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

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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

С

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 |
| DianCarbaAlly Nutritian Dian with Carbaby | dratage and Allerger | | | |

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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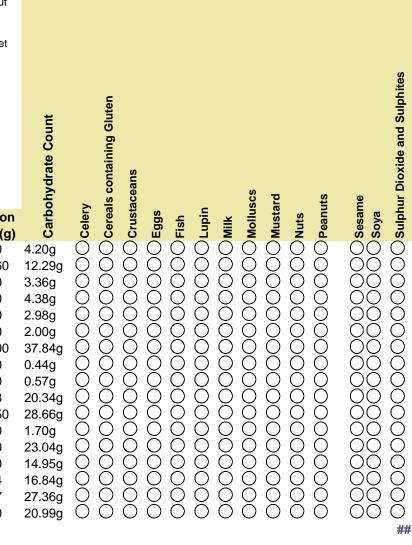
May Contain

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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PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens



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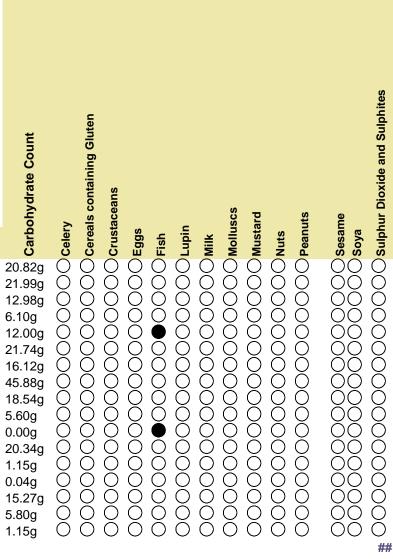
May Contain

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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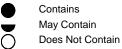
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No Information

| | | | 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 |

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O Cereals containing Gluten

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