

Nutrition Plan with Carbohydrates and Allergens

Nutri AWGen22

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 FS13's to ensure information is correct.
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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.

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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% Wholemeal Rustic Bread (made) (V2)	#SD51	#SD51	16.77	7.48g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Beetroot and Apple Bread (made) (#SD41	#SD41	#SD41	19.51	7.88g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Cheese and Turmeric Bread (made #SD42	#SD42	#SD42	20.15	7.48g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Cinnamon and Raisin Bread (made #SD43	#SD43	#SD43	20.23	9.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Cranberry Bread (made) (V1)	#SD101	#SD101	20.32	9.43g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Curry Bread (made) (V1)	#SD91	#SD91	16.37	7.54g	○	●	○	○	○	○	○	○	●	○	○	○	○	○
50% WM Honey Bread (made) (V1)	#SD89	#SD89	18.33	8.97g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Pizza Bread (made) (V2)	#SD45	#SD45	19.11	7.66g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Roasted Vegetable & Olive Bread (#SD46	#SD46	#SD46	21.39	7.67g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Sweetcorn Bread (made) (V1)	#SD90	#SD90	18.64	7.83g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple & Raisin Salad (V3)	#SB12	#SB12	19.08	3.92g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Potato (V2)	#SD55	#SD55	187.50	42.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beetroot & Orange Salad (V1)	#SB15	#SB15	16.93	1.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrot & Cucumber Sticks (Crudites) (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	○	○	○	●	○	○	○	○	○	○	○	○	○	○

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Chocolate Yoghurt (V1)	#D138	#D138	112.00	14.48g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Coleslaw (V4)	#SB2	#SB2	20.26	1.06g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Couscous Salad (V1)	#SB16	#SB16	27.63	7.79g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cucumber (V1)	#SB1	#SB1	18.40	0.22g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Egg Mayonnaise Filling (V3)	#V57	#V57	71.40	0.90g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Fruit Platter (V1)	#D37	#D37	74.45	6.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Salad (V4)	#D42	#D42	48.28	5.03g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruits of the Forest Yoghurt (V2)	#D104	#D104	125.00	12.26g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Garlic Flavoured Bread (made) (V1)	#SD50	#SD50	17.08	7.52g	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Grated Carrot & Raisin (V1)	#SB7	#SB7	20.00	4.37g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Grated Carrot Salad (V1)	#SB6	#SB6	20.00	1.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Bean Salad (V1)	#SB13	#SB13	19.57	1.11g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Homemade Houmous Filling (Requires a blei	#V134	#V134	51.00	5.13g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Honey Yoghurt (V1)	#D140	#D140	106.00	12.38g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Mixed Bean Salad (V1)	#SB11	#SB11	14.45	1.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pasta Salad w/Tomato Sauce (V1)	#SB9	#SB9	31.68	8.74g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peach Yoghurt (V1)	#D137	#D137	100.00	13.33g	○	○	○	○	○	○	●	○	○	○	○	○	○	○

