## **Nutrition Plan with Carbohydrates and Allergens**

# Nutri WHFSS23 WHF Spring Summer Menu 2023

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Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Car	Celery	Crusta	Eggs	Fish	Lupin	Μij	Mollus	Nuts	Pean	Sesal Soya Sulpt	,
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33.94g	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\supset C$	$) \bigcirc ($	$\supset$	000	,
Apple Flapjack (V1)	#D171	#D171	43.92	19.39g			$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\supset C$	$) \bigcirc ($	$\supset$	00 0	)
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\supset C$	$) \bigcirc ($	$\supset$	00 0	)
Baked Tomatoes (V1)	#SD34	#SD34	49.50	1.49g	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\supset C$	$) \bigcirc ($	$\supset$	00 0	)
BBQ Chicken Pieces (V1)	#C89	#C89	60.00	3.60g	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\supset C$	$) \bigcirc ($	$\supset$	00 0	)
BBQ Chicken Thigh (Quirky Bird) (V1)	#QB6	#QB6	72.20	3.60g	$\circ$	) Q	Ó	Ō	Ō	Q (	Q Ç	) Q (	Ç	00 Q	)
BBQ Quorn Vegan Fillet (V1)	#V205	#V205	189.70	14.80g	Q (	) (	Ō	Q	Q	Q (	Q Ç	) Q (	Ç	00 O	)
Beef Bolognaise (APP) (V2)	#B37	#B37	147.06	9.05g	Q •	, O	Ō	Q	Q	Q (	Q Ç	) Q (	Ç	00 Q	)
Beef Lasagne (APP) (V4)	#B39	#B39	235.88	25.88g	Q (	) (	Ō	Q	Q	• (	Q Ç	) Q (	Ç	Q <b>-</b> Q	)
Bidfood Tomato Ketchup (V1)	#SD14	#SD14	10.00	2.86g	$\circ$	) (	Ō	Q	Q	Q (	Q Ç	) Q (	Ç	00 Q	)
Breadcrumbs (V1)	#MC6	#MC6	13.00	6.86g	Q (	) Q	Ō	Ō	Ō	Õ (	Ò Ć	) Q (	Ç	•O O	)
Broccoli (V1)	#SD20	#SD20	50.00	1.40g	$\circ$	) Q	Ō	Ō	Ō	Õ (	Ò Ć	) Q (	Ç	ŎŎ Ŏ	)
Cabbage	#SD35	#SD35	50.00	1.60g	$\circ$	) Q	Ō	Ō	Ō	Õ (	Ò Ć	) Q (	Ç	ŎŎ Ŏ	)
Carrot & Beetroot Slaw (V2)	#SD58	#SD58	72.00	5.44g	$\circ$	) Q	Ō	Ō	Ō	Õ (	Ò Ć	) Q (	Ç	ŎŎ Ŏ	)
Carrot & Cucumber Sticks (Crudites) (V1)	#SB10	#SB10	20.57	0.76g	$\circ$	) Q	Ō	Ō	Ō	Õ (	Ò Ć	) Q (	Ç	ŎŎ Ŏ	)
Carrot & Swede Mash (V1)	#SD53	#SD53	49.45	2.28g	$\circ$	) Q	Ō	Ō	Ō	Õ (	Q Ç	) Q (	Ç	OO O	)
Carrots (V1)	#SD28	#SD28	50.00	3.00g	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\supset C$	$) \bigcirc ($	$\supset$	000	)

