

Spring Summer 2025

WEEK ONE

21st April 2025
12th May 2025
9th June 2025
30th June 2025
21st July 2025
15th Sept 2025
6th Oct 2025

MONDAY



Option One

Macaroni Cheese

Tomato and Lentil Pasta

Option Two

Filled Baguette

Ham, Cheese or Tuna Baguette

Vegetables

Vegetables of the Day

Dessert

Apple Flapjack

TUESDAY

BBQ Chicken Pizza with Salads

Mild Mexican Chilli with Rice

Ham, Cheese or Tuna Baguette

Vegetables of the Day

Summer Lemon Cake

WEDNESDAY

Chicken Sausage, Roast Potatoes & Gravy

Veg Wellington, Roast Potatoes & Gravy

Ham, Cheese or Tuna Baguette

Vegetables of the Day

Fruit Salad

THURSDAY

Spaghetti Bolognese

Chefs Special Chickpea Curry with Rice

Ham, Cheese or Tuna Baguette

Vegetables of the Day

Chocolate Drizzle Cake

FRIDAY

Salmon Fishfingers with Chips & Tomato Sauce

Cheese & Bean Pasty with Chips & Tomato Sauce

Ham, Cheese or Tuna Baguette

Vegetables of the Day

Strawberry Jelly with Mandarins

WEEK TWO

28th April 2025
19th May 2025
16th June 2025
7th July 2025
1st Sept 2025
22nd Sept 2025
13th Oct 2025

Option One

Lentil and Sweet Potato Curry with Rice

Chicken Hot Dog with Wedges & Tomato Sauce

Roast Chicken, Stuffing, Roast Potatoes, & Gravy



Caribbean Chicken with Rice and Peas

Battered Fish with Chips & Tomato Sauce

Option Two

Cheese and Tomato Pizza with Salads

Vegan Hot Dog with Wedges & Tomato Sauce

Vegetable Soya Roast, Stuffing, Roast Potatoes & Gravy

(Plant) Spaghetti and Meatballs

Mexican Bean Roll with Chips & Tomato Sauce

Filled Baguette

Ham, Cheese or Tuna Baguette

Ham, Cheese or Tuna Baguette

Ham, Cheese or Tuna Baguette

Ham, Cheese or Tuna Baguette

Ham, Cheese or Tuna Baguette

Vegetables

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Dessert

Iced Vanilla Sponge

NEW Strawberry and Apple Crumble with Custard

Cinnamon Swirl

Peaches and Ice Cream

Vanilla Shortbread

WEEK THREE

5th May 2025
2nd June 2025
23rd June 2025
14th July 2025
8th Sept 2025
29th Sept 2025
20th Oct 2025

Option One

Smokey Bean Burger with Potato Wedges

NEW Green Thai Chicken Curry with Rice

Roast Turkey, Stuffing, Roast Potatoes & Gravy



NEW Greek Macaroni Pastitsio with Greek Salad and Tzatziki

Breaded Fish and Chips & Tomato Sauce

Option Two

Classic Vegan Bolognese

vegetable Fajitas with Rice

Roasted Quorn, Stuffing, Roast Potatoes, & Gravy

Spinach and Cheese Whirl with Rice, Greek Salad and Tzatziki

Cheese and Tomato Quiche with Chips & Tomato Sauce

Filled Baguette

Ham, Cheese or Tuna Baguette

Ham, Cheese or Tuna Baguette

Ham, Cheese or Tuna Baguette

Ham, Cheese or Tuna Baguette

Ham, Cheese or Tuna Baguette

Vegetables

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Dessert

Pear & Cocoa Upside Down Cake

Cheese and Crackers

Chocolate Orange Brownie

Apple Cinnamon Sponge

Oaty Cookie

MENU KEY



Added Plant Protein



Wholemeal



Vegan



Chef's Special

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

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.

