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

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4.All allergen champions must regularly check deliveries against FS13's 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 7. 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

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May Contain

Does Not Contain

No Information

			Portion	Carb
(Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ပိ
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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PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

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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
Carbohydrate Comut 34.00g 6.75g 42.38g 4.70g 3.30g 2.86g 1.40g 1.60g 3.00g 1.75g 2.88g 24.80g 29.44g 0.79g 7.14g 4.20g	00000000000000000000000000000000000000	00000000000000000000000000000000000000	00000000000000000000000000000000000000	000000000000000000000	00000000000000000000000000000000000000		00000000000000000000000000000000000000		00000000000000000000000000000000000000	00000000000000000000000000000000000000	000000000000000000000	00000000000000000000000000000000000000

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Contains

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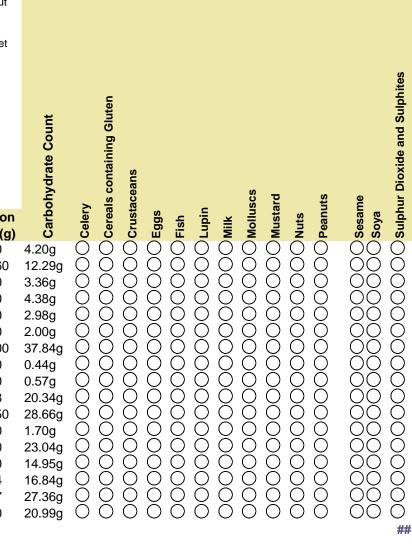
May Contain

Does Not Contain

No Information

			Portion
(Menu Item	Recipe Code	Sub Recipe Codes	Size (g)
Devils Kitchen Plant Sausage 50g	PRIV244	PRIV244	50.00
Five Bean Chilli	PRIV239	PRIV239	177.60
Freshly Chopped Fruit	PRID223	PRID223	43.20
Fruit Medley	PRID224	PRID224	45.80
Fruit Platter	PRID225	PRID225	41.10
Green Beans	PRISD24	PRISD24	50.00
Gustoso Gluten Free Penne	PRINGCI24	PRINGCI24	115.00
Jerk Chicken	PRIC17	PRIC17	54.50
Lettuce	PRISD25	PRISD25	41.00
Mashed Potato	PRISD1	PRISD1	92.08
Mashed Potato Topped Chicken & Gravy Pi	e PRIC70	PRIC70	263.50
Mixed Peppers	PRISD26	PRISD26	50.00
NGCI Banana and Chocolate Cake	PRINGCI32	PRINGCI32	63.00
NGCI Chocolate Orange Cookie	PRINGCI48	PRINGCI48	25.60
NGCI Chocolate Shortbread	PRINGCI7	PRINGCI7	29.94
NGCI Crumble Topping	PRINGCI15	PRINGCI15	46.67
NGCI Italian Chocolate Cake	PRINGCI12	PRINGCI12	53.00
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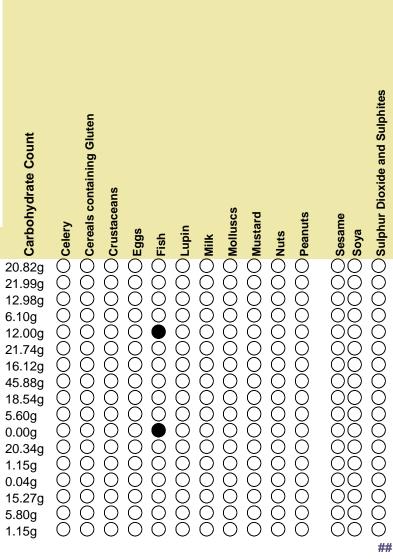
May Contain

Does Not Contain

No Information

			Portion	
(Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	
NGCI Italian Vanilla Cake	PRINGCI11	PRINGCI11	52.00	
NGCI Mandarin and Chocolate Cake	PRINGCI31	PRINGCI31	66.00	
NGCI Mexican Black Beans	PRINGCI35	PRINGCI35	128.25	
NGCI Mexican Chicken	PRINGCI36	PRINGCI36	145.26	
NGCI MSC Fishfingers	PRINGCI5	PRINGCI5	60.00	
NGCI Spicy Bean Burger (No Bun)	PRINGCI23	PRINGCI23	101.76	
NGCI Vanilla Shortbread	PRINGCI6	PRINGCI6	28.23	
NGCI Vegetable Pasta Bake (No Cheese)	PRINGCI39	PRINGCI39	218.71	
Parsnip and Sweet Potato Loaf	PRITD56	PRITD56	118.25	
Peas	PRISD18	PRISD18	50.00	
Plain Tuna Filling (Jacket Potato/Sandwich)	PRIF17	PRIF17	50.00	
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	
Red Cabbage	PRISD23	PRISD23	50.00	
Roast Chicken Fillet	PRIC4	PRIC4	45.40	
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	
Strawberry Jelly with Mandarins	PRID235	PRID235	149.60	
Swede	PRISD21	PRISD21	50.00	
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PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens



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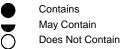
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No Information

			Portion
(Menu Item	Recipe Code	Sub Recipe Codes	Size (g)
Sweetcorn	PRISD19	PRISD19	43.50
Tomato Arrabiata and Butterbean Pasta Sau	PRIV188	PRIV188	160.97
Tomato Pasta Sauce	PRIV225	PRIV225	152.60
Vegan Sheese (Cheese alternative) Topping	PRIV216	PRIV216	20.00

Count Carbohydrate 6.05g Õ 10.95g 6.06g \bigcirc

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