ir Dioxide and Sulphites

Nutrition Plan with Carbohydrates and Allergens

Nutri AWGen22 General Dishes Autumn Winter 2022

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Contains



May Contain

Does Not Contain



No Information

			Portion	arbol	Celery	Cereals	istat Is	<u> </u>	-upin	~	Ilusc	Mustard Nuts Peanut	Sesame	Soya Sulphu
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ပ္မ	<u>8</u>	ē	Fags	Fish	Ĭ	₹	Mollu	Must Nuts Pean	Ses	Soya Sulph
50% Wholemeal Rustic Bread (made) (V2)	#SD51	#SD51	16.77	7.48g	0		$) \subset$	\circ	\circ	\circ	\bigcirc (000		
50% WM Beetroot and Apple Bread (made)	(#SD41	#SD41	19.51	7.88g	\circ		$) \subset$	\circ	\circ	\circ	\bigcirc (000		
50% WM Cheese and Turmeric Bread (mad	€#SD42	#SD42	20.15	7.48g	\circ		$) \subset$	\circ	\circ		\bigcirc (000		
50% WM Cinnamon and Raisin Bread (mad	€#SD43	#SD43	20.23	9.34g	\circ		$) \subset$	\circ	\circ		\bigcirc (000		
50% WM Cranberry Bread (made) (V1)	#SD101	#SD101	20.32	9.43g	\circ		$) \subset$	\circ	\circ	\circ	\bigcirc (000		
50% WM Curry Bread (made) (V1)	#SD91	#SD91	16.37	7.54g	\circ		$) \subset$	\circ	\circ	\circ	\circ			
50% WM Honey Bread (made) (V1)	#SD89	#SD89	18.33	8.97g	\circ		$) \subset$	\circ	\circ	\circ	\bigcirc (000		
50% WM Pizza Bread (made) (V2)	#SD45	#SD45	19.11	7.66g	\circ		$) \subset$	\circ	\circ		\bigcirc (000		
50% WM Roasted Vegetable & Olive Bread	(#SD46	#SD46	21.39	7.67g	\circ		$) \subset$	\circ	\circ	\circ	\bigcirc (000		
50% WM Sweetcorn Bread (made) (V1)	#SD90	#SD90	18.64	7.83g	\circ		$) \subset$	\circ	\circ	\circ	\bigcirc (000		
Apple & Raisin Salad (V3)	#SB12	#SB12	19.08	3.92g	\circ	\circ		\circ	\circ	\circ	\bigcirc (000	\circ	$\supset lackbox{lack}$
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	\circ	\circ	$) \subset$	\circ	\circ	\circ	\bigcirc (000	\circ	\circ
Baked Potato (V2)	#SD55	#SD55	187.50	42.38g	\circ	\circ	$) \subset$	\circ	\circ	\circ	\bigcirc (000	\circ	\circ
Beetroot & Orange Salad (V1)	#SB15	#SB15	16.93	1.51g	\circ	\circ	$) \subset$	\circ	\circ	\circ	\bigcirc (000	\circ	\circ
Carrot & Cucumber Sticks (Crudites) (V1)	#SB10	#SB10	20.57	0.76g	\circ	\circ	$) \subset$	\circ	\circ	\circ	\bigcirc (000	\circ	\circ
Cheese Filling for Jacket Potato or Sandwic	h#V85	#V85	20.00	0.02g	\circ	\circ	$) \subset$	\circ	\circ		\bigcirc (000	\circ	\circ
Cheesy Coleslaw (V1)	#SD87	#SD87	83.50	4.12g	\circ	\circ		\circ	\circ		\circ	000	O(\circ

containing Gluten

hydrate Count

Dioxide and Sulphites

Nutrition Plan with Carbohydrates and Allergens

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

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	Contains
J	May Contain
Ŏ	Does Not Contain
¥	No Information