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Option One

V160 Tomato and Lentil Pasta Sauce

Option Two

V318 Macaroni Cheese Toppings **PK3 PK4 V85 V216** Pasta: **SD8 SD11 SD9**

Filled Baguette

Vegetables of the Day

Vegetables

Ham, Cheese or Tuna
PL1, P20, V85, F11

Dessert

D171 Apple Flapjack

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

C91 BBQ Chicken Pizza with **SD92**
SB8 SD126 Salads

V309 Mild Mexican Chilli with **SD84**
Rice

Vegetables of the Day

Ham, Cheese or Tuna
PL1, P20, V85, F11

D168 Summer Lemon Cake

C6 Chicken and Vegetable Sausage, **SD82** Roast Potatoes & **SD118** Gravy

V232 Veg Wellington, **SD82** Roast Potatoes & **SD118** Gravy

Vegetables of the Day

Ham, Cheese or Tuna
PL1, P20, V85, F11

D223 Fruit Salad

SD8 Spaghetti **B48** Bolognaise

NEW V321 Chefs Special Chickpea Curry with **SD84** Rice

Vegetables of the Day

Ham, Cheese or Tuna
PL1, P20, V85, F11

D198 Chocolate Drizzle Cake

F1 salmon Fishfingers with **SD5** Chips & **SD14** Tomato Sauce

V191 Cheese & Bean Pasta With **SD5** Chips & **SD14** Tomato Sauce

Vegetables of the Day

Ham, Cheese or Tuna
PL1, P20, V85, F11

D235 Strawberry Jelly with Mandarins

WEEK TWO

28th April 2025
19th May 2025
16th June 2025
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1st Sept 2025
22nd Sept 2025
13th Oct 2025

Option One

V108 Lentil and Sweet Potato Curry with **SD84** Rice

Option Two

V231 Cheese and Tomato Pizza with **SD92 SB8 SD126** Salads

Filled Baguette

Ham, Cheese or Tuna
PL1, P20, V85, F11

Vegetables

Vegetables of the Day

Dessert

D177 Iced Vanilla Sponge

C6 SD187 Chicken Hot Dog with **SD6** Wedges & **SD14** Tomato Sauce

V244 SD187 Vegan Hot Dog with **SD6** Wedges & **SD14** Tomato Sauce

Ham, Cheese or Tuna
PL1, P20, V85, F11

Vegetables of the Day

NEW D259 Strawberry and Apple Crumble with **D2** Custard

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

V13 Lentil and Vegetable Soya Roast with **SD82** Roast Potatoes & **SD118** Gravy

Ham, Cheese or Tuna
PL1, P20, V85, F11

Vegetables of the Day

D244 Cinnamon Swirl

C102 Caribbean Chicken with **SD188** Rice and Peas

SD8 Spaghetti and **V237 V225** Meatballs

Ham, Cheese or Tuna
PL1, P20, V85, F11

Vegetables of the Day

D166 Peaches and **D13** Ice Cream

F3 Battered Fish with **SD5** Chips & **SD14** Tomato Sauce

V161 Mexican Bean Roll

Ham, Cheese or Tuna
PL1, P20, V85, F11

Vegetables of the Day

D57 Vanilla Shortbread

WEEK THREE

5th May 2025
2nd June 2025
23rd June 2025
14th July 2025
8th Sept 2025
29th Sept 2025
20th Oct 2025

Option One

V323 SD17 Bean Burger with **SD6** Potato Wedges

Option Two

V233 SD11 Vegan Bolognaise

Filled Baguette

Ham, Cheese or Tuna
PL1, P20, V85, F11

Vegetables

Vegetables of the Day

Dessert

D207 Pear & Cocoa Upside Down Cake

NEW C114 Green Thai Chicken Curry with **SD84** Rice

V324 Vegetable Fajitas with **SD84** Rice

Ham, Cheese or Tuna
PL1, P20, V85, F11

Vegetables of the Day

D56 Cheese and Crackers

T1 Roast Turkey, **SD40** Stuffing, **SD82** Roast Potatoes & **SD118** Gravy

V204 Roast Quorn, **SD40** Stuffing, **SD82** Roast Potatoes, & **SD118** Gravy

Ham, Cheese or Tuna
PL1, P20, V85, F11

Vegetables of the Day

D170 Chocolate Orange Brownie

NEW GR6 Greek Macaroni Pasitsio with **GR4** Greek Salad and **GR3** Tzatziki

GR2 Spinach and Cheese Whirl with **SD84** Rice, **GR4** Greek Salad and **GR3** Tzatziki

