		\circ		0	00 (\supset
Chefs Pass Gravy (V1)	#SD118	#SD118	63.24	2.88g	\circ	\circ	0	\circ	\circ	\circ	\circ	\circ	\circ	0	00 (\supset
Chicken Pie (w/ Gravy) (Potato Top) (APP) (`#C71	#C71	287.00	37.80g	\circ	lacksquare	0	\circ	\circ	\circ	\circ	\circ	\circ	0	00 (\supset
Chinese Vegetable Curry (V1)	#V212	#V212	334.00	42.92g	\circ		0	\circ	\circ	\circ	\circ	\circ		0		\supset
Chips (Fryer or Oven) (V1)	#SD5	#SD5	83.40	29.44g	\circ	\circ	0	\circ	\circ	\circ	\circ	\circ	\circ	0	00 (\supset
Chocolate Cocoa Cookies (V3)	#D40	#D40	33.08	17.18g	\circ		0	\circ	\circ	\circ	\circ	\circ	\circ	0	00 (\supset
Custard Sauce (V4)	#D2	#D2	77.14	8.15g	\circ	\circ	0	\circ	\circ	\circ		\circ	\circ	0	00 (\supset
Deep Pan Cheese and Tomato Pizza (V1)	#V203	#V160, #V203	134.71	39.13g	\circ		0	\circ	\circ	\circ		\circ	\circ	0		\supset
Devil's Kitchen Plant Sausage (V1)	#V182	#V182	56.00	4.70g	\circ	\circ	0	\circ	\circ	\circ	\circ	\circ	\circ	0	00 (\supset
Devil's Kitchen Southern Style Vegan Burger	r#V164	#V164	57.00	7.41g	\circ	\circ	0	\circ	\circ	\circ	\circ	\circ	\circ	0	00 (\supset
Five Bean Chilli (V2)	#V138	#V138	141.80	8.99g	\circ	lacksquare	0	\circ	\circ	\circ	\circ	\circ	\circ	0	00 (\supset
Flour Tortilla Wraps (10") (V1)	#PL6	#PL6	45.00	24.26g	\circ		0	\circ	\circ	\circ	\circ	\circ	\circ	0	00 (\supset
Fruit Jelly with Mandarins (V1)	#D217	#D217	99.81	11.27g	\circ	\circ	0	\circ	\circ	\circ	\circ	\circ	\circ	0	00 (\supset
Garlic and Herb Croutons (V1)	#MC4	#MC4	15.90	7.09g	\circ		0	\circ	\circ	\circ	\circ	\circ	\circ	0	$lue{}$	\supset
Garlic Flavoured Bread (made) (V1)	#SD50	#SD50	17.08	7.52g	\circ		0	\circ	\circ	\circ	\circ	\circ	\circ	0		\supset
Garlic Mushrooms (V1)	#MC5	#MC5	24.80	0.40g	\circ	\circ	0	\circ	0	\bigcirc	\circ	\circ	\circ	\circ	00 (\supset
Golden Mac and Cheese (V1)	#MC10	#MC10	206.00	43.81g	\circ		0	\circ	\bigcirc	\circ		\circ		\circ	00 (\supset

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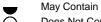
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No Information