				o do	>	<u>s</u>	ace			_		SCS	ard		uts	ne		בַ
			Portion	arboh	Celery	Cereals	Crusta	Eggs	Fish	upin	Mijk	Mollu	Mustard	Nuts	Pean	Sesame	Soya	Sulphur
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ပိ	ပိ	ပ္တီ	<u>ა</u>	<u>ы</u>	iΕ̈́	בֻ	Ξ	ž	ž	ž	Pe	Š	တိ	S
Chocolate Yoghurt (V1)	#D138	#D138	112.00	14.48g	Ŏ() () (<u>)</u> (<u>)</u> (\bigcirc '	•	Q	Q	Ō	Ō	O(<u>)</u> (Q
Coleslaw (V4)	#SB2	#SB2	20.26	1.06g	Q (\mathcal{I}) () (\bigcirc	Q I	Q.	Q	Q	Q	Ō(\mathcal{I}	Q .
Couscous Salad (V1)	#SB16	#SB16	27.63	7.79g	Q () () () (Ō 1	Ō '	Q.	Ō	Ō	Q	Q,	• (Q .
Cucumber (V1)	#SB1	#SB1	18.40	0.22g	Ō (\supset \subset) () () (Ō 1	Ō '	Q.	Ō	Ō	Q	O() Ç	Q .
Egg Mayonnaise Filling (V3)	#V57	#V57	71.40	0.90g	Ō (\supset \subset) () (Ō 1	Ō '	Q.	Ō	Ō	Q	O() Ç	Q .
Fruit Platter (V1)	#D37	#D37	74.45	6.20g	Ō (\supset \subset) () () (Ō 1	Ō '	Q.	Ō	Ō	Q	O() Ç	Q .
Fruit Salad (V4)	#D42	#D42	48.28	5.03g	Ō (\supset \subset) () () (Ō 1	Ō '	Q.	Ō	Ō	Q	O() Ç	Q .
Fruits of the Forest Yoghurt (V2)	#D104	#D104	125.00	12.26g	Ō (\supset \subset) () () (Ō 1		Q.	Ō	Ō	Q	O() Ç	Q .
Garlic Flavoured Bread (made) (V1)	#SD50	#SD50	17.08	7.52g	Q () () () (Ō 1	Ō '	Q.	Ō	Ō	Q	Q(Q .
Grated Carrot & Raisin (V1)	#SB7	#SB7	20.00	4.37g	Ō (\supset \subset) () () (Ō 1	Ō '	Q.	Ō	Ō	Q	O() Ç	Q .
Grated Carrot Salad (V1)	#SB6	#SB6	20.00	1.20g	Ō (\supset \subset) () () (Ō 1	Ō '	Q.	Ō	Ō	Q	O() Ç	Q .
Green Bean Salad (V1)	#SB13	#SB13	19.57	1.11g	Ō (\supset \subset) () () (Ō 1	Ō '	Q.	Ō	Ō	Q	O() Ç	Q .
Homemade Houmous Filling (Requires a ble	#V134	#V134	51.00	5.13g	Ō (\supset \subset) () () (Ō 1	Ō '	Q.	Ō	Ō	Q	O() Ç	Ð
Honey Yoghurt (V1)	#D140	#D140	106.00	12.38g	\bigcirc	\mathcal{C}) (\mathcal{C}	\mathcal{I}	\bigcirc		\circ	\circ	\circ	\circ	O(\mathcal{I}	\supset
Mixed Bean Salad (V1)	#SB11	#SB11	14.45	1.79g	\bigcirc	\mathcal{C}) (\mathcal{C}	\mathcal{I}	\bigcirc	\bigcirc	\circ	\circ	\circ	\circ	O(\mathcal{I}	\supset
Pasta Salad w/Tomato Sauce (V1)	#SB9	#SB9	31.68	8.74g	\bigcirc) (\mathcal{C}) (\bigcirc	\bigcirc	\circ	\circ	\circ	\circ	O(\mathcal{C}	\supset
Peach Yoghurt (V1)	#D137	#D137	100.00	13.33g	0 (\mathcal{C}) (\mathcal{C}	\mathcal{C}	\circ		\circ	\circ	\circ	\circ	\circ	\mathcal{C}	\supset

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ydrate Count

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Plain Tuna Filling (Jacket Potato/Sandwich) (#F17

Power Salad - Roasted Vegetables & Lentils #SB20 Power Salad - Sweet Potato & Coriander Sal #SB8

Power Salad - Green Bean & Garlic (V1)

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J	May Contain
$\tilde{\cap}$	Does Not Contain
¥	No Information

Potato & Chive Salad (V3)

Power Salad - Tabouleh (V1)

Tuna Mayonnaise Filling (V4)

Wholemeal Flat Bread (made) (V1)

Menu Item

Salad Mix (V1) Sweetcorn (V2)

Tomatoes (V1)

Vanilla Yoghurt (V1)

			Carbohydra	y als conta	Crustaceans					SCS	ard		uts	ne Piovi		
Recipe Code	Sub Recipe Codes	Portion Size (g)	Carb	Celery Cereals	Crust	Eggs	Fish	Lupin	Mik	Molluscs	Mustard	Nuts	Peanuts	Sesame Soya	dine	
(#F17	#F17	50.00	0.00g	00	0	\circ		0	\circ	0	0	0	0	00 C)	
#SD80	#SD80	151.50	21.04g	\circ	\circ		\circ	\circ	\bigcirc	\circ	\circ	\circ	\circ	00 C)	
#SB22	#SB22	15.58	0.59g	\circ	\circ	\circ	\circ	\circ	\bigcirc	\circ	\circ	\circ	\circ	00 C)	
s #SB20	#SB20	22.04	1.27g	\circ	\circ	\bigcirc	\circ	\bigcirc	\circ	\bigcirc	\circ	\circ	\circ	00 C)	
al #SB8	#SB8	23.22	5.84g	\circ	\circ	\circ	\circ	\circ	\bigcirc	\circ	\circ	\circ	\circ	00 C)	
#SB21	#SB21	33.33	10.46g	\bigcirc	\circ	\circ	\circ	\circ	\bigcirc	\circ	\circ	\circ	\circ			
#SB4	#SB4	20.50	0.29g	\circ	\circ	\circ	\circ	\circ	\bigcirc	\circ	\circ	\circ	\circ	00 C)	
#SB5	#SB5	15.82	2.20g	\circ	\circ	\circ	\circ	\circ	\bigcirc	\circ	\circ	\circ	\circ	00 C)	
#SB3	#SB3	19.80	0.59g	\circ	\circ	\circ	\circ	\circ	\bigcirc	\circ	\circ	\circ	\circ	00 C)	
#F11	#F11	66.60	1.36g	\circ	\circ			\circ	\bigcirc	\circ	\circ	\circ	\circ	00 C)	
#D103	#D103	108.00	12.04g	\circ	\circ	\bigcirc	\circ	\bigcirc		\bigcirc	\circ	\circ	\circ	00 C)	
#SD63	#SD63	28.10	11.81g	\bigcirc	\circ	\circ	\circ	\circ	\bigcirc	\circ	\circ	\circ	\circ	00 C)	

aining Gluten

te Count