Ham, Cheese or Tuna
PL1, P20, V85, F11

Vegetables of the Day

D191 Apple Sponge

F7 Breaded Fish and **SD5** Chips

V113 Cheese and Tomato Quiche with **SD5** Chips

Ham, Cheese or Tuna
PL1, P20, V85, F11

Vegetables of the Day

D85 Oaty Cookie

MENU KEY

ALLERGY INFORMATION:

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Allergy Free Menu -Spring Summer 2025

		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE 21 st April 2025 12 th May 2025 9 th June 2025 30 th June 2025 21 st July 2025 15 th Sept 2025 6 th Oct 2025	Allergy Option 1	Gluten Free Vegetable Penne Pasta Bake	Gluten Free and Milk Free Pizza – Made with Vegan Sheese and	Vegan Sausage (No stuffing) with Roast Potatoes and Gravy	Beef Bolognaise (No Lentils) with Gluten Free Penne Pasta	Gluten Free Breaded Fish with Chips and Tomato Sauce
	Allergy Jacket Potato	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese
	Allergy Dessert	Gluten Free Chocolate Shortbread	Gluten Free Chocolate Cake	Fruit Salad	Gluten Free Vanilla Cake	Strawberry Jelly with Mandarins
WEEK TWO 28 th April 2025 19 th May 2025 16 th June 2025 7 th July 2025 1 st Sept 2025 22 nd Sept 2025 13 th Oct 2025	Allergy Option 1			Roast of the Day with Roast Potatoes and Gravy (No Stuffing)	Caribbean Chicken with Rice and Peas	Gluten Free Breaded Fish with Chips and Tomato Sauce
	Allergy Option 2	Gluten Free and Milk Free Pizza – Made with Vegan Sheese and Gluten free base	Vegan Sausage (No Hot Dog Bun) with Wedges		Gluten Free Penne Pasta and Meatballs in Tomato Sauce	
	Allergy Jacket Potato	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese
	Allergy Dessert	Gluten Free Chocolate Cake	Gluten Free Strawberry & Apple Crumble (No Custard)	Fresh Fruit	Peaches (No Ice Cream)	Gluten Free Chocolate Shortbread
WEEK THREE 5 th May 2025 2 nd June 2025 23 rd June 2025 14 th July 2025 8 th Sept 2025 29 th Sept 2025 20 th Oct 2025	Allergy Option 1	Bean Burger Patty in a Gluten Free Homemade Burger Bun with Potato Wedges	Green Thai Chicken Curry with Rice	Roast Turkey, Roast Potatoes and Gravy (No Stuffing)	Gluten Free Minced Beef Penne Pasta Bake	Gluten Free Breaded Fish with Chips and Tomato Sauce
	Allergy Jacket Potato	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese	Jacket Potato with Vegan Sheese
	Allergy Dessert	Gluten Free Vanilla Cake	Fresh Fruit	Gluten Free Vanilla Cake	Fresh Fruit	Gluten Free Chocolate Shortbread

Allergy / Intolerance:
Child Name / Area :
Dates / Term:

Allergy/Intolerance Menu

Free from 14 EU Allergens (Except Fish)