			Dantian	boh	2	reals	stac	w		ے		nsc	tard	nuts	ame	5
Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	a a	Celery	Cere	Crust	Eggs	Fish	Lupin	Milk	Mollu	Mustard Nuts	Peanuts	Sesame Soya	anipina
Green Beans (V1)	#SD24	#SD24	50.00	2.00g	0	\circ	0	\circ	\circ	\circ	\circ	\circ	000	\supset	00 C)
Green Mac and Cheese (V1)	#MC9	#MC9	188.00	44.09g	\circ		0	\circ	\bigcirc	\bigcirc		\bigcirc		\supset	00 C)
Ice Cream (V3)	#D13	#D13	60.00	13.20g	\circ	\circ	\circ	\circ	\bigcirc	\bigcirc		\bigcirc	000	\supset	00 C)
Jerk Quorn Fillet (V1)	#QB12	#QB12	83.98	4.11g	\circ		0	\circ	\bigcirc	\bigcirc	\circ	\bigcirc	000	\supset	00 C)
Jollof Rice (V1)	#QB1	#QB1	161.35	38.09g	\circ	\circ	0	\circ	\circ	\bigcirc	\circ	\bigcirc	\circ	\supset	00 C)
Lemon & Parsley Couscous (V2)	#SD119	#SD119	117.00	16.44g	\circ		0	\circ	\circ	\bigcirc	\circ	\bigcirc	$ \circ$	\supset)
Lemon and Herb Quorn (V1)	#QB10	#QB10	71.28	3.43g	\circ		0	\circ	\circ	\bigcirc	\circ	\bigcirc	\circ	\supset)
Macaroni Cheese (V3)	#V11	#V11	165.50	42.33g	\circ		0	\circ	\circ	\circ		\bigcirc		\supset	00 C)
Mashed Potato (V2)	#SD1	#SD1	102.50	22.04g	\circ	\circ	\circ	\circ	\circ	\circ	\circ	\circ	\circ	\supset	00 C)
MSC Pollock Fish Fingers (V3)	#F6	#F6	65.25	13.05g	\circ		\circ	\circ		\circ	\circ	\circ	\circ	\supset	00 C)
MSC Salmon Fish Fingers (V1)	#F1	#F1	65.23	13.51g	\circ		0	\circ		\bigcirc	\circ	\bigcirc	\circ	\supset	00 C)
Mushy Peas (V1)	#SD111	#SD111	50.00	6.90g	\circ	\circ	0	\circ	\circ	\bigcirc	\circ	\bigcirc	\circ	\supset	00 C)
New Potatoes (Steamed or Boiled) (V1)	#SD2	#SD2	120.00	17.88g	\circ	\circ	0	\circ	\circ	\circ	\bigcirc	\bigcirc	\circ	\supset	00 C)
Oaty Cookies (V1)	#D85	#D85	32.67	18.00g	\circ		\circ	\circ	\circ	\circ	\circ	\circ	\circ	\supset	00 C)
OBC Banana Sponge (V1)	#D173	#D173	64.81	23.36g	\circ		\circ		\circ	\circ	\circ	\circ	\circ	\supset	00 C)
OBC Chocolate Drizzle Cake (V2)	#D198	#D198	55.46	19.85g	\circ		0		\circ	\circ	\bigcirc	\bigcirc	\circ	\supset	00 C)
OBC Five a Day Cake - with Raisins (V1)	#D211	#D211	70.71	25.41g	\circ		0		\bigcirc	\bigcirc	\circ	\bigcirc	000	\supset	00 C)

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Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carb	Celery	Cereal	Crusta	Eggs	Fish	-upin	Mik	Mollus	Mustard	Peanuts	Sesame Soya	Sulphur
OBC Iced Sponge (V1)	#D177	#D177	52.28	21.03g	Õ	ŏ	$\tilde{\circ}$ (Ö	$\vec{\circ}$	Ó	Ō (ŌÓ		ÖÖ	$\tilde{\circ}$
OBC Marble Sponge (V1)	#D199	#D199	50.04	18.90g	$\tilde{\bigcirc}$	Ŏ	Ŏ (Ŏ	Ŏ	Ŏ	Ŏ	Ŏ,	ŎČ	\tilde{O}	\sim	Ŏ
OBC Yoghurt & Raisin Cake (V1)	#D172	#D172	58.03	22.29g	Ŏ	Ŏ	Č	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ (ŎČ	Ŏ	ŎŎ	Ŏ
Pasta (Shells) (V2)	#SD11	#SD11	111.00	36.52g	Ŏ	Ŏ (Č	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ١	ÕČ	Ò	ŎŎ	Ŏ
Pear and Chocolate Crumble (V1)	#D142	#D142	96.67	30.24g	\sim	Ŏ (Č	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ١	ÕČ	Ò	ŎŎ	Ŏ
Peas (V1)	#SD18	#SD18	50.00	5.60g	Ŏ	Ŏ (Č (Ŏ	Ŏ	Ŏ	Ŏ	Ō١	ŌĆ) Ŏ	ŎŎ	Ŏ
Peppers (V1)	#SD26	#SD26	50.00	1.70g	\circ	0 (C	\circ	\circ	\bigcirc	\circ	\bigcirc	\circ	$) \bigcirc$	00	\circ
Peri Peri Chicken (V1)	#C77	#C77	68.60	0.55g	\circ	\bigcirc (\mathcal{C}	\circ	\circ	\bigcirc	\circ	\bigcirc (\circ	$) \bigcirc$	00	
Phat Mexican Bean Vegan Roll (V1)	#V161	#V161	90.00	27.63g	\circ		\mathcal{C}	\circ	\circ	\bigcirc	\circ	\bigcirc ($) \bigcirc$	00	\circ
Phat Naked Sausage Roll 4 inch (V1)	#P19	#P19	90.00	24.30g	\circ		\mathcal{C}		\circ	\bigcirc	\circ	\bigcirc (\circ	$) \bigcirc$	00	\circ
Pork Sausage (V4)	#P3	#P3	42.56	4.17g	*	* :	* :	*	*	*	*	*	* *	*	**	*
Potato Wedges (Made & Oven Baked) (V3)	#SD6	#SD6	93.78	21.19g	\circ	\bigcirc (\mathcal{C}	\circ	\circ	\bigcirc	\circ	\bigcirc (\circ \circ	$) \bigcirc$	00	\circ
Red Pepper and Cheese Frittata (V1)	#V24	#V24	141.14	4.09g	\circ	\bigcirc (\supset (\circ	\bigcirc		\bigcirc (\circ \circ	$) \bigcirc$	00	\circ
Roast Potatoes - Peeled (V1)	#SD7	#SD7	86.80	19.51g	\circ	\bigcirc (\mathcal{C}	\circ	\circ	\bigcirc	\circ	\bigcirc (\circ \circ	$) \bigcirc$	00	\circ
Roast Quorn Vegan Fillet (V1)	#V204	#V204	68.90	3.38g	\circ) (\circ	\circ	\bigcirc	0	\bigcirc (\circ \circ	$) \bigcirc$	00	\circ
Roast Turkey (V1)	#T1	#T1	60.00	0.00g	\circ	\bigcirc () (\circ	\circ	\bigcirc	\circ	\bigcirc (\circ \circ	$) \bigcirc$	00	0
Roasted Butternut Squash (V1)	#SD31	#SD31	50.00	3.70g	\circ	\bigcirc () (\circ	\circ	\bigcirc	0	\bigcirc (\circ \circ	$) \bigcirc$	00	\circ
PlanCarbsAll: Nutrition Plan with Carbohydra	ates and Allerge	ns														##