containing Gluten

hydrate Count

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			Portion	arbo	Celery	ereal	rus	Eggs	Fish	Lupin	Ĭ	Mollu	Mustar	Peanut	Sesam	Soya	Sulphu
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ပၱ	ပ္	ပ္	ပ်	Щ	ΙÏ	3	Ξ	Š	Σź	ڀّ	လွ	Š	જ
Catherine Wheel Cookies (V4)	#D82	#D82	35.00	18.24g	Ō	•	Ō.	Ō	Q	Ō	Ō	Q.	ΟÇ	) Q	O(	Ò (	Ç
Cauliflower (V1)	#SD27	#SD27	50.00	1.75g	Ō	Ō (	Q.	Q	Q	Q	Ō	Q.	ΟÇ	) Q	O(	$\bigcirc$ (	Q
Cheese & Tomato Pizza 50/50 (V5)	#V31	#V160, #V31	101.25	27.72g	Ō	•	Ō.	Ō	Q	Ō		Q.	ΟÇ	) Q	Q(	• (	Ç
Cheese and Tomato Pizza - Lentil Free (V3)	#V171	#V171	79.79	25.47g	Ō	•	Ō.	Ō	Q	Ō		Q.	ΟÇ	) Q	Q(	• (	Ç
Chef's Special Chicken Korma (V1)	#C86	#C86	148.20	5.79g	Ō	Ō (	Ō.	Ō	Q	Ō		Q.	• C	) Q	Ō(	Ò (	Ç
Chefs Pass Gravy (V1)	#SD118	#SD118	63.24	2.88g	Ō	Ō (	Q.	Q	Q	Q	Q	Q	ΟÇ	) Q	Q(	Õ (	Q
Chinese Vegetable Noodles (V1)	#V215	#V215	265.58	54.54g	Q		Q.		Q	Q	Q	Q	ΟÇ	) Q	Q(	• (	Q
Chips (Fryer or Oven) (V1)	#SD5	#SD5	83.40	29.44g	Q	Ō (	Q.	Q	Q	Q	Q	Q	ΟÇ	) Q	Q(	Q (	Q
Coleslaw (V4)	#SD47	#SD47	51.36	2.68g	Q	Ō (	Q.		Q	Q	Q	Q	ΟÇ	) Q	Q(	Q (	Q
Cornflake Tart (V1)	#D221	#D221	50.75	29.04g	Q		Q-	Q	Q	Q	Q	Q	ΟÇ	) Q	Q(	) (	Q
Courgette (V1)	#SD29	#SD29	44.00	0.79g	Q	Ō (	Q.	Q	Q	Q	Q	Q	ΟÇ	) Q	Q(	$\bigcirc$ (	Ō.
Custard Sauce (V4)	#D2	#D2	77.14	8.15g	Q	Ō (	Q.	Q	Q	Q		Q	ΟÇ	) Q	Q(	$\bigcirc$ (	Ō.
Devil's Kitchen Plant Sausage (V1)	#V182	#V182	56.00	4.70g	Q	Ō (	Q.	Q	Q	Q	Q	Q	ΟÇ	) Q	Q(	$\bigcirc$ (	Ō.
Freshly Chopped Fruit (V1)	#D223	#D223	43.20	3.36g	Q	Ō (	Q.	Q	Q	Q	Q	Q	ΟÇ	) Q	Q(	$\bigcirc$ (	Ō.
Fruit Jelly with Mandarins (V1)	#D217	#D217	99.81	11.27g	Ō	Ō (	Q.	Q	Q	Q	Ō	Q.	ΟÇ	) Q	O(	$\bigcirc$ (	Q
Fruit Medley (V1)	#D224	#D224	45.80	4.38g	Ō	Ō (	Q	Ō	Q	Ō	Ō	Q	ΟÇ	) Q	Ō(	Ò (	Ç
Fruit Platter (V1)	#D225	#D225	41.10	2.98g	$\circ$	$\bigcirc$ (	$\bigcirc$	$\circ$	0	$\circ$	$\circ$	0	$\circ$	$\circ$	$\bigcirc$	$\bigcirc$ (	$\supset$

