Dioxide and Sulphites

Nutrition Plan with Carbohydrates and Allergens

Nutri Xmas2022 **Christmas Recipes 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.
- 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

May Contain

Does Not Contain

No Information

•			Portion	Carboh	ery	reals	stac	s	_	<u>=</u>		Mustard	v	Peanuts	Sesame Soya	phur
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Cal	Celery	Cer	Crusta	Eggs	FISh	Lupin	¥ =	Σ̈́	Nuts	Pea	Sesar Soya	Sulph
50% WM Cranberry Bread (made) (V1)	#SD101	#SD101	20.32	9.43g	\circ) () () (\mathcal{C}) C	\circ	\circ	\circ	\bigcirc	\circ
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33.94g	\circ	O() () () (\mathcal{C}) C	\circ	\circ	\circ	00	\circ
Butchers Halal Chicken Sausage Chipolata	1#TD27	#TD27	28.00	5.46g	*	* *	< >	K >	< >	* *	* *	*	*	*	**	*
Carrots (V1)	#SD28	#SD28	50.00	3.00g	\circ	O() () () () () C	\circ	\circ	\circ	00	\circ
Chefs Pass Gravy (V1)	#SD118	#SD118	63.24	2.88g	Ō	\bigcirc () ($\mathcal{O}($) () C) C) Q	Ō	Q	OQ.	Ō
Chocolate Frosted Christmas Cake (V1)	#TD42	#TD42	66.62	36.94g	Ō) () () C) C) (Ō	Q	QQ	Ō
Christmas Chipolata Sausages Pork (1x16)	(#TD26	#TD26	21.20	2.23g	*	* *	< >	K >	< >	* *	* *	*	*	*	**	*
Christmas Plant Sausage (V1)	#TD28	#TD28	28.00	2.35g	Ō	\bigcirc () () () () C) C) (Ō	Q	OQ.	Ō
Christmas Pudding (V2)	#TD41	#TD41	54.59	30.46g	Ō) () () () C) C) (Ō	Q	OQ.	Ō
Christmas Pudding Rice Crispy Cake (V1)	#TD54	#TD54	103.60	32.34g	Ō) () () () C) C) (Ō	Q	OQ.	Ō
Christmas Turkey (V1)	#T14	#T14	50.00	0.00g	Ō	\bigcirc () () () () C) C) (Ō	Q	OQ.	Ō
Christmas Wellington (V2)	#TD43	#TD43	116.67	24.27g	Ō) () () () C) C) (Ō	Q	OQ.	Ō
Feta, Spinach and Cranberry Puff Pastry Ro	I #TD44	#TD44	98.88	16.62g	Ō) () () (Q () Ç) (Ō	Q	OQ.	Ō
Gingerbread Biscuits (V2)	#TD15	#TD15	58.08	41.24g	Ō) () () () C) C) (Ō	Q	OQ.	Ō
Green Gourmet Turkey Breast Fillet (V1)	#TD45	#TD45	38.70	0.00g	\circ	O() () () (\mathcal{C}) C	\circ	\circ	\circ	00	\circ
Lemon & Parsley Couscous (V2)	#SD119	#SD119	117.00	16.44g	Ō) ($\mathcal{O}($) () C) C) 👤	Ō	Q	\circ	
OBC Chocolate, Orange & Cranberry Brown	ni #TD49	#TD49	55.58	19.13g	\circ) () (\mathcal{C}	$) \subset$	\circ	\circ	\circ	00	0

containing Gluten

ydrate Count

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

Parsnip and Sweet Potato Loaf (V2)

Sweet Potato, Cranberry and Red Onion Tag#TD55

Roast Potatoes - Peeled (V1)

Roasted Parsnips (V1) Roasted Potato - Skin On (V1)

Menu Item

Peas (V1)

Sprouts (V1)

Stuffing (V2)

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Sub Recipe Codes	Portion Size (g)	Carb	Celer	Cerea	Eggs	Fish	Lupin	Mik	Mollu	Musta	Nuts	Pean	Sesal Soya	Suip	
#TD56	118.25	18.54g	O(\circ	\circ	\bigcirc	\bigcirc	\circ	\circ	0	\circ	\circ	00 ()	
#SD18	50.00	5.60g	O(\circ	\circ	\bigcirc (\bigcirc	\circ	\circ	0	\circ	\circ	00 C)	
#SD7	86.80	19.51g	O(\circ	\circ	\bigcirc (\bigcirc	\circ	\circ	0	\circ	\circ	00 C)	
#SD62	60.13	7.74g	\circ	\circ	\circ	\bigcirc	\bigcirc	\circ	\circ	0	\circ	\circ	00 ()	
#SD82	86.80	19.51g	O(\circ	\circ	\bigcirc (\bigcirc	\circ	\circ	0	\bigcirc	\circ	00 ()	
#SD64	50.00	1.75g	O(\circ	\circ	\bigcirc (\bigcirc	\circ	\circ	0	\bigcirc	\circ	00 ()	
#SD40	31.64	1.82g			\circ	\bigcirc (\bigcirc	\circ	\circ	0	\bigcirc	\circ	00 ()	
#TD55	161.60	18.63g	\circ	• 0	\circ	\bigcirc (\bigcirc	\circ	\circ	0	\bigcirc	\circ	00 C)	
	#TD56 #SD18 #SD7 #SD62 #SD82 #SD64 #SD40	Sub Recipe Codes Size (g) #TD56 118.25 #SD18 50.00 #SD7 86.80 #SD62 60.13 #SD82 86.80 #SD64 50.00 #SD40 31.64	Sub Recipe Codes Size (g) Size (g) #TD56 118.25 18.54g #SD18 50.00 5.60g #SD7 86.80 19.51g #SD62 60.13 7.74g #SD82 86.80 19.51g #SD64 50.00 1.75g #SD40 31.64 1.82g	Sub Recipe Codes Size (g) Size (g) #TD56 118.25 18.54g ○ #SD18 50.00 5.60g ○ ○ #SD7 86.80 19.51g ○ ○ #SD62 60.13 7.74g ○ ○ #SD82 86.80 19.51g ○ ○ #SD64 50.00 1.75g ○ ○ #SD40 31.64 1.82g ○	Portion Fortion Sub Recipe Codes Size (g) Size (g)	Portion Fortion Sub Recipe Codes Size (g) Size (g)	Portion Sub Recipe Codes Size (g) Size (g)	Sub Recipe Codes Size (g) Size (g) <td> Sub Recipe Codes Size (g) S</td> <td> Portion Sub Recipe Codes Size (g) Si</td> <td> Portion Sub Recipe Codes Size (g) S</td> <td> Sub Recipe Codes Size (g) S</td> <td> Portion Sub Recipe Codes Size (g) Si</td> <td> Portion Sub Recipe Codes Size (g) Si</td> <td> Portion Sub Recipe Codes Size (g) Si</td>	Sub Recipe Codes Size (g) S	Portion Sub Recipe Codes Size (g) Si	Portion Sub Recipe Codes Size (g) S	Sub Recipe Codes Size (g) S	Portion Sub Recipe Codes Size (g) Si	Portion Sub Recipe Codes Size (g) Si	Portion Sub Recipe Codes Size (g) Si

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