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			Portion	å	Celery	Cereals		rggs Fish	- :	udn-	Mollus	Mustard	Peanuts	Sesame Soya Sulphur	
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ပိ	ပ္ပိ	ပ္ပ	נו כ	ם ו	<u> </u>	M K	Ĕ	ž	Pe		
Roasted Potato - Skin On (V1)	#SD82	#SD82	86.80	19.51g	Q	Ŏ Ć)) () () Q) Q	O Q) Q	ÕÕ Õ	
Shepherdess Pie - Lentil Free (V2)	#V170	#V170	225.60	30.11g	Ō	O () () ($) \subset$) () Q	O Q) ()	$\bigcirc \bigcirc \bigcirc$	
Spaghetti (V2)	#SD8	#SD8	124.00	39.06g	Ō) () C	$) \subset$) Q) Q	O Q) Q	\bigcirc	
Sprouts (V1)	#SD64	#SD64	50.00	1.75g	Ō	Q () () C	$) \subset$) Q) Q	O Q) Q	\bigcirc	
Sticky Chicken Noodles (V1)	#C87	#C87	278.40	63.17g	Ō) () ($) \subset$) Q) Q	O Q) Q	$\bigcirc \bigcirc \bigcirc$	
Stuffing (V2)	#SD40	#SD40	31.64	1.82g	Ō) () C	$) \subset$) Q) Q	O Q) Q	\bigcirc	
Sweetcorn (V1)	#SD19	#SD19	43.50	6.05g	Ō	Q () () C	$) \subset$) Q) Q	O Q) Q	\bigcirc	
Tomato Arrabiata and Butterbean Pasta Sau	#V188	#V188	160.97	10.95g	Ō	Q () () C	$) \subset$) Q) Q	O Q) Q	000	
Unseeded 4" Bun (V1)	#SD17	#SD17	50.00	25.75g	Ō) () C	$) \subset$) Q) Q	O Q) Q	\bullet \circ	
Vanilla Shortbread (V1)	#D57	#D57	28.23	16.30g	Ō) () C	$) \subset$) Q) Q	O Q) Q	\bigcirc	
Vegan Mediterranean Gratin (V1)	#V193	#V193	157.13	12.09g	Ō) () C	$) \subset$) Q) Q	O Q) Q	\bigcirc	
Vegetable and Apricot Tagine (V3)	#V140	#V140	161.88	24.30g	Ō	Q () () C	$) \subset$) Q) Q) Q		
Vegetable Burger (V1)	#BB3	#BB3	108.90	18.02g	Ō) () C	$) \subset$) Q) Q	O Q) Q	\bigcirc	
Vegetable Fajitas (V1)	#V211	#V211	228.83	36.81g	Ō) () C	$) \subset$) Q) Q	O Q) Q	\bigcirc	
Vegetarian Tortilla Stack (V3)	#V105	#V105	201.68	21.58g	Ō) () C	$) \subset$) Q	O Q) Q	\bigcirc	
WW 50% Beef Burger (V1)	#BB1	#BB1	56.00	4.80g	\circ	\bigcirc \bigcirc) () C	() () Q	0 Q) Q	Q0 0	
WW Piri Piri Chicken Burger (V1)	#BB2	#BB2	47.30	4.19g			$) \ ($	$) \subset$	$) \subset$) 🕳	$\cdot \bigcirc$		\circ		
PlanCarbsAll: Nutrition Plan with Carbohydra	tes and Allerge	ns												##	i

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