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			Portion	arboh	ery	Cereals	Crustac	<u>s</u>	_	<u>=</u>		lusc	Mustard	S	nuts	Sesame	Sulphur	
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Car	Celery	Cer	Cr	Eggs	Fish	Lupi	Σ	Mollu	Mus	Nuts	Pean	Sesal	Sul	
Garlic Flavoured Bread (Made) (V1)	#SD50	#SD50	17.08	7.52g	$\circ$		$\bigcirc$	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\circ$			1
Golden Mac and Cheese (V1)	#MC10	#MC10	206.00	43.81g	$\circ$		$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$		$\circ$		$\bigcirc$ (	$\circ$	00		i
Golden Syrup Snap (V1)	#D219	#D219	27.75	15.19g	$\circ$		$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\circ$	00		i
Greek Chicken Pitta (V1)	#GR1	#GR1	69.38	16.55g	$\circ$		$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\circ$	00		i
Greek Salad (V1)	#GR4	#GR4	19.64	0.56g	$\circ$	$\bigcirc$ (	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\circ$	00		i
Green Beans (V1)	#SD24	#SD24	50.00	2.00g	$\circ$	$\bigcirc$ (	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\circ$	00		i
Green Mac and Cheese (V1)	#MC9	#MC9	188.00	44.09g	$\circ$		$\bigcirc$	$\circ$	$\circ$	$\circ$		$\circ$		$\bigcirc$ (	$\circ$	OC		ı
Ham and Sweetcorn Topping (V1)	#MC1	#MC1	15.27	0.81g	*	* :	*	*	*	*	*	*	*	*	*	**	*	
Hot Dog Bun (V1)	#SD33	#SD33	50.00	25.75g	$\circ$		$\bigcirc$	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\circ$	$lue{}$		ı
Ice Cream (V3)	#D13	#D13	60.00	13.20g	Q	Ō (	Q.	Q	Q.	Q		Ō	Q	Ō (	Q	ŌĈ	) ()	1
Iceberg Lettuce (V1)	#SB4	#SB4	20.50	0.29g	$\circ$	$\bigcirc$ (	$\bigcirc$	$\circ$	$\circ$	$\bigcirc$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\circ$	OC		1
JJ's Pasta Salad (V1)	#QB5	#QB5	26.43	4.90g	$\circ$		$\bigcirc$	$\circ$	$\circ$	$\bigcirc$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\circ$	OC		1
Jollof Rice (V1)	#QB1	#QB1	161.35	38.09g	$\circ$	$\bigcirc$ (	$\bigcirc$	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$ (	$\circ$	$\circ$		1
Lemon and Herb Chicken Thigh (V1)	#QB8	#QB8	64.54	0.05g	Ō	Ō (	Q.	Q	Q	Ō	Ō	Ō	Ō	Ō (	Q	ŌĈ		1
Lemon and Herb Quorn (V1)	#QB10	#QB10	71.28	3.43g	Ō		Q.	Q	Q	Ō	Ō	Ō	Ō	Ō (	Q	ŌĈ		1
Lentil and Sweet Potato Curry (V5)	#V108	#V108	226.66	26.49g	Ō	•	Q	Q	Q	Ō	Ō	Ō		Ō (	Q	ŌŌ	) Q	1
Macaroni Cheese (V3)	#V11	#V11	165.50	42.33g	$\circ$		$\bigcirc$	$\circ$	$\circ$	$\bigcirc$		$\circ$		$\bigcirc$ (	$\circ$	OC		1

