

Nutrition Plan with Carbohydrates and Allergens

Nutri GenAW2425 General Dishes Autumn Winter 2024 2025

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- Does Not Contain
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Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Allergens														
					Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites	
50% Wholemeal Rustic Bread (made)	PRISD51	PRISD51	16.77	7.48g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Beetroot and Apple Bread (made)	PRISD41	PRISD41	19.51	7.88g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Cheese and Turmeric Bread (made)	PRISD42	PRISD42	20.15	7.48g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
50% WM Cinnamon and Raisin Bread (made)	PRISD43	PRISD43	20.23	9.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Cranberry Bread (made)	PRISD101	PRISD101	20.32	9.43g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Curry Bread (made)	PRISD91	PRISD91	16.37	7.54g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Honey Bread (made)	PRISD89	PRISD89	18.33	8.97g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Pizza Bread (made)	PRISD45	PRISD45	19.11	7.66g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Roasted Vegetable & Olive Bread (made)	PRISD46	PRISD46	21.39	7.67g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
50% WM Sweetcorn Bread (made)	PRISD90	PRISD90	18.64	7.83g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple & Raisin Salad	PRISB12	PRISB12	19.08	3.92g	○	○	○	●	○	○	○	○	○	○	○	○	○	○	○
Baked Beans	PRISD22	PRISD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Potato	PRISD55	PRISD55	187.50	42.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beetroot & Orange Salad	PRISB15	PRISB15	16.93	1.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrot & Cucumber Sticks (Crudites)	PRISB10	PRISB10	20.57	0.76g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese Filling for Jacket Potato or Sandwich	PRIV85	PRIV85	20.00	0.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheesy Coleslaw	PRISD87	PRISD87	83.50	4.12g	○	○	○	●	○	○	○	○	○	○	○	○	○	○	○

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Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
Chocolate Yoghurt	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Coleslaw	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Cucumber	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Egg Mayonnaise Filling	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Garlic Flavoured Bread (Made)	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Grated Carrot & Raisin	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Grated Carrot Salad	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Bean Salad	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Homemade Houmous Filling (Requires a blend)	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Honey Yoghurt	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Lettuce	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Bean Salad	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pasta Salad w/Tomato Sauce	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Plain Tuna Filling (Jacket Potato/Sandwich)	○	○	○	○	●	○	○	○	○	○	○	○	○	○
Potato & Chive Salad	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Power Salad - Roasted Vegetables & Lentils	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Power Salad - Sweet Potato & Coriander Salad	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
Chocolate Yoghurt	PRID138	PRID138	112.00
Coleslaw	PRISB2	PRISB2	20.26
Cucumber	PRISB1	PRISB1	18.40
Egg Mayonnaise Filling	PRIV57	PRIV57	64.90
Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08
Grated Carrot & Raisin	PRISB7	PRISB7	20.00
Grated Carrot Salad	PRISB6	PRISB6	20.00
Green Bean Salad	PRISB13	PRISB13	17.43
Homemade Houmous Filling (Requires a blend)	PRIV134	PRIV134	51.00
Honey Yoghurt	PRID140	PRID140	106.00
Lettuce	PRISB4	PRISB4	16.40
Mixed Bean Salad	PRISB11	PRISB11	13.91
Pasta Salad w/Tomato Sauce	PRISB9	PRISB9	29.50
Plain Tuna Filling (Jacket Potato/Sandwich)	PRIF17	PRIF17	31.00
Potato & Chive Salad	PRISD80	PRISD80	75.75
Power Salad - Roasted Vegetables & Lentils	PRISB20	PRISB20	22.04
Power Salad - Sweet Potato & Coriander Salad	PRISB8	PRISB8	23.22

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5.36g	○	●	○	○	○	○	○	○	◐	○	○	○	◐	●
2.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
0.59g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.36g	○	○	○	●	●	○	○	○	○	○	○	○	○	○
12.04g	○	○	○	○	○	○	●	○	○	○	○	○	○	○

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
Power Salad - Tabbouleh	PRISB25	PRISB25	19.83
Sweetcorn	PRISB5	PRISB5	15.82
Tomatoes	PRISB3	PRISB3	19.80
Tuna Mayonnaise Filling	PRIF11	PRIF11	47.60
Vanilla Yoghurt	PRID103	PRID103	108.00

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