

# Caterlink

## Nutrition Plan with Carbohydrates and Allergens

### Nutri WHFAW2425 WHF Autumn Winter Menu 2024 2025

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.

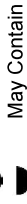
3 All allergens listed are based on **BIDFOOD** purchased products only and are subject to change without notice.

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.

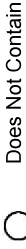
6 Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7. Please be aware that these may differ than those used in other methods e.g. the Carbs & Cals book. All portion sizes are given, so you can make an informed choice based on the data you normally use. All pasta bakes contain 50g of uncooked pasta per portion.



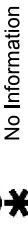
Contains



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	PRISD84	PRISD84	106.00	34.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple and Blackberry Crumble	PRID74	PRID237, PRID74	78.00	27.65g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Beans	PRISD22	PRISD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Tomatoes	PRISD34	PRISD34	49.50	1.49g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognese (APP)	PRIB48	PRIB48	121.50	7.71g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Broccoli Pasta	PRIV304	PRIV304	295.17	51.57g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58	28.26g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
Cheese Filling for Jacket Potato or Sandwich	PRIV85	PRIV85	20.00	0.02g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
Chefs Pass Gravy	PRISD118	PRISD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Meatballs in Tomato Sauce	PRIC103	PRIC103	127.58	6.74g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Pasta Bake	PRIC101	PRIC101	268.38	44.48g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

##

# Caterlink

## Nutrition Plan with Carbohydrates and Allergens

### Nutri WHFAW2425 WHF Autumn Winter Menu 2024 2025

- 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	
Chocolate Orange Cookie	PRID230	PRID230	29.50	13.65g															
Cottage Pie (APP)	PRIB33	PRIB33	238.04	33.48g															
Courgette	PRISD29	PRISD29	44.00	0.79g															
Custard Sauce	PRID2	PRID2	77.14	8.15g															
Devils Kitchen Plant Balls	PRIV237	PRIV237	51.00	7.14g															
Devils Kitchen Plant Sausage 25g	PRIV238	PRIV238	50.00	4.30g															
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	7.52g															
Green Beans	PRISD24	PRISD24	50.00	2.00g															
Halal Chicken Sausages	PRIC6	PRIC6	49.28	9.61g															
Ham Filling	PRIP20	PRIP20	50.00	0.50g															
Lettuce	PRISD25	PRISD25	41.00	0.57g															
Macaroni Cheese	PRIV11	PRIV11	165.50	42.33g															
Marinated BBQ Quorn Vegan Mini Fillet	PRIV311	PRIV311	68.00	6.44g															
Mashed Potato	PRISD1	PRISD1	92.08	20.34g															

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

# Caterlink

## Nutrition Plan with Carbohydrates and Allergens

### Nutri WHFAW2425 WHF Autumn Winter Menu 2024 2025

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	
Melting Moment Biscuit	PRID231	PRID231	28.96	16.11g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
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	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Oaty Cookies	PRID85	PRID85	32.67	18.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Carrot and Courgette Cake	PRID174	PRID174	61.19	20.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Chocolate and Beetroot Brownie	PRID169	PRID169	53.55	17.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Iced Sponge	PRID177	PRID177	52.28	21.03g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Marble Sponge	PRID199	PRID199	50.04	18.90g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Peach Upside Down Cake	PRID176	PRID176	90.31	23.76g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Phat Mexican Bean Vegan Roll	PRIV161	PRIV161	90.00	27.63g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Phat Vegan Sausage Roll	PRIV251	PRIV251	90.00	26.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pork Sausage	PRIP3	PRIP3	56.00	4.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Rainbow Pizza	PRIV305	PRIV305	122.33	29.95g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Cabbage	PRISD23	PRISD23	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

# Caterlink

## Nutrition Plan with Carbohydrates and Allergens

### Nutri WHFAW2425 WHF Autumn Winter Menu 2024 2025

- 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
Roast Beef	PRIB4	PRIB4	34.00	0.00g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roast Chicken Thigh (Boneless)	PRIC5	PRIC5	62.25	0.00g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roast Gammon	PRIP5	PRIP5	42.60	0.00g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roast Pork Shoulder	PRIP10	PRIP10	41.53	0.00g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roast Quorn Vegan Fillet	PRIV204	PRIV204	58.00	2.84g	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roast Turkey	PRIT1	PRIT1	40.80	0.00g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roasted Butternut Squash	PRISD31	PRISD31	50.00	3.70g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spaghetti	PRISD8	PRISD8	124.00	39.06g	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinach & Cheese Whirl	PRIGR2	PRIGR2	139.56	26.71g	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sticky Toffee Apple Crumble	PRID243	PRID237, PRID243	79.26	29.53g	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberry Jelly with Mandarins	PRID235	PRID235	149.60	5.80g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stuffing	PRISD40	PRISD40	31.64	1.82g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swede	PRISD21	PRISD21	50.00	1.15g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweetcorn	PRISD19	PRISD19	43.50	6.05g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato & Vegetable Pasta	PRIV302	PRIV302	301.25	54.48g	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

##

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens