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Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Car	Celery	Cer	Eggs	Fish	Lupin	Μij	Mollu	Must Nuts	Pea	Sesar	Sulphu
Minced Beef & Onion Pie (APP) (V1)	#B45	#B45	149.17	19.76g	$\circ$		$\circ$	$\circ$	$\circ$	$\circ$	O	$\circ$	$\circ$	00 (	$\supset$
Mixed Salad (V1)	#SD25	#SD25	41.00	0.57g	$\bigcirc$ (	$\circ$ $\circ$	$\circ$	$\circ$	$\circ$	$\circ$	O	$\circ$	$\circ$	00 (	$\supset$
MSC Pollock Fish Fingers (V3)	#F6	#F6	65.25	13.05g	$\circ$		$\circ$		$\circ$	$\circ$	O	$\circ$	$\circ$	00 (	$\supset$
MSC Salmon Fish Fingers (V1)	#F1	#F1	65.23	13.51g	$\circ$		$\circ$		$\circ$	$\circ$	O(	$\circ$	$\circ$	00 (	$\supset$
New Potatoes (Steamed or Boiled) (V1)	#SD2	#SD2	120.00	17.88g	$\bigcirc$ (	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	O(	$\circ$	$\circ$	00 (	$\supset$
Oaty Cookies (V1)	#D85	#D85	32.67	18.00g	Q (		) Q	Ō	Ō	Ō	Ō (	Q Ç	) Q	QQ (	)
OBC Carrot and Courgette Cake (V1)	#D174	#D174	61.19	20.45g	Q (			Ō	Ō	Q	Ō (	Ò Ĉ	) Q	QQ (	<u>)</u>
OBC Eves Pudding (V1)	#D189	#D189	81.22	23.45g	Q (			Ō	Ō	Q	Ō (	Ò Ĉ	) Q	QQ (	<u>)</u>
OBC Iced Sponge (V1)	#D177	#D177	52.28	21.03g	Q (			Ō	Ō	Q	Ō (	Ò Ĉ	) Q	QQ (	<u>)</u>
OBC Lemon and Cucumber Sponge (V2)	#D184	#D184	51.41	19.98g	Q (			Q	Q	Q	$\bigcirc$ (	$\bigcirc$	) Q	QQ	)
OBC Pear and Chocolate Upside Down Ca	k€#D207	#D207	86.48	22.02g	Q (			Q	Q	Q	$\bigcirc$ (	$\supset$ $\bigcirc$	) Q	OO(	$\supset$
Peach Crumble (V3)	#D19	#D19, #D196	93.50	36.05g	Q (		) Q	Q	Q	Q	$\bigcirc$ (	$\supset$ $\bigcirc$	) Q	OO(	$\supset$
Peaches (V1)	#D166	#D166	50.00	4.85g	$\bigcirc$ (	$\bigcirc$	) Q	Q	Q	Q	$\bigcirc$ (	$\supset$ $\bigcirc$	) Q	OO(	$\supset$
Peas (V1)	#SD18	#SD18	50.00	5.60g	$\bigcirc$ (	$\bigcirc$	) Q	Q	Q	Q	$\bigcirc$ (	$\supset$ $\bigcirc$	) Q	OO(	$\supset$
Peppers (V1)	#SD26	#SD26	50.00	1.70g	$\bigcirc$ (	$\bigcirc$	) Q	Q	Q	Q	$\bigcirc$ (	ΣÓ	) Q	OO(	$\supset$
Phat Mexican Bean Vegan Roll (V1)	#V161	#V161	90.00	27.63g	Ö (	Ġ C	) ()	Ö	Ö	Ō	Ů (		Ò	ÖÖ (	ر
Pork Sausage (V4)	#P3	#P3	56.00	4.20g	*	* *	*	*	*	*	* *	* *	*	** >	K
PlanCarbsAll: Nutrition Plan with Carbohydr	ates and Allerge	ns													##