WHF

PLEASE READ BEFORE SERVING		Only recipes with a corresponding code listed on the menu should be served to the pupil. Do not make any amendments to the special diet menu or offer any additional dishes. If the code for the dish is on the menu but on a different day, the menu item is suitable for the allergies mentioned in the title. e.g. Fishfingers can served on a Tuesday even if they are on a Friday on the menu. *All recipe codes are given in bold (e.g., F6) - to find the primary recipe on Sharepoint start your search with the letters PRI - e.g., PRI F6.				
DATES	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1	NGCI39 NGCI <u>GLUTEN FREE VEGETABLE PENNE PASTA BAKE</u>	NGCI30 NGCI <u>GLUTEN FREE AND MILK FREE PIZZA - Made with Vegan Sheese and Gluten Free Base</u> with SD92 SB8 SD126 Salads (Vegan Sheese Contains Gluten Free Oats)	V244 Vegan Sausage (No Stuffing) SD82 Roast Potatoes and SD118 Gravy	B2 Beef Bolognese (No Lentils) with NGCI24 NGCI <u>GLUTEN FREE PENNE PASTA</u>	NGCI37 NGCI <u>GLUTEN FREE BREADED FISH</u> with SD5 Chips & SD14 Tomato Sauce
	Safe Meal	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)
	Vegetables	Vegetables of the Day (No Coleslaw, No Sweetcorn Salsa, No Apple and Raisin Salad, No Potato Salad, No Cheesy Coleslaw)	Vegetables of the Day (No Coleslaw, No Sweetcorn Salsa, No Apple and Raisin Salad, No Potato Salad, No Cheesy Coleslaw)	Vegetables of the Day (No Coleslaw, No Sweetcorn Salsa, No Apple and Raisin Salad, No Potato Salad, No Cheesy Coleslaw)	Vegetables of the Day (No Coleslaw, No Sweetcorn Salsa, No Apple and Raisin Salad, No Potato Salad, No Cheesy Coleslaw)	Vegetables of the Day (No Coleslaw, No Sweetcorn Salsa, No Apple and Raisin Salad, No Potato Salad, No Cheesy Coleslaw)
	Dessert	NGCI7 NGCI <u>GLUTEN FREE CHOCOLATE SHORTBREAD FREE FROM MAIN 14 ALLERGENS</u>	NGCI12 NGCI <u>GLUTEN FREE CHOCOLATE CAKE FREE FROM MAIN 14 ALLERGENS</u>	D223 Fruit Salad	NGCI11 NGCI <u>GLUTEN FREE VANILLA CAKE FREE FROM MAIN 14 ALLERGENS</u>	D235 Strawberry Jelly with Mandarins
DATES	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1			C4 C5 T1 B4 P5 Roast of the Day, SD82 Roast Potatoes & SD118 Gravy (No Stuffing)	C102 Caribbean Chicken with SD188 Rice and Peas	NGCI37 NGCI <u>GLUTEN FREE BREADED FISH</u> with SD5 Chips & SD14 Tomato Sauce
	Option 2	NGCI50 NGCI <u>GLUTEN FREE AND MILK FREE PIZZA - Made with Vegan Sheese and Gluten Free Base</u> with SD92 SB8 SD126 Salads (Vegan Sheese Contains Gluten Free Oats)	V244 Vegan Sausage (No Hot Dog Bun) with SD6 Wedges & SD14 Tomato Sauce		NGCI24 NGCI <u>GLUTEN FREE PENNE PASTA</u> and V237 Meatballs in V225 Tomato Sauce	
	Safe Meal	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)
	Vegetables	Vegetables of the Day (No Coleslaw, No Sweetcorn Salsa, No Apple and Raisin Salad, No Potato Salad, No Cheesy Coleslaw)	Vegetables of the Day (No Coleslaw, No Sweetcorn Salsa, No Apple and Raisin Salad, No Potato Salad, No Cheesy Coleslaw)	Vegetables of the Day (No Coleslaw, No Sweetcorn Salsa, No Apple and Raisin Salad, No Potato Salad, No Cheesy Coleslaw)	Vegetables of the Day (No Coleslaw, No Sweetcorn Salsa, No Apple and Raisin Salad, No Potato Salad, No Cheesy Coleslaw)	Vegetables of the Day (No Coleslaw, No Sweetcorn Salsa, No Apple and Raisin Salad, No Potato Salad, No Cheesy Coleslaw)
	Dessert	NGCI12 NGCI <u>GLUTEN FREE CHOCOLATE CAKE FREE FROM MAIN 14 ALLERGENS</u>	NGCI15 NGCI <u>GLUTEN FREE CRUMBLE TOPPING</u> with Strawberry and Apple Filling (No Custard)	FRESH FRUIT	D166 Peaches (No Ice Cream)	NGCI7 NGCI <u>GLUTEN FREE CHOCOLATE SHORTBREAD FREE FROM MAIN 14 ALLERGENS</u>
DATES	WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1	V323 Bean Burger Patty in a NGCI47 NGCI <u>GLUTEN FREE HOMEMADE BURGER BUN</u> with SD6 Potato Wedges	NEW C114 Green Thai Chicken Curry with SD84 Rice	T1 Roast Turkey, SD82 Roast Potatoes & SD118 Gravy (No Stuffing)	NGCI42 NGCI <u>GLUTEN FREE MINCED BEEF PENNE PASTA BAKE</u> (No Cheese on Top)	NGCI37 NGCI <u>GLUTEN FREE BREADED FISH</u> with SD5 Chips & SD14 Tomato Sauce
	Safe Meal	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)	SD55 Jacket Potato with SD22 Baked Beans or F17 Plain Tuna or V216 Vegan Sheese (No Baguette, No Mayonnaise, No Cheese) (Vegan Sheese contains Gluten Free Oats)
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	Dessert	NGCI11 NGCI <u>GLUTEN FREE VANILLA CAKE FREE FROM MAIN 14 ALLERGENS</u>	FRESH FRUIT	NGCI11 NGCI <u>GLUTEN FREE VANILLA CAKE FREE FROM MAIN 14 ALLERGENS</u>	FRESH FRUIT	NGCI7 NGCI <u>GLUTEN FREE CHOCOLATE SHORTBREAD FREE FROM MAIN 14 ALLERGENS</u>

