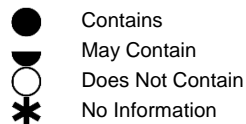


## Nutrition Plan with Carbohydrates and Allergens

**Nutrition Plan: WkghmSpr18      Wokingham Menu Spring 2018**

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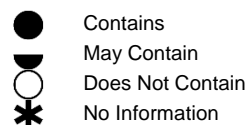
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## Nutrition Plan with Carbohydrates and Allergens

## Nutrition Plan: WkghmSpr18 Wokingham Menu Spring 2018

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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
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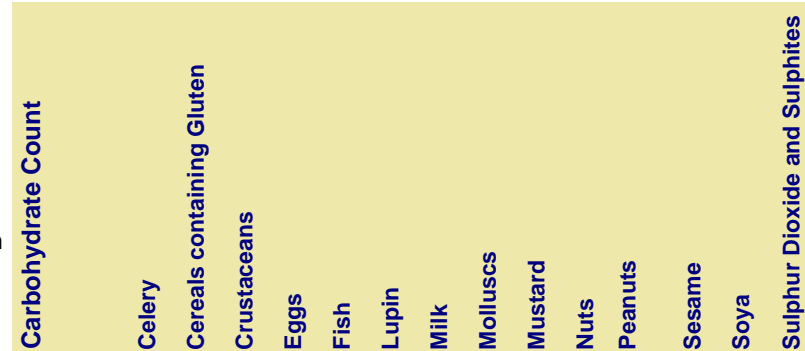
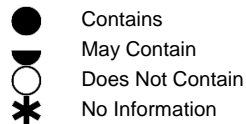
Group	Menu Item	Recipe Code	Portion Size (g)																	
	Cauliflower (V1)	*SD27	50.00	1.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cheese & Tomato Pizza (V1)	*V31	52.00	14.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cheese and Pepper Whirl (V1)	*V27	121.46	7.62g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cheese, Tomato & Spinach Frittata (V1)	*V83	119.84	2.90g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chicken Chow Mein with Noodles (V2)	*C2	250.28	21.21g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chickpea Aloo Chaat (V2)	*V62	78.25	12.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chinese Vegetarian Spring Rolls (V2)	*V64	123.30	13.48g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chips (Fryer or Oven) (V1)	*SD5	83.40	24.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chocolate & Mandarin Brownie (V1)	*D120	53.16	15.83g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chocolate Cocoa Cookies (V3)	*D40	33.08	16.68g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Coleslaw (V2)	*SB2	20.29	0.69g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Custard Sauce (V4)	*D2	77.39	9.64g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fish in Batter(V1)	*F3	85.00	12.16g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Jelly with Mandarins (V2)	*D12	161.18	6.11g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Platter (V1)	*D37	74.60	6.21g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Salad (V4)	*D42	41.66	3.32g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruits of the Forest Yoghurt (V1)	*D104	125.00	13.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

## Nutrition Plan with Carbohydrates and Allergens

**Nutrition Plan: WkghmSpr18      Wokingham Menu Spring 2018**

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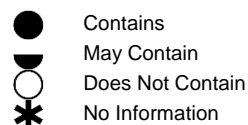
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## Nutrition Plan with Carbohydrates and Allergens

## Nutrition Plan: WkghmSpr18 Wokingham Menu Spring 2018

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Group	Menu Item	Recipe Code	Portion Size (g)	Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
	New Potatoes (Steamed or Boiled) (V1)	*SD2	130.00	20.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Pasta (Spaghetti) (V1)	*SD8	127.80	28.37g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Pear & Ginger Muffin (V3)	*D9	69.55	20.82g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Pear Crumble (50% fruit) (V1)	*D73	96.67	31.11g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Peas (V1)	*SD18	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Pineapple Upside Down (50% Fruit) (V3)	*D8	98.55	24.89g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Pork Sausage in a Hot Dog Roll (V1)	*P13	93.30	30.00g	○	●	○	○	○	○	○	○	○	○	○	◐	○	○
	Potato (Roasted-Peeled) (V1)	*SD7	131.32	41.47g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Potato (Roasted-Skin on)	*SD82	131.32	41.47g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Potato and Courgette Layer Bake (V1)	*V10	159.97	25.17g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Potato Wedges (Made & Oven Baked) (V2)	*SD6	130.80	41.46g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Chicken Breast (V2)	*C4	57.14	0.11g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Gammon (V1)	*P5	42.60	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Turkey (V1)	*T1	65.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roasted Vegetables (V1)	*SD48	101.10	5.39g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Salmon Fish Fingers (V2)	*F1	75.00	11.10g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
	Stuffing (V2)	*SD40	31.64	1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

[illegible]

