## Nutrition Plan: WkghmSpr18 Wokingham Menu Spring 2018

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|  |  |  | Portion |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Group | Menu Item | Recipe Code |  |  |  |  |
|  | 1/2 Potato (Baked) (V2) | *SD13 | 85.00 | 26.95 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc \bigcirc$ |
|