





Nutrition Plan with Carbohydrates and Allergens

Nutri WHFSS23

WHF Spring Summer Menu 2023

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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														
Apple Flapjack (V1)	#D171	#D171	43.92	19.39g														
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g														
Baked Tomatoes (V1)	#SD34	#SD34	49.50	1.49g														
BBQ Chicken Pieces (V1)	#C89	#C89	60.00	3.60g														
BBQ Chicken Thigh (Quirky Bird) (V1)	#QB6	#QB6	72.20	3.60g														
BBQ Quorn Vegan Fillet (V1)	#V205	#V205	189.70	14.80g														
Beef Bolognaise (APP) (V2)	#B37	#B37	147.06	9.05g														
Beef Lasagne (APP) (V4)	#B39	#B39	235.88	25.88g														
Bidfood Tomato Ketchup (V1)	#SD14	#SD14	10.00	2.86g														
Breadcrumbs (V1)	#MC6	#MC6	13.00	6.86g														
Broccoli (V1)	#SD20	#SD20	50.00	1.40g														
Cabbage	#SD35	#SD35	50.00	1.60g														
Carrot & Beetroot Slaw (V2)	#SD58	#SD58	72.00	5.44g														
Carrot & Cucumber Sticks (Crudites) (V1)	#SB10	#SB10	20.57	0.76g														
Carrot & Swede Mash (V1)	#SD53	#SD53	49.45	2.28g														
Carrots (V1)	#SD28	#SD28	50.00	3.00g														

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Catherine Wheel Cookies (V4)	#D82	#D82	35.00	18.24g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower (V1)	#SD27	#SD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese & Tomato Pizza 50/50 (V5)	#V31	#V160, #V31	101.25	27.72g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Tomato Pizza - Lentil Free (V3)	#V171	#V171	79.79	25.47g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Chef's Special Chicken Korma (V1)	#C86	#C86	148.20	5.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chefs Pass Gravy (V1)	#SD118	#SD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chinese Vegetable Noodles (V1)	#V215	#V215	265.58	54.54g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Chips (Fryer or Oven) (V1)	#SD5	#SD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Coleslaw (V4)	#SD47	#SD47	51.36	2.68g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cornflake Tart (V1)	#D221	#D221	50.75	29.04g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Courgette (V1)	#SD29	#SD29	44.00	0.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce (V4)	#D2	#D2	77.14	8.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devil's Kitchen Plant Sausage (V1)	#V182	#V182	56.00	4.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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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
Garlic Flavoured Bread (Made) (V1)	#SD50	#SD50	17.08	7.52g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Golden Mac and Cheese (V1)	#MC10	#MC10	206.00	43.81g	○	●	○	○	○	○	●	○	●	○	○	○	○	○
Golden Syrup Snap (V1)	#D219	#D219	27.75	15.19g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Greek Chicken Pitta (V1)	#GR1	#GR1	69.38	16.55g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Greek Salad (V1)	#GR4	#GR4	19.64	0.56g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Beans (V1)	#SD24	#SD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Mac and Cheese (V1)	#MC9	#MC9	188.00	44.09g	○	●	○	○	○	○	●	○	●	○	○	○	○	○
Ham and Sweetcorn Topping (V1)	#MC1	#MC1	15.27	0.81g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Hot Dog Bun (V1)	#SD33	#SD33	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Ice Cream (V3)	#D13	#D13	60.00	13.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Iceberg Lettuce (V1)	#SB4	#SB4	20.50	0.29g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
JJ's Pasta Salad (V1)	#QB5	#QB5	26.43	4.90g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Jollof Rice (V1)	#QB1	#QB1	161.35	38.09g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lemon and Herb Chicken Thigh (V1)	#QB8	#QB8	64.54	0.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lemon and Herb Quorn (V1)	#QB10	#QB10	71.28	3.43g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Sweet Potato Curry (V5)	#V108	#V108	226.66	26.49g	○	◐	○	○	○	○	○	○	●	○	○	○	○	○
Macaroni Cheese (V3)	#V11	#V11	165.50	42.33g	○	●	○	○	○	○	●	○	●	○	○	○	○	○