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			Portion	arboł	Celery	ı cais ustac	ᇚ	Ę	Lupin	¥	Mollusc	Mustard	Peanuts	Sesame Soya Sulphur	
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ပိ	ပ္မီ ပို	نَّ دُ	Eg	Fish	3	Mik	Š	Must	J D	So	
Potato & Courgette Layer Bake (V5)	#V10	#V10	268.95	31.64g	Q (	) Q	Q	Q	Q		O(	) Q (	)	ÕÕ Õ	
Potato Wedges (Made & Oven Baked) (V3)	#SD6	#SD6	93.78	21.19g	O C	) Q	Ō	Ō	Ō	Ō	$\bigcirc$ (	) Q (	)	OO O	
Rainbow Slaw (V1)	#SD92	#SD92	52.67	2.42g	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	O(	$) \circ ($	)	000	
Red Cabbage (V1)	#SD23	#SD23	50.00	1.15g	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	O(	$) \circ ($	)	000	
Red Pepper and Cheese Frittata (V1)	#V24	#V24	141.14	4.09g	$\circ$	$\circ$		$\circ$	$\circ$		O(	$) \circ ($	)	000	
Roast Beef (V2)	#B4	#B4	34.00	0.00g	O C	) Q	Q	Ō	Ō	Ō	Q (	) Q (	)	OO O	
Roast Chicken Breast (V2)	#C4	#C4	45.90	0.08g	O C	) Q	Q	Q	Q	Q	Q (	) Q (	)	OO O	
Roast Chicken Thigh (Boneless) (V2)	#C5	#C5	62.25	0.00g	Q C	) Q	Q	Q	Q	Q	$\bigcirc$ (	) Q (	)	QQ Q	
Roast Gammon (V2)	#P5	#P5	42.60	0.00g	* *	<b>*</b>	*	*	*	*	* *	<b>*</b> * *	K	** *	
Roast Pork Shoulder (V1)	#P10	#P10	41.53	0.00g	O C	) Q	Q	Q	Q	Q	$\bigcirc$ (	) Q (	)	ŎŎ Ŏ	
Roast Potato - Skin On (V2)	#SD82	#SD82	75.56	16.97g	O C	) Q	Q	Q	Ō	Q	O(	) Q (	)	ÕÕ Õ	
Roast Potatoes - Peeled (V2)	#SD7	#SD7	75.56	16.97g	O C	) Q	Q	Q	Ō	Q	O(	) Q (	)	ÕÕ Õ	
Roast Quorn Vegan Fillet (V1)	#V204	#V204	68.90	3.38g	Q (	) Q	Q	Q	Q	Q	O(	) Q (	)	ÕÕ Õ	
Roast Turkey (V1)	#T1	#T1	40.80	0.00g	O C	) Q	Ō	Ō	Ō	Ō	$\bigcirc$ (	) Q (	)	OO O	
Roasted Butternut Squash (V1)	#SD31	#SD31	50.00	3.70g	O C	) Q	Ō	Ō	Ō	Ō	$\bigcirc$ (	) Q (	)	OO O	
Roasted Chickpea Salad (V1)	#QB2	#QB2	13.91	1.57g	Ŏ Ć	) Ó	Ō	Q	Õ	Õ	Q (		)	ÕÕ Õ	
Roasted Parsnips (V1)	#SD62	#SD62	60.13	7.74g	$\circ$	$\circ$	0	0	$\circ$	$\circ$	$\circ$	$) \circ ($	)	000	

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PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

