

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

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% WM Cranberry Bread (made) (V1)	#SD101	#SD101	20.32	9.43g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33.94g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Butchers Halal Chicken Sausage Chipolata 1	#TD27	#TD27	28.00	5.46g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Carrots (V1)	#SD28	#SD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chefs Pass Gravy (V1)	#SD118	#SD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Frosted Christmas Cake (V1)	#TD42	#TD42	66.62	36.94g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Christmas Chipolata Sausages Pork (1x16) (	#TD26	#TD26	21.20	2.23g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Christmas Plant Sausage (V1)	#TD28	#TD28	28.00	2.35g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Christmas Pudding (V2)	#TD41	#TD41	54.59	30.46g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Christmas Pudding Rice Crispy Cake (V1)	#TD54	#TD54	103.60	32.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Christmas Turkey (V1)	#T14	#T14	50.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Christmas Wellington (V2)	#TD43	#TD43	116.67	24.27g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Feta, Spinach and Cranberry Puff Pastry Rol	#TD44	#TD44	98.88	16.62g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Gingerbread Biscuits (V2)	#TD15	#TD15	58.08	41.24g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Green Gourmet Turkey Breast Fillet (V1)	#TD45	#TD45	38.70	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lemon & Parsley Couscous (V2)	#SD119	#SD119	117.00	16.44g	○	●	○	○	○	○	○	○	◐	○	○	○	◐	●
OBC Chocolate, Orange & Cranberry Browni	#TD49	#TD49	55.58	19.13g	○	●	○	●	○	○	○	○	○	○	○	○	○	○



