TEMPLE

18-Aug-2026
09:43

cnorlin@caterlinkltd.co.uk

Caterlink

Nutrition Plan with Carbohydrates and Allergens

Nutri CenAW2627 Primary Central Autumn Winter 2627

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G	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	PRISD84	PRISD84	106.00	34.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Baked Beans	PRISD22	PRISD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Baked Seasoned Potatoes	PRIQB16	PRIQB16	70.90	10.43g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	BBQ Baked Beans	PRISD88	PRISD88	53.00	8.47g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	BBQ Chicken Thigh	PRIC135	PRIC135	76.83	5.97g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Bolognaise (APP)	PRIB48	PRIB48	121.50	7.71g	○	◒	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Lasagne APP	PRIB52	PRIB52	177.47	23.57g	○	●	○	○	○	○	●	○	○	○	○	○	◒	○
	BF MSC Breaded Pollock Fillets	PRIF7	PRIF7	60.00	12.90g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
	Bidfood Chicken Sausage 8's Halal - Code 33632	PRIC137	PRIC137	49.28	9.61g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
	Bidfood Pork Sausage 16's - Code 35303	PRIP25	PRIP25	56.00	4.20g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
	Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Broccoli	PRISD20	PRISD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cabbage	PRISD35	PRISD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Caribbean Bean Stew	PRIV306	PRIV306	146.00	17.25g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
	Carrot & Cucumber Crudities	PRISD110	PRISD110	48.40	2.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Carrots	PRISD28	PRISD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cauliflower	PRISD27	PRISD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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	Cheese and Crackers	PRID272	PRID272	41.00	11.18g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Cheese and Pepper Whirl	PRIV27	PRIV160, PRIV27	92.88	16.50g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Cheese and Tomato Pizza on PizzaLuxe Base	PRIV346	PRIV346	93.33	34.28g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Cheese Filling for Jacket Potato or Sandwich	PRIV85	PRIV85	20.00	0.02g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
	Cheesy Bean Puffs	PRIV191	PRIV191	102.92	27.74g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Cheesy Coleslaw	PRISD87	PRISD87	83.50	4.12g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
	Chefs Pass Gravy	PRISD118	PRISD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chicken Enchilada Bake APP	PRIC125	PRIC125	164.38	25.18g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Chicken Meatballs in Tomato Sauce	PRIC103	PRIC103	127.58	6.73g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chicken Tikka Masala	PRIC35	PRIC35	134.71	3.29g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
	Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chocolate Sauce	PRID3	PRID3	80.00	8.32g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
	Coleslaw	PRISD47	PRISD47	51.36	2.68g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
	Courgette	PRISD29	PRISD29	44.00	0.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Creamy Chickpea and Coconut Curry	PRIV303	PRIV303	186.46	21.19g	○	◒	○	○	○	○	○	○	○	○	○	○	○	○
	Cucumber	PRISD30	PRISD30	46.00	0.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Custard Sauce	PRID2	PRID2	77.14	8.15g	○	○	○	○	○	○	●	○	○	○	○	○	○	○

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	Five Bean Chilli	PRIV239	PRIV239	177.60	12.29g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fresh Mixed Seasonal Vegetables	PRISD12	PRISD12	50.00	3.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Freshly Chopped Fruit	PRID223	PRID223	43.20	3.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Medley	PRID224	PRID224	45.80	4.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Platter	PRID225	PRID225	41.10	2.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08	8.08g	○	●	○	○	○	○	○	○	○	○	○	○	●	○
	Gingerbread Cookie	PRID267	PRID267	30.19	16.51g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Green Beans	PRISD24	PRISD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Gyros Turmeric Rice	PRIGR5	PRIGR5	165.42	33.64g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Homemade Beetroot Burger	PRIBB3	PRIBB3	110.90	18.37g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Jamaican Ginger Cake	PRID265	PRID265	49.47	20.17g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Lemon and Herb Mini Quorn Fillet	PRIQB19	PRIQB19	60.30	2.89g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
	Lettuce	PRISD25	PRISD25	41.00	0.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Local Butcher ChickenHALAL Sausage-Check allergens	PRIC6	PRIC6	42.50	4.47g	✱	✱	✱	✱	✱	✱	✱	✱	✱	✱	✱	✱	✱	✱
	Local Butcher Pork Sausage-Check allergens	PRIP3	PRIP3	42.50	4.47g	✱	✱	✱	✱	✱	✱	✱	✱	✱	✱	✱	✱	✱	✱
	Macaroni Cheese - No Mustard	PRIV318	PRIV318	164.00	42.19g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Marinated BBQ Quorn Vegan Mini Fillet	PRIV311	PRIV311	68.00	7.43g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