ALLERGY INFORMATION: Whilst every opportunity has been taken to remove necessary allergens, we cannot rule out the risks of elements and traces of allergens within products and cross contamination within the kitchen environment. If this is a concern due to the severity of the allergy/ intolerance, then please email info@caterlinkltd.co.uk for someone to contact you.

Pupil Identification: Each child requiring a special diet should make their self known to the catering team and should be accompanied by a school representative, when receiving their meal.

Nutrition Plan with Carbohydrates and Allergens

Nutriti SPSUGEN25 Spring Summer 2025 General Dishes Menu

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% 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	○	○	○	●	○	○	○	○	○	○	○	○	○	○

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

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Nutrition Plan with Carbohydrates and Allergens

Nutriti SPSUGEN25

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 ◐ 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
Power Salad - Sweet Potato & Coriander Sal	PRISB8	PRISB8	23.22	5.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Power Salad - Tabbouleh	PRISB25	PRISB25	19.83	5.36g	○	●	○	○	○	○	○	○	◐	○	○	○	◐	●
Sweetcorn	PRISB5	PRISB5	15.82	2.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomatoes	PRISB3	PRISB3	19.80	0.59g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tuna Mayonnaise Filling	PRIF11	PRIF11	47.60	1.36g	○	○	○	●	●	○	○	○	○	○	○	○	○	○
Vanilla Yoghurt	PRID103	PRID103	108.00	12.04g	○	○	○	○	○	○	●	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutrit WHFSS25

White Horse Federation Spring Summer 2025

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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	PRISD84	PRISD84	106.00	34.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple and Strawberry Crumble	PRID259	PRID237, PRID259	78.00	27.83g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple Flapjack	PRID171	PRID171	43.92	19.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Baked Beans	PRISD22	PRISD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Baked Beans	PRISD88	PRISD88	53.00	8.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Chicken Pizza	PRIC91	PRIC91	116.13	31.89g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Beef Bolognaise (APP)	PRIB48	PRIB48	121.50	7.71g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BF MSC Breaded Pollock Fillets	PRIF7	PRIF7	80.00	17.20g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli	PRISD20	PRISD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cabbage	PRISD35	PRISD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrot & Cucumber Crudities	PRISD110	PRISD110	48.40	2.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots	PRISD28	PRISD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower	PRISD27	PRISD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese & Tomato Quiche	PRIV113	PRIV113	118.28	16.58g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Crackers	PRID56	PRID56	58.00	23.72g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58	28.26g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

