# **Nutrition Plan with Carbohydrates and Allergens**

### Nutri WHF14EU23 WHF Allergen Free (Except Fish) Menu 2023

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Contains

May Contain

Does Not Contain

No Information

			Portion	
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33
Baked Beans (V1)	#SD22	#SD22	50.00	6.
Baked Potato (V2)	#SD55	#SD55	187.50	42
BBQ Chicken Thigh (Quirky Bird) (V1)	#QB6	#QB6	72.20	3.
Beef Bolognaise (V1)	#B2	#B2	139.79	5.
Bidfood Tomato Ketchup (V1)	#SD14	#SD14	10.00	2.
Carrots (V1)	#SD28	#SD28	50.00	3.
Cauliflower (V1)	#SD27	#SD27	50.00	1.
Chef James' Chicken Jollof Rice (V1)	#C84	#C84	221.35	38
Chefs Pass Gravy (V1)	#SD118	#SD118	63.24	2.
Chicken Arrabiata Pasta Sauce (V2)	#C41	#C41	159.73	4.
Chicken Pie (with Gravy) (Mashed Potato To	#C70	#C70	305.00	35
Chickpea & Vegetable Hotpot (V5)	#V41	#V41	201.33	24
Chips (Fryer or Oven) (V1)	#SD5	#SD5	83.40	29
Cottage Pie (V6)	#B9	#B9	272.33	30
Devil's Kitchen Moroccan Style Veggie Balls	#V163	#V163	57.00	7.
Devil's Kitchen Plant Sausage (V1)	#V182	#V182	56.00	4.
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n I)	Carbohydrate Count 23.94g 6.75g	Celery	<b>Cereals containing Gluten</b>	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Soya	Sulphur Dioxide and Sulphites
	33.94g 6.75g 42.38g 3.60g 5.25g 2.86g 3.00g 1.75g 38.09g 2.88g 4.24g 35.78g 24.80g 29.44g 30.33g 7.41g 4.70g	00000000000000000000000000000000000000	00000000000000000000000000000000000000	00000000000000000000000000000000000000	000000000000000000000	00000000000000000000000000000000000000	00000000000000000000000000000000000000	00000000000000000000000000000000000000		00000000000000000000000000000000000000	00000000000000000000000000000000000000	00000000000000000000000000	00000000000000000000000000000000000000	UUUUUUUUUUUUUUUUUUUUUUUUUUUUUUUUUUUUUU



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Contains

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May Contain

Does Not Contain

No Information

			Portion
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)
Devil's Kitchen Southern Style Vegan Burger	<sup>-</sup> #V164	#V164	57.00
Freshly Chopped Fruit (V1)	#D223	#D223	43.20
Fruit Jelly with Mandarins (V1)	#D217	#D217	99.81
Fruit Medley (V1)	#D224	#D224	45.80
Fruit Platter (V1)	#D225	#D225	41.10
Green Beans (V1)	#SD24	#SD24	50.00
Jerk Chicken (V2)	#C17	#C17	72.24
Jollof Rice (V1)	#QB1	#QB1	161.35
Jollof Rice with Five Beans (V1)	#QB7	#QB7	189.85
Mixed Salad (V1)	#SD25	#SD25	41.00
New Potatoes (Steamed or Boiled) (V1)	#SD2	#SD2	120.00
NGCI Chocolate Shortbread (V1)	#NGCI7	#NGCI7	29.94
NGCI Crumble Topping (V1)	#NGCI15	#NGCI15	46.67
NGCI Italian Chocolate Cake (V1)	#NGCI12	#NGCI12	53.00
NGCI Italian Vanilla Cake (V1)	#NGCI11	#NGCI11	52.00
NGCI MSC Fishfingers (V1)	#NGCI5	#NGCI5	60.00
NGCI Vanilla Shortbread (V1)	#NGCI6	#NGCI6	28.23

