

WEEK ONE

15/04/2024
06/05/2024
03/06/2024
24/06/2024
15/07/2024
09/09/2024
30/09/2024
21/10/2024

MONDAY

Option One

NEW Vegetable Stack with Rice

Option Two

Cheese & Tomato Pizza with Pasta Salad

Vegetables

Vegetables of the Day
Freshly Chopped Fruit Salad

Dessert

Apple Crumble with Ice Cream

Option One

Pasta Kitchen
Tomato Pasta With cheese & croufons

Option Two

Carbonara Pasta with Cheese and croufons

Vegetables

Vegetables of the Day

Dessert

NEW Chocolate Brownie

TUESDAY

Penne Bolognese

Vegan Penne Bolognese

Vegetables of the Day

Apple Crumble with Ice Cream

Burger with Potato Wedges & Tomato Sauce

Vegan Burger with Potato Wedges & Tomato Sauce

Vegetables of the Day

NEW Iced Biscuit

WEDNESDAY

Sausages, Roast Potatoes & Gravy

Vegan Sausages, Roast Potatoes & Gravy

Vegetables of the Day

NEW Berry Mousse

Roast Chicken, Stuffing, Roast Potatoes, & Gravy

Vegetable Wellington, Stuffing, Roast Potatoes & Gravy

Vegetables of the Day

Fruit Medley

THURSDAY

YAMAS!

Greek Chicken Pitta with Rice, Tzatziki & Salad

Cheese Whirl with Rice, Tzatziki & Salad

Vegetables of the Day

Iced Vanilla Sponge

Beef Lasagne with Garlic Bread

Vegetable Curry with Rice

Vegetables of the Day

Jelly with Mandarins

FRIDAY

Fishfingers with Chips & Tomato Sauce

BBQ Quorn with Chips

Vegetables of the Day

Vanilla Shortbread

Fishfingers with Chips & Tomato Sauce

NEW Vegan Sausage Roll with Chips & Tomato Sauce

Vegetables of the Day

Oaty Cookie

WEEK THREE

29/04/2024
20/05/2024
17/06/2024
08/07/2024
02/09/2024
23/09/2024
14/10/2024

NEW All-Day Vegetarian Breakfast

Option One

Option Two

Vegan Chilli with Rice

Vegetables

Dessert

Fruit with Ice Cream

FIESTA ESPANOL

Chicken Paella with Patatas Bravas

or Veggie Meatballs with Patatas Bravas

Vegetables of the Day

Syrup Snap Biscuit

Roast Gammon, Mashed Potatoes & Gravy

Parsnip & Sweet Potato Loaf with New Potatoes or Mashed Potatoes & Gravy

Vegetables of the Day

Fruit Platter

MENU KEY

Added Plant Power

Wholemeal

Vegan

Chef's Special

ALLERGY INFORMATION:

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Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily - Daily salad selection

WEEK ONE

15/04/2024
06/05/2024
03/06/2024
24/06/2024
15/07/2024
09/09/2024
30/09/2024
21/10/2024

MONDAY

Option One
V250 Vegetable Stack with SD84 Rice

Option Two
V231 Cheese & Tomato Pizza with SB9 Pasta Salad

Vegetables
Vegetables of the Day

Dessert
D223 Freshly Chopped Fruit Salad

TUESDAY

B48 SD125 Penne Bolognese

V233 SD125 Vegan Penne Bolognese

Vegetables of the Day

D242 Apple Crumble with D13 Ice Cream

WEDNESDAY

P3 Sausages, SD82 Roast Potatoes & SD118 Gravy

V238 Vegan Sausages, SD82 Roast Potatoes & SD118 Gravy

Vegetables of the Day

D248 Berry Mousse

THURSDAY

Yamas
GR1 Greek Chicken Pitta with GR5 Rice, GR3 Tzatziki & GR4 Salad
or
GR2 Cheese Whirl with GR5 Rice, GR3 Tzatziki & GR4 Salad