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Nutrition Plan with Carbohydrates and Allergens

apaulden@caterlinkltd.co.uk

Nutrit WHFSS25

White Horse Federation Spring Summer 2025

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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
Greek Macaroni Pastitsio	PRIGR6	PRIGR6	175.04	13.83g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Greek Salad	PRIGR4	PRIGR4	18.84	0.56g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Beans	PRISD24	PRISD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Thai Chicken Curry	PRIC114	PRIC114	122.43	6.37g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Halal Chicken Sausages	PRIC6	PRIC6	49.28	9.61g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Ham Filling	PRIP20	PRIP20	50.00	0.50g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Hot Dog Bun	PRISD187	PRISD187	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Ice Cream	PRID13	PRID13	60.00	13.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Sweet Potato Curry	PRIV108	PRIV108	226.66	26.49g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Vegetable Soya Roast	PRIV13	PRIV13	159.96	13.11g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Lettuce	PRISD25	PRISD25	41.00	0.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese - No Mustard	PRIV318	PRIV318	164.00	42.19g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Mild Caribbean Chicken Thigh	PRIC102	PRIC102	67.38	1.23g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MILK FREE Vegan Sheese (Cheese alternat	PRIV216	PRIV216	20.00	5.08g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Peppers	PRISD26	PRISD26	50.00	1.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Salmon Fish Fingers	PRIF1	PRIF1	65.23	13.51g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Mushy Peas	PRISD111	PRISD111	50.00	6.90g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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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
Red Cabbage	PRISD23	PRISD23	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Rice and Peas	PRISD188	PRISD188	141.50	41.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Quorn Vegan Fillet	PRIV204	PRIV204	58.00	2.84g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Roast Turkey	PRIT1	PRIT1	40.80	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Autumn Vegetables	PRISD48	PRISD48	51.70	2.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Butternut Squash	PRISD31	PRISD31	50.00	3.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Onions	PRISD116	PRISD116	45.00	3.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Parsnips	PRISD62	PRISD62	50.10	6.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Summer Vegetables	PRISD49	PRISD49	52.71	2.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spaghetti	PRISD8	PRISD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Spicy Bean Burger	PRIV323	PRIV323	119.94	19.64g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spinach & Cheese Whirl	PRIGR2	PRIGR2	139.56	26.71g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Spring Greens	PRISD94	PRISD94	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sprouts	PRISD64	PRISD64	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Strawberry Jelly with Mandarins	PRID235	PRID235	169.43	5.49g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

4TH *Of* JULY

**Burger in a Bun with Grilled Onions and
Wedges
or
Veggie hotdog in a bun with Wedges**

**Served with
Sweetcorn Salsa
and Summer mixed salad**

**Dessert
Chocolate Brownie**



4TH *Of* JULY

**Burger BI in a Bun SD17 with Grilled
Onions BB6 and Wedges SD6**

or

**Veggie hotdog U238 in a bun DI87 with
Wedges SD6**

**Served with
Sweetcorn Salsa QB3
and Summer mixed salad DI26**

**Dessert
Chocolate Brownie DI69**



Census Day Menu

Beef Burger in a Bun with
Wedges

or

Veggie Hotdog in a bun with
Wedges

Served with
Beans
Sweetcorn

Dessert
Chocolate Cookie



Census Day Menu

Beef Burger B1 in a Bun SD17
with Wedges SD6

or

Veggie Sausages V238 with
Wedges SD6

Served with
Beans SD22
Sweetcorn SD5

Dessert
Chocolate Cookie D40



Census Day Menu

Beef Burger NGC123 in a Bun
NGC147 with Wedges SD6

or

Veggie Sausages V238 with
Wedges SD6

Served with
Beans SD22
Sweetcorn SD19

Dessert
Chocolate Cookie D40

