

Nutrition Plan with Carbohydrates and Allergens

Nutri 14EUAW23 WHF 14 EU Allergen Free (Except Fish) AW 2023

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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	PRISD84	PRISD84	106.00	34.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Beans	PRISD22	PRISD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Potato	PRISD55	PRISD55	187.50	42.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef & Bean Burger	PRIBB1	PRIBB1	56.00	4.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognaise	PRIB2	PRIB2	129.17	3.30g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli	PRISD20	PRISD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cabbage	PRISD35	PRISD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots	PRISD28	PRISD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower	PRISD27	PRISD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chefs Pass Gravy	PRISD118	PRISD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chickpea & Vegetable Hotpot	PRIV41	PRIV41	201.33	24.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cottage Pie	PRIB55	PRIB55	234.67	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Courgette	PRISD29	PRISD29	44.00	0.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devils Kitchen Plant Balls	PRIV237	PRIV237	51.00	7.14g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devils Kitchen Plant Sausage 25g	PRIV238	PRIV238	50.00	4.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Devils Kitchen Plant Sausage 50g	PRIV244	PRIV244	50.00	4.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Five Bean Chilli	PRIV239	PRIV239	177.60	12.29g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Freshly Chopped Fruit	PRID223	PRID223	43.20	3.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Medley	PRID224	PRID224	45.80	4.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Platter	PRID225	PRID225	41.10	2.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Beans	PRISD24	PRISD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Gustoso Gluten Free Penne	PRINGCI24	PRINGCI24	115.00	37.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Jerk Chicken	PRIC17	PRIC17	54.50	0.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lettuce	PRISD25	PRISD25	41.00	0.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mashed Potato	PRISD1	PRISD1	92.08	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mashed Potato Topped Chicken & Gravy Pie	PRIC70	PRIC70	263.50	28.66g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Peppers	PRISD26	PRISD26	50.00	1.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Banana and Chocolate Cake	PRINGCI32	PRINGCI32	63.00	23.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Chocolate Orange Cookie	PRINGCI48	PRINGCI48	25.60	14.95g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Chocolate Shortbread	PRINGCI7	PRINGCI7	29.94	16.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Crumble Topping	PRINGCI15	PRINGCI15	46.67	27.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Italian Chocolate Cake	PRINGCI12	PRINGCI12	53.00	20.99g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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NGCI Italian Vanilla Cake	PRINGCI11	PRINGCI11	52.00	20.82g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Mandarin and Chocolate Cake	PRINGCI31	PRINGCI31	66.00	21.99g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Mexican Black Beans	PRINGCI35	PRINGCI35	128.25	12.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Mexican Chicken	PRINGCI36	PRINGCI36	145.26	6.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI MSC Fishfingers	PRINGCI5	PRINGCI5	60.00	12.00g	○	○	○	○	●	○	○	○	○	○	○	○	○	○
NGCI Spicy Bean Burger (No Bun)	PRINGCI23	PRINGCI23	101.76	21.74g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Vanilla Shortbread	PRINGCI6	PRINGCI6	28.23	16.12g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Vegetable Pasta Bake (No Cheese)	PRINGCI39	PRINGCI39	218.71	45.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Parsnip and Sweet Potato Loaf	PRITD56	PRITD56	118.25	18.54g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Plain Tuna Filling (Jacket Potato/Sandwich)	PRIF17	PRIF17	50.00	0.00g	○	○	○	○	●	○	○	○	○	○	○	○	○	○
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Cabbage	PRISD23	PRISD23	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Strawberry Jelly with Mandarins	PRID235	PRID235	149.60	5.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Swede	PRISD21	PRISD21	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○



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