

## Caterlink

### Nutrition Plan with Carbohydrates and Allergens

#### NutriAWGen22 General Dishes Autumn Winter 2022

1. This allergen matrix is **ONLY VALID** if you are using the products shown on the Caterlink **RECIPE SHEETS**.
2. If you are using different products, you **MUST** complete a blank FS13 sheet.
3. All allergens listed are based on **BIDFOOD** purchased products only and are subject to change without notice.
4. All allergen champions must regularly check deliveries against FS13s to ensure information is correct.
5. All products showing as "No Information" **MUST** be checked and allergens written on a blank FS13 sheet and kept on site.
6. Our carbohydrate counts are guidelines, based on McCance & Widdowson Version. Please be aware that these may differ than those used in other methods e.g. the Carbs & Cals book. All portion sizes are given, so you can make an informed choice based on the data you normally use. All pasta bakes contain 50g of uncooked pasta per portion.

- Contains
- May Contain
- Does Not Contain
- No Information
- \*

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Allergens
50% Wholemeal Rustic Bread (made) (V2)	#SD51	#SD51	16.77	7.48g	<input type="radio"/> Celery
50% WM Beetroot and Apple Bread (made) (#SD41)	#SD41	#SD41	19.51	7.88g	<input checked="" type="radio"/> Cereals containing Gluten
50% WM Cheese and Turmeric Bread (made)#SD42	#SD42	#SD42	20.15	7.48g	<input type="radio"/> Crustaceans
50% WM Cinnamon and Raisin Bread (made)#SD43	#SD43	#SD43	20.23	9.34g	<input type="radio"/> Eggs
50% WM Cranberry Bread (made) (V1)	#SD101	#SD101	20.32	9.43g	<input type="radio"/> Fish
50% WM Curry Bread (made) (V1)	#SD91	#SD91	16.37	7.54g	<input type="radio"/> Lupin
50% WM Honey Bread (made) (V1)	#SD89	#SD89	18.33	8.97g	<input checked="" type="radio"/> Milk
50% WM Pizza Bread (made) (V2)	#SD45	#SD45	19.11	7.66g	<input type="radio"/> Molluscs
50% WM Roasted Vegetable & Olive Bread (#SD46)	#SD46	#SD46	21.39	7.67g	<input type="radio"/> Mustard
50% WM Sweetcorn Bread (made) (V1)	#SD90	#SD90	18.64	7.83g	<input type="radio"/> Nuts
Apple & Raisin Salad (V3)	#SB12	#SB12	19.08	3.92g	<input type="radio"/> Peanuts
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	<input type="radio"/> Sesame
Baked Potato (V2)	#SD55	#SD55	187.50	42.38g	<input checked="" type="radio"/> Soya
Beetroot & Orange Salad (V1)	#SB15	#SB15	16.93	1.51g	<input type="radio"/> Sulphur Dioxide and Sulphites
Carrot & Cucumber Sticks (Crudités) (V1)	#SB10	#SB10	20.57	0.76g	
Cheese Filling for Jacket Potato or Sandwich #V85	#V85	#V85	20.00	0.02g	
Cheesy Coleslaw (V1)	#SD87	#SD87	83.50	4.12g	

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

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- Contains
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Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Other Allergens
Chocolate Yoghurt (V1)	#D138	#D138	112.00	14.48g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Coleslaw (V4)	#SB2	#SB2	20.26	1.06g	<input type="checkbox"/> Celery <input checked="" type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Couscous Salad (V1)	#SB16	#SB16	27.63	7.79g	<input type="checkbox"/> Celery <input checked="" type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Cucumber (V1)	#SB1	#SB1	18.40	0.22g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Egg Mayonnaise Filling (V3)	#V57	#V57	71.40	0.90g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input checked="" type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Fruit Platter (V1)	#D37	#D37	74.45	6.20g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Fruit Salad (V4)	#D42	#D42	48.28	5.03g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Fruits of the Forest Yoghurt (V2)	#D104	#D104	125.00	12.26g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Garlic Flavoured Bread (made) (V1)	#SD50	#SD50	17.08	7.52g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input checked="" type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Grated Carrot & Raisin (V1)	#SB7	#SB7	20.00	4.37g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Grated Carrot Salad (V1)	#SB6	#SB6	20.00	1.20g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Green Bean Salad (V1)	#SB13	#SB13	19.57	1.11g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Homemade Houmous Filling (Requires a blend)	#V134	#V134	51.00	5.13g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input checked="" type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Honey Yoghurt (V1)	#D140	#D140	106.00	12.38g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Mixed Bean Salad (V1)	#SB11	#SB11	14.45	1.79g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Pasta Salad w/Tomato Sauce (V1)	#SB9	#SB9	31.68	8.74g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites
Peach Yoghurt (V1)	#D137	#D137	100.00	13.33g	<input type="checkbox"/> Celery <input type="checkbox"/> Cereals containing Gluten <input type="checkbox"/> Crustaceans <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lupin <input type="checkbox"/> Milk <input type="checkbox"/> Molluscs <input type="checkbox"/> Mustard <input type="checkbox"/> Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Sesame <input type="checkbox"/> Soya <input type="checkbox"/> Sulphur Dioxide and Sulphites

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