Vegetables of the Day

D177 Iced Vanilla Sponge

FRIDAY

F6 Fishfingers with SD5 Chips & SD14 Tomato Sauce

V205 BBQ Quorn with SD5 Chips

Vegetables of the Day

D57 Vanilla Shortbread

WEEK TWO

22/04/2024
13/05/2024
10/06/2024
01/07/2024
22/07/2024
16/09/2024
07/10/2024

MONDAY

Option One
V225 Tomato Pasta or PK2 Carbonara Pasta with
PK3 V85 V216 Toppings

Option Two
Pasta Codes: SD9

Vegetables
Vegetables of the Day

Dessert
D249 Chocolate Brownie

TUESDAY

B81 SD17 Burger with SD6 Potato Wedges & SD14 Tomato Sauce

V236 SD17 Vegan Burger with SD6 Potato Wedges & SD14 Tomato Sauce

Vegetables of the Day

D250 Iced Biscuit

WEDNESDAY

C4 Roast Chicken, SD40 Stuffing, SD82 Roast Potatoes, & SD118 Gravy

V232 Vegetable Wellington SD40 Stuffing, SD82 Roast Potatoes, & SD118 Gravy

Vegetables of the Day

D224 Fruit Medley

THURSDAY

B52 Beef Lasagne with SD50 Garlic Bread

V108 Vegetable Curry with SD84 Rice

Vegetables of the Day

D235 Jelly with Mandarins

FRIDAY

F6 Fishfingers with SD5 Chips & SD14 Tomato Sauce

V251 Vegan Sausage Roll with SD5 Chips & SD14 Tomato Sauce

Vegetables of the Day

D85 Oaty Cookie

WEEK THREE

29/04/2024
20/05/2024
17/06/2024
08/07/2024
02/09/2024
23/09/2024
14/10/2024

Option One
V249 All-Day Vegetarian Breakfast

Option Two
V239 Vegan Chilli with SD84 Rice

Vegetables
Vegetables of the Day

Dessert
D166 Fruit with D13 Ice Cream

Fiesta Espanol
FE1 Chicken Paella with FE4 Patatas Bravas
or
FE2 Veggie Meatballs with FE4 Patatas Bravas

Vegetables of the Day

D219 Syrup Snap Biscuit

P5 Roast Gammon, SD1 Mashed Potatoes, & SD118 Gravy

TD56 Parsnip & Sweet Potato Loaf, SD2 New Potatoes or SD1 Mashed Potatoes & SD118 Gravy

Vegetables of the Day

D225 Fruit Platter

C92 Chicken Fajitas with SD84 Rice

V11 Macaroni Cheese

Vegetables of the Day

D80 Chocolate Shortbread

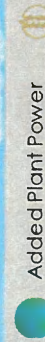
F6 Fishfingers with SD5 Chips & SD14 Tomato Sauce

V191 Cheese & Bean Pasty with SD5 Chips

Vegetables of the Day

D168 Summer Lemon Cake

MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

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Census Day
16th May 2024

Hot Dog P3 SD33

or

Cheese & Tomato Pizza
V231

With Chips, Coleslaw and
Salad SD5 SD47 SD25

Oaty Cookie D85


feeding the imagination

Census Day **Allergy Free**

16th May 2024

Vegan Sausages V238

or

Vegan Cheese & Tomato
Pizza NCGI50

With Chips and Salad SD5
SD25

Vanilla Shortbread NCGI6

caterlink
feeding the imagination



Sports Day Picnic

MON
24TH JUNE

Finger Sandwiches PL3

Ham P20

Or

Cheese V85

Carrot & Cucumber Batons PL13

PL14

Piece of Fruit

Apple

Or

Orange

Award Winning Medal Chocolate Shortbread D80



Sports Day Picnic

Allergy Free

*Mon 24th
June*

Finger Sandwiches PL20

Ham P20

Or

Cheese V85

Carrot & Cucumber Batons PL13

PL14

Piece of Fruit

Apple

Or

Orange

Award Winning Medal Chocolate Cake NCGI12

Caterlink

Nutrition Plan with Carbohydrates and Allergens

Nutri SSGD24

Spring Summer General Dishes 2024

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- 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% Wholemeal Rustic Bread (made)	PRISD51	PRISD51	16.77	7.48g	<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"/>	
50% WM Beetroot and Apple Bread (made)	PRISD41	PRISD41	19.51	7.88g	<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"/>	
50% WM Cheese and Turmeric Bread (made)	PRISD42	PRISD42	20.15	7.48g	<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"/>	
50% WM Cinnamon and Raisin Bread (made)	PRISD43	PRISD43	20.23	9.34g	<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"/>	
50% WM Cranberry Bread (made)	PRISD101	PRISD101	20.32	9.43g	<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"/>	
50% WM Curry Bread (made)	PRISD91	PRISD91	16.37	7.54g	<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"/>	
50% WM Honey Bread (made)	PRISD89	PRISD89	18.33	8.97g	<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"/>	
50% WM Pizza Bread (made)	PRISD45	PRISD45	19.11	7.66g	<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"/>	
50% WM Roasted Vegetable & Olive Bread (made)	PRISD46	PRISD46	21.39	7.67g	<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"/>	
50% WM Sweetcorn Bread (made)	PRISD90	PRISD90	18.64	7.83g	<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"/>	
Apple & Raisin Salad	PRISB12	PRISB12	19.08	3.92g	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Baked Beans	PRISD22	PRISD22	50.00	6.75g	<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"/>	
Baked Potato	PRISD55	PRISD55	187.50	42.38g	<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"/>	
Beetroot & Orange Salad	PRISB15	PRISB15	16.93	1.51g	<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"/>	
Carrot & Cucumber Sticks (Crudites)	PRISB10	PRISB10	20.57	0.76g	<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"/>	
Cheese Filling for Jacket Potato or Sandwich	PRIV85	PRIV85	20.00	0.02g	<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"/>	
Cheesy Coleslaw	PRISD87	PRISD87	83.50	4.12g	<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