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Contains

May Contain

Does Not Contain
No Information

				0	≥	ä	ğ	"		_		USC.	ā	Ĭ	Ì	Soya	Sulphu
			Portion	c c	Celery	Cereals	Crusta	Eggs	Fish	Lupi		Mollus	Must Nuts	Pean	3	Soya	슼
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Ü	ပ္	ပ္	ပ်	Щ	Ï	בֿ ב		Ž	Ž		ù	ŭ ŭ	ร
Roasted Summer Vegetables (V2)	#SD49	#SD49	72.00	3.28g	Ō(	) (	) (	Q (	) (	$\mathcal{I}$	)	) (	) Ç	) ()	C	)()	Q
Roasted Vegetables (V2)	#SD48	#SD48	93.50	4.91g	Ō(	) Ç	) Ç	Q (	) (	$\supset$ $\subset$	)	) (	) Ç	) Q	Ç	)Q	Ō
Soya Vegetarian Bolognaise (V1)	#V169	#V169	188.90	12.00g	$\bigcirc$ (	$\mathcal{C}$	$\supset$ (	$\bigcirc$ (	) (	$\supset$ $\subset$	) (	) (	$) \subset$	$\circ$	$\subset$		$\circ$
Spaghetti (V2)	#SD8	#SD8	124.00	39.06g	$\circ$		) (	$\circ$	) (	C	) (	) (	$) \subset$	$\circ$	$\subset$	O(	$\circ$
Spinach & Cheese Whirl (V1)	#GR2	#GR2	139.56	26.71g	$\circ$		) (	$\circ$	) (	$\supset$ (	)	) (	$) \subset$	$\circ$	$\subset$	O(	$\circ$
Sprouts (V1)	#SD64	#SD64	50.00	1.75g	Ō (	) Ç	) Ç	Q (	) (	Q C	) (	) (	) (	) (	Ç	)Q	Q
Sticky Toffee Apple Crumble (50% Fruit) (V	2 #D72	#D72	90.13	32.20g	Q (		) (	Q (	) (	) C	)	) (	) (	) (	C	)()	Q
Stuffing (V2)	#SD40	#SD40	31.64	1.82g	Q (		) (	Q (	) (	) C	)	) (	) (	) (	C	)()	Q
Sweet Potato & Spinach Flan (V1)	#V213	#V213	165.92	27.08g	Q (		) (	• (	) (	$\supset$ (		) (	) (	) (	C	)()	
Sweetcorn (V1)	#SD19	#SD19	43.50	6.05g	(O)	) (	) (	Q (	) (	) C	)	) (	) (	) (	C	)()	Q
Sweetcorn Salsa (V1)	#QB3	#QB3	18.56	1.88g	Ō(	) Ç	) Ç	Q (	) (	$\supset$ $\subset$	)	) (	) Ç	) Q	C	)Q	
Tomato and Onion Salsa (V1)	#SD56	#SD56	50.40	2.71g	Ō(	) Ç	) Ç	Q (	) (	$\supset$ $\subset$	)	) (	) Ç	) Q	C	)Q	Ō
Tzatziki (V1)	#GR3	#GR3	10.52	0.76g	Ō(	) Ç	) Ç	Q (	) (	$\supset$ (		) (	) Ç	) Q	C	)Q	Ō
Vanilla Shortbread (V1)	#D57	#D57	28.23	16.30g	Q (		) Ç	Q (	) (	$\supset$ $\subset$	)	) (	) Ç	) Q	C	)Q	Ō
Vegan Mediterranean Gratin (V1)	#V193	#V193	157.13	12.09g	$\circ$		$\supset$ (	$\bigcirc$ (	) (	$\supset$ $\subset$	) (	) (	$) \subset$	$\circ$	$\subset$	O(	$\circ$
Vegan Sheese (Cheese alternative) Toppin	g #V216	#V216	20.00	4.34g	Ō (	) Ç	) (	Q (	) (	$\supset$ $\subset$	)	) (	) Ç	) Q	Ç	) ()	Ō
Vegan Sheese Pizza (V1)	#V219	#V160, #V219	101.25	32.04g	$\circ$		$\supset$ (	$\bigcirc$ (	) (	$\supset C$	) (	) C	$) \subset$	$\circ$	C		$\circ$

containing Gluten

hydrate Count

ir Dioxide and Sulphites

Dioxide and Sulphites

# **Nutrition Plan with Carbohydrates and Allergens**

#### Nutri WHFSS23 WHF Spring Summer Menu 2023

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Contains
May Contain
Does Not Contain
No Information

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			<b>Portion</b>	Ę	ē	Fee	agg	<del>,</del>	ρi	≚	릋	ıst	its	,	sal	횰	
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ပိ	ပ္မ	ညီ	E	Ϊ́Ε̈́		Ξ	ĕ	ž	N G	, -	Ses	Su	
Vegan Sheese Topped Tomato Pasta (V1)	#V214	#V214	242.38	48.67g			$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$	$\circ$	) (	$\supset \bigcirc$	$\circ$	
Vegetable Burger (V1)	#BB3	#BB3	108.90	18.02g	$\circ$		$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$	О С	) (	$\mathcal{O}$	$\circ$	
Vegetarian Wellington (V5)	#V12	#V12	122.34	24.36g	$\circ$		$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$	$\circ$	) (	OC	$\circ$	
Watermelon Salad (V1)	#QB4	#QB4	12.67	0.42g	$\bigcirc$ (	$\supset C$	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$	$\circ$	) (	OC	$\circ$	
Whipped Cream (V1)	#D39	#D39	50.00	0.85g	$\bigcirc$ (	$\supset C$	$\circ$	$\circ$	$\circ$		$\circ$	$\bigcirc$	$\circ$	) (	$\bigcirc$	$\circ$	
Wholemeal Vegetable Pasta Bake (V4)	#V73	#V73	270.33	42.85g	$\circ$		$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$	$\circ$	) (	OC	$\circ$	

ydrate Count

containing Gluten