

Nutrition Plan with Carbohydrates and Allergens

Nutri WHFAW22

WHF Autumn Winter 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
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33.94g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple & Blackberry Roll (50% Fruit) (V1)	#D218	#D218	89.00	24.28g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
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	68.00	14.96g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Chicken Thigh (Quirky Bird) (V1)	#QB6	#QB6	72.20	3.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognaise (APP) (V2)	#B37	#B37	147.06	9.05g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli (V1)	#SD20	#SD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cabbage	#SD35	#SD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cajun Spiced Chicken (V3)	#C10	#C10	145.33	3.53g	○	○	○	○	○	○	○	○	●	○	○	○	○	○
Carrot & Swede Mash (V1)	#SD53	#SD53	49.45	2.28g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower (V1)	#SD27	#SD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower and Broccoli Cheese (V1)	#V210	#V210	314.00	21.06g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheese & Tomato Quiche (V2)	#V113	#V113	118.28	16.58g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Cheese and Pepper Whirl (V4)	#V27	#V160, #V27	92.88	16.50g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Chef's Special Aubergine and Potato Curry (V209)	#V209	#V209	199.70	17.11g	○	◐	○	○	○	○	○	○	●	○	○	○	○	○

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Chef's Special Chicken Korma (V1)	#C86	#C86	148.20	5.79g	○	○	○	○	○	○	●	○	●	○	○	○	○	○
Chefs Pass Gravy (V1)	#SD118	#SD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Pie (w/ Gravy) (Potato Top) (APP) (#C71	#C71	287.00	37.80g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Chinese Vegetable Curry (V1)	#V212	#V212	334.00	42.92g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Chips (Fryer or Oven) (V1)	#SD5	#SD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Cocoa Cookies (V3)	#D40	#D40	33.08	17.18g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce (V4)	#D2	#D2	77.14	8.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Five Bean Chilli (V2)	#V138	#V138	141.80	8.99g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Flour Tortilla Wraps (10") (V1)	#PL6	#PL6	45.00	24.26g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Jelly with Mandarins (V1)	#D217	#D217	99.81	11.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Garlic and Herb Croutons (V1)	#MC4	#MC4	15.90	7.09g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Garlic Flavoured Bread (made) (V1)	#SD50	#SD50	17.08	7.52g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Garlic Mushrooms (V1)	#MC5	#MC5	24.80	0.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Golden Mac and Cheese (V1)	#MC10	#MC10	206.00	43.81g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

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Green Beans (V1)	#SD24	#SD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Mac and Cheese (V1)	#MC9	#MC9	188.00	44.09g	○	●	○	○	○	○	●	○	●	○	○	○	○	○
Ice Cream (V3)	#D13	#D13	60.00	13.20g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Jerk Quorn Fillet (V1)	#QB12	#QB12	83.98	4.11g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Jollof Rice (V1)	#QB1	#QB1	161.35	38.09g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lemon & Parsley Couscous (V2)	#SD119	#SD119	117.00	16.44g	○	●	○	○	○	○	○	○	◐	○	○	○	◐	●
Lemon and Herb Quorn (V1)	#QB10	#QB10	71.28	3.43g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese (V3)	#V11	#V11	165.50	42.33g	○	●	○	○	○	○	●	○	●	○	○	○	○	○
Mashed Potato (V2)	#SD1	#SD1	102.50	22.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Pollock Fish Fingers (V3)	#F6	#F6	65.25	13.05g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
MSC Salmon Fish Fingers (V1)	#F1	#F1	65.23	13.51g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Mushy Peas (V1)	#SD111	#SD111	50.00	6.90g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
New Potatoes (Steamed or Boiled) (V1)	#SD2	#SD2	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Oaty Cookies (V1)	#D85	#D85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
OBC Banana Sponge (V1)	#D173	#D173	64.81	23.36g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Chocolate Drizzle Cake (V2)	#D198	#D198	55.46	19.85g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Five a Day Cake - with Raisins (V1)	#D211	#D211	70.71	25.41g	○	●	○	●	○	○	○	○	○	○	○	○	○	○

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OBC Iced Sponge (V1)	#D177	#D177	52.28	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Marble Sponge (V1)	#D199	#D199	50.04	18.90g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Yoghurt & Raisin Cake (V1)	#D172	#D172	58.03	22.29g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Pasta (Shells) (V2)	#SD11	#SD11	111.00	36.52g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Pear and Chocolate Crumble (V1)	#D142	#D142	96.67	30.24g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peas (V1)	#SD18	#SD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peppers (V1)	#SD26	#SD26	50.00	1.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peri Peri Chicken (V1)	#C77	#C77	68.60	0.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
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	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Potato Wedges (Made & Oven Baked) (V3)	#SD6	#SD6	93.78	21.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Pepper and Cheese Frittata (V1)	#V24	#V24	141.14	4.09g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
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 Butternut Squash (V1)	#SD31	#SD31	50.00	3.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Roasted Potato - Skin On (V1)	#SD82	#SD82	86.80	19.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Shepherdess Pie - Lentil Free (V2)	#V170	#V170	225.60	30.11g	○	○	○	○	○	○	○	○	○	○	○	○	●	○
Spaghetti (V2)	#SD8	#SD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Sprouts (V1)	#SD64	#SD64	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sticky Chicken Noodles (V1)	#C87	#C87	278.40	63.17g	○	●	○	●	○	○	○	○	○	○	○	○	●	○
Stuffing (V2)	#SD40	#SD40	31.64	1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn (V1)	#SD19	#SD19	43.50	6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato Arrabiata and Butterbean Pasta Sau	#V188	#V188	160.97	10.95g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Unseeded 4" Bun (V1)	#SD17	#SD17	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	◐	○	○
Vanilla Shortbread (V1)	#D57	#D57	28.23	16.30g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vegan Mediterranean Gratin (V1)	#V193	#V193	157.13	12.09g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vegetable and Apricot Tagine (V3)	#V140	#V140	161.88	24.30g	○	○	○	○	○	○	○	○	●	○	○	○	○	○
Vegetable Burger (V1)	#BB3	#BB3	108.90	18.02g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vegetable Fajitas (V1)	#V211	#V211	228.83	36.81g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vegetarian Tortilla Stack (V3)	#V105	#V105	201.68	21.58g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
WW 50% Beef Burger (V1)	#BB1	#BB1	56.00	4.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
WW Piri Piri Chicken Burger (V1)	#BB2	#BB2	47.30	4.19g	◐	●	○	○	○	○	◐	○	◐	○	○	○	◐	○