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Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Soya	Sulphur Dioxide and Sulphites
7.41g 3.36g 11.27g 4.38g 2.98g 2.00g 0.73g 38.09g 41.80g 0.57g 17.88g 16.84g 27.36g 20.99g 20.82g 12.00g 12.00g 16.12g	00000000000000000000000000000000000000	00000000000000000000000000000000000000	00000000000000000000000000000000000000	0000000000000000000000	00000000000000000000000000000000000000	00000000000000000000000000000000000000	00000000000000000000000000000000000000		00000000000000000000000000000000000000	00000000000000000000000000000000000000	00000000000000000000000000000000000000	00000000000000000000000000000000000000	OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO

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Contains

May Contain

Does Not Contain

No Information

			Portion
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)
Parsnip and Sweet Potato Loaf (V2)	#TD56	#TD56	118.25
Peaches (V1)	#D166	#D166	50.00
Peas (V1)	#SD18	#SD18	50.00
Peppers (V1)	#SD26	#SD26	50.00
Plain Tuna Filling (Jacket Potato/Sandwich)	(#F17	#F17	50.00
Rainbow Slaw (V1)	#SD92	#SD92	52.67
Ratatouille (V1)	#TD11	#TD11	174.75
Red Cabbage (V1)	#SD23	#SD23	50.00
Roast Beef (V2)	#B4	#B4	34.00
Roast Chicken Breast (V2)	#C4	#C4	45.90
Roast Chicken Thigh (Boneless) (V2)	#C5	#C5	62.25
Roast Gammon (V2)	#P5	#P5	42.60
Roast Pork Shoulder (V1)	#P10	#P10	41.53
Roast Potato - Skin On (V2)	#SD82	#SD82	75.56
Roast Potatoes - Peeled (V2)	#SD7	#SD7	75.56
Roast Turkey (V1)	#T1	#T1	40.80
Roasted Butternut Squash (V1)	#SD31	#SD31	50.00
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Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	) Fish	) Lupin	)Milk	Molluscs	Mustard	Nuts	Peanuts	)Sesame )Soya	Sulphur Dioxide and Sulphites
<b>Carbohydrate Comut</b> 18.54g 4.85g 5.60g 1.70g 0.00g 2.42g 7.45g 1.15g 0.00g 0.00g 0.00g 0.00g 0.00g 0.00g 16.97g 16.97g 0.00g 3.70g	00000 <b>*</b> 000000000000000000	00000 Cereals containing Gluten	00000 <b>*</b> 000000000000000 Crustaceans	000000 <b>*</b> 0000000000000	00000 <b>*</b> 000000 <b>0</b> 0000 <b>Fish</b>	00000 <b>*</b> 000000000000000	000000000000000000000000		00000 <b>*</b> 000000000000000	00000 <b>*</b> 0000000000000000	00000 <b>%</b> 000000000000000	00000 <b>%</b> 0000000000000000000000000000000	00000 + 00000000000 Sulphur Dioxide and Sulphites



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Contains

May Contain

**Does Not Contain** 

No Information

			Portion
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)
Strawberry Jelly (V1)	#D214	#D214	99.68
Summer Butterbean Vegetable Risotto (V2)	#V133	#V133	294.53
Swede (V1)	#SD21	#SD21	50.00
Sweetcorn (V1)	#SD19	#SD19	43.50
Tomato Arrabiata and Butterbean Pasta Sau	#V188	#V188	160.97
Tomato Arrabiata Pasta Sauce (V2)	#V121	#V121	132.47
Vegan Sheese (Cheese alternative) Topping	#V216	#V216	20.00
Watermelon Salad (V1)	#QB4	#QB4	12.67

Gluten Count containing Carbohydrate Crustaceans Molluscs O Peanuts Cereals ( Celery OFish Omilk Ο Ο О Ο 15.76g С  $\cap$ С 41.62g О  $\cap$  $\square$ С С 1.15g CC С  $\bigcirc$  $\cap$ ()6.05g 10.95g О Ŏ  $\bigcirc$  $\bigcirc$ О Ο Ο О Ο  $\bigcirc$ 7.25g  $\bigcirc$ Õ Ο Ο О Õ Ο Ο Ο Q О 4.34g

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