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Minced Beef & Onion Pie (APP) (V1)	#B45	#B45	149.17	19.76g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Salad (V1)	#SD25	#SD25	41.00	0.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Pollock Fish Fingers (V3)	#F6	#F6	65.25	13.05g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
MSC Salmon Fish Fingers (V1)	#F1	#F1	65.23	13.51g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
New Potatoes (Steamed or Boiled) (V1)	#SD2	#SD2	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Oaty Cookies (V1)	#D85	#D85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
OBC Carrot and Courgette Cake (V1)	#D174	#D174	61.19	20.45g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
OBC Eves Pudding (V1)	#D189	#D189	81.22	23.45g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
OBC Iced Sponge (V1)	#D177	#D177	52.28	21.03g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
OBC Lemon and Cucumber Sponge (V2)	#D184	#D184	51.41	19.98g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
OBC Pear and Chocolate Upside Down Cake	#D207	#D207	86.48	22.02g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peach Crumble (V3)	#D19	#D19, #D196	93.50	36.05g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peaches (V1)	#D166	#D166	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas (V1)	#SD18	#SD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peppers (V1)	#SD26	#SD26	50.00	1.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Phat Mexican Bean Vegan Roll (V1)	#V161	#V161	90.00	27.63g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Pork Sausage (V4)	#P3	#P3	56.00	4.20g	*	*	*	*	*	*	*	*	*	*	*	*	*	*

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Potato & Courgette Layer Bake (V5)	#V10	#V10	268.95	31.64g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Potato Wedges (Made & Oven Baked) (V3)	#SD6	#SD6	93.78	21.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Rainbow Slaw (V1)	#SD92	#SD92	52.67	2.42g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Cabbage (V1)	#SD23	#SD23	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Pepper and Cheese Frittata (V1)	#V24	#V24	141.14	4.09g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
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 Quorn Vegan Fillet (V1)	#V204	#V204	68.90	3.38g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Roast Turkey (V1)	#T1	#T1	40.80	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Butternut Squash (V1)	#SD31	#SD31	50.00	3.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Chickpea Salad (V1)	#QB2	#QB2	13.91	1.57g	○	○	○	○	○	○	○	●	○	○	○	○	○	○
Roasted Parsnips (V1)	#SD62	#SD62	60.13	7.74g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Roasted Summer Vegetables (V2)	#SD49	#SD49	72.00	3.28g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Vegetables (V2)	#SD48	#SD48	93.50	4.91g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Soya Vegetarian Bolognaise (V1)	#V169	#V169	188.90	12.00g	○	○	○	○	○	○	○	○	○	○	○	○	●	○
Spaghetti (V2)	#SD8	#SD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Spinach & Cheese Whirl (V1)	#GR2	#GR2	139.56	26.71g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Sprouts (V1)	#SD64	#SD64	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sticky Toffee Apple Crumble (50% Fruit) (V2)	#D72	#D72	90.13	32.20g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Stuffing (V2)	#SD40	#SD40	31.64	1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Sweet Potato & Spinach Flan (V1)	#V213	#V213	165.92	27.08g	○	●	○	●	○	○	●	○	○	○	○	○	○	●
Sweetcorn (V1)	#SD19	#SD19	43.50	6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn Salsa (V1)	#QB3	#QB3	18.56	1.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Tomato and Onion Salsa (V1)	#SD56	#SD56	50.40	2.71g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tzatziki (V1)	#GR3	#GR3	10.52	0.76g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vanilla Shortbread (V1)	#D57	#D57	28.23	16.30g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vegan Mediterranean Gratin (V1)	#V193	#V193	157.13	12.09g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vegan Sheese (Cheese alternative) Topping	#V216	#V216	20.00	4.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegan Sheese Pizza (V1)	#V219	#V160, #V219	101.25	32.04g	○	●	○	○	○	○	○	○	○	○	○	○	●	○

Nutrition Plan with Carbohydrates and Allergens

Nutri WHFSS23

WHF Spring Summer 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

[illegible]