Nutrition Plan with Carbohydrates and Allergens

abrealy@caterlinkltd.co.uk

Nutri SSGD24 Spring Summer General Dishes 2024

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● Contains

◐ May Contain

○ Does Not Contain

* No Information

Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
112.00	○	○	○	○	○	○	●	○	○	○	○	○	○	○
14.48g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
20.26	○	○	○	●	○	○	○	○	○	○	○	○	○	○
1.06g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
18.40	○	○	○	○	○	○	○	○	○	○	○	○	○	○
0.22g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
64.90	○	○	○	○	○	○	○	○	○	○	○	○	○	○
0.82g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
17.08	○	○	○	○	○	○	○	○	○	○	○	○	○	○
7.52g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
20.00	○	○	○	○	○	○	○	○	○	○	○	○	○	○
4.37g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
20.00	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
17.43	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
51.00	○	○	○	○	○	○	○	○	○	○	○	○	○	○
5.13g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
106.00	○	○	○	○	○	○	○	○	○	○	○	○	○	○
12.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
16.40	○	○	○	○	○	○	○	○	○	○	○	○	○	○
0.23g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
13.91	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.77g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
29.50	○	○	○	○	○	○	○	○	○	○	○	○	○	○
8.07g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
50.00	○	○	○	○	○	○	○	○	○	○	○	○	○	○
0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
75.75	○	○	○	○	○	○	○	○	○	○	○	○	○	○
10.52g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
22.04	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
5.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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 Hourmous Filling (Requires a ble	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	50.00
Potato & Chive Salad	PRISD80	PRISD80	75.75
Power Salad - Roasted Vegetables & Lentils	PRISB20	PRISB20	22.04
Power Salad - Sweet Potato & Coriander Sal	PRISB8	PRISB8	23.22

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

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Caterlink

Nutrition Plan with Carbohydrates and Allergens

Nutri SSPL24

Spring Summer Packed Lunch 2024

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Contains



May Contain



Does Not Contain



No Information

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
NGCI Italian Chocolate Cake	PRINGC112	PRINGC112	53.00
NGCI Italian Vanilla Cake	PRINGC111	PRINGC111	52.00
Oaty Cookies	PRID85	PRID85	32.67
OBC Banana Sponge	PRID173	PRID173	64.81
OBC Carrot and Courgette Cake	PRID174	PRID174	61.19
OBC Chocolate Sponge	PRID163	PRID163	54.31
OBC Iced Sponge	PRID177	PRID177	52.28
OBC Lemon Drizzle Cake	PRID168	PRID168	50.34
Orange and Lemon Shortbread	PRID194	PRID194	38.56
Pitta Bread	PRIP15	PRIP15	60.00
Plain Tuna Filling (Jacket Potato/Sandwich)	PRIF17	PRIF17	50.00
Sandwich Bap/Roll	PRIP17	PRIP17	50.00
Spanish Cinnamon Cookie	PRID84	PRID84	31.26
Tomato - salad filling	PRIP10	PRIP10	14.00
Tuna and Sweetcorn Mayonnaise Filling	PRIF12	PRIF12	75.30
Tuna Mayonnaise and Cheese Filling	PRIF19	PRIF19	43.30
Vanilla Shortbread	PRID57	PRID57	28.23

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
20.99g	<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"/>
20.82g	<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"/>
18.00g	<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"/>
23.36g	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.45g	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.32g	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.03g	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.03g	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.08g	<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"/>
33.06g	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>
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"/>
25.75g	<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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.21g	<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"/>
0.45g	<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"/>
2.57g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" 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"/>
0.69g	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.30g	<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"/>

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Nutri'SSPL24 Spring Summer Packed Lunch 2024

- 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)
White Baguette	PR1PL1	PR1PL1	62.50

Carbohydrate Count	34.31g
Celery	<input type="radio"/>
Cereals containing Gluten	<input checked="" type="radio"/>
Crustaceans	<input type="radio"/>
Eggs	<input type="radio"/>
Fish	<input type="radio"/>
Lupin	<input type="radio"/>
Milk	<input type="radio"/>
Molluscs	<input type="radio"/>
Mustard	<input type="radio"/>
Nuts	<input type="radio"/>
Peanuts	<input type="radio"/>
Sesame	<input type="radio"/>
Soya	<input type="radio"/>
Sulphur Dioxide and Sulphites	<input type="radio"/>