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	Meatless Farm Plant-Based Mini Meatballs	PRIV348	PRIV348	45.00	2.39g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Meatless Farm Sausages	PRIV342	PRIV342	50.00	3.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Mild Caribbean Chicken Thigh	PRIC102	PRIC102	67.38	1.23g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Mixed Peppers	PRISD26	PRISD26	50.00	1.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	MSC Pollock Fish Fingers	PRIF6	PRIF6	65.25	13.05g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
	MSC Salmon Fish Fingers	PRIF1	PRIF1	65.23	13.51g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
	Mushy Peas	PRISD111	PRISD111	50.00	6.90g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	New Potatoes (Steamed or Boiled)	PRISD2	PRISD2	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Oaty Cookies	PRID85	PRID85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	OBC Chocolate and Beetroot Brownie	PRID169	PRID169	53.55	17.51g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	OBC Eves Pudding	PRID189	PRID189	81.22	23.45g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	OBC Iced Sponge	PRID177	PRID177	52.28	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	OBC Syrup Sponge	PRID197	PRID197	52.22	20.46g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Paprika Wedges	PRISD81	PRISD81	90.40	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Pear Crumble	PRID236	PRID236, PRID237	78.00	26.84g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Phat Mexican Bean Vegan Roll	PRIV161	PRIV161	90.00	27.63g	○	●	○	○	○	○	○	●	○	○	○	○	○	○

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	Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Quorn and Lentil Tikka Masala	PRIV347	PRIV347	121.63	7.20g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
	Rainbow Slaw	PRISD92	PRISD92	52.25	1.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Red Cabbage	PRISD23	PRISD23	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Red Pepper and Cheese Frittata	PRIV24	PRIV24	134.34	4.03g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
	Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Chicken Thigh (Boneless)	PRIC5	PRIC5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roasted Autumn Vegetables	PRISD48	PRISD48	51.70	2.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roasted Butternut Squash	PRISD31	PRISD31	50.00	3.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roasted Onions	PRISD116	PRISD116	45.00	3.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roasted Parsnips	PRISD62	PRISD62	50.10	6.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roasted Summer Vegetables	PRISD49	PRISD49	52.71	2.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Soya Mince Lasagne	PRIV242	PRIV242	181.97	26.32g	○	●	○	○	○	○	●	○	○	○	○	○	●	○
	Spaghetti	PRISD8	PRISD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Sprouts	PRISD64	PRISD64	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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✱ No Information

G	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
	Sticky Toffee Apple Crumble	PRID243	PRID237, PRID243	79.26	29.53g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Strawberry Jelly with Mandarins	PRID235	PRID235	169.43	5.49g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Stuffing	PRISD40	PRISD40	31.64	1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Summer Mixed Salad	PRISD126	PRISD126	45.10	2.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Swede	PRISD21	PRISD21	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Sweetcorn	PRISD19	PRISD19	43.50	6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Sweetcorn Salsa	PRIQB3	PRIQB3	18.56	1.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
	Tomato & Vegetable Pasta	PRIV302	PRIV302	301.25	54.48g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Tomato and Onion Salsa	PRISD56	PRISD56	50.40	2.71g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tomato Pasta Sauce	PRIV225	PRIV225	152.60	6.06g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna Mayonnaise Filling	PRIF11	PRIF11	47.60	1.36g	○	○	○	●	●	○	○	○	○	○	○	○	○	○
	Unseeded 4" Bun	PRISD17	PRISD17	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	◒	○	○
	Vanilla Shortbread	PRID57	PRID57	28.23	16.30g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Vegan Soya Bolognaise	PRIV233	PRIV233	143.17	8.80g	○	○	○	○	○	○	○	○	○	○	○	○	●	○
	Vegetable Medley	PRISD102	PRISD102	48.44	4.67g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Vegetarian Wellington	PRIV232	PRIV232	112.76	24.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○