

Nutrition Plan with Carbohydrates and Allergens

Nutri WHF14EU23 WHF Allergen Free (Except Fish) Menu 2023

- 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
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33.94g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Potato (V2)	#SD55	#SD55	187.50	42.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Chicken Thigh (Quirky Bird) (V1)	#QB6	#QB6	72.20	3.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognese (V1)	#B2	#B2	139.79	5.25g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Bidfood Tomato Ketchup (V1)	#SD14	#SD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots (V1)	#SD28	#SD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower (V1)	#SD27	#SD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chef James' Chicken Jollof Rice (V1)	#C84	#C84	221.35	38.09g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chefs Pass Gravy (V1)	#SD118	#SD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Arrabiata Pasta Sauce (V2)	#C41	#C41	159.73	4.24g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Pie (with Gravy) (Mashed Potato To	#C70	#C70	305.00	35.78g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chickpea & Vegetable Hotpot (V5)	#V41	#V41	201.33	24.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chips (Fryer or Oven) (V1)	#SD5	#SD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cottage Pie (V6)	#B9	#B9	272.33	30.33g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devil's Kitchen Moroccan Style Veggie Balls	#V163	#V163	57.00	7.41g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devil's Kitchen Plant Sausage (V1)	#V182	#V182	56.00	4.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutri WHF14EU23 WHF Allergen Free (Except Fish) Menu 2023

- 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
Devil's Kitchen Southern Style Vegan Burger #V164	#V164	#V164	57.00	7.41g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Freshly Chopped Fruit (V1)	#D223	#D223	43.20	3.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Jelly with Mandarins (V1)	#D217	#D217	99.81	11.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Medley (V1)	#D224	#D224	45.80	4.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Platter (V1)	#D225	#D225	41.10	2.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Beans (V1)	#SD24	#SD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Jerk Chicken (V2)	#C17	#C17	72.24	0.73g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Jollof Rice (V1)	#QB1	#QB1	161.35	38.09g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Jollof Rice with Five Beans (V1)	#QB7	#QB7	189.85	41.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Salad (V1)	#SD25	#SD25	41.00	0.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
New Potatoes (Steamed or Boiled) (V1)	#SD2	#SD2	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Chocolate Shortbread (V1)	#NGCI7	#NGCI7	29.94	16.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Crumble Topping (V1)	#NGCI15	#NGCI15	46.67	27.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Italian Chocolate Cake (V1)	#NGCI12	#NGCI12	53.00	20.99g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Italian Vanilla Cake (V1)	#NGCI11	#NGCI11	52.00	20.82g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI MSC Fishfingers (V1)	#NGCI5	#NGCI5	60.00	12.00g	○	○	○	○	●	○	○	○	○	○	○	○	○	○
NGCI Vanilla Shortbread (V1)	#NGCI6	#NGCI6	28.23	16.12g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutri WHF14EU23 WHF Allergen Free (Except Fish) Menu 2023

- 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
Parsnip and Sweet Potato Loaf (V2)	#TD56	#TD56	118.25	18.54g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peaches (V1)	#D166	#D166	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas (V1)	#SD18	#SD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peppers (V1)	#SD26	#SD26	50.00	1.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Plain Tuna Filling (Jacket Potato/Sandwich)	#F17	#F17	50.00	0.00g	○	○	○	○	●	○	○	○	○	○	○	○	○	○
Rainbow Slaw (V1)	#SD92	#SD92	52.67	2.42g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ratatouille (V1)	#TD11	#TD11	174.75	7.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Cabbage (V1)	#SD23	#SD23	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Beef (V2)	#B4	#B4	34.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Breast (V2)	#C4	#C4	45.90	0.08g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Thigh (Boneless) (V2)	#C5	#C5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Gammon (V2)	#P5	#P5	42.60	0.00g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Roast Pork Shoulder (V1)	#P10	#P10	41.53	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Potato - Skin On (V2)	#SD82	#SD82	75.56	16.97g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Potatoes - Peeled (V2)	#SD7	#SD7	75.56	16.97g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Turkey (V1)	#T1	#T1	40.80	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Butternut Squash (V1)	#SD31	#SD31	50.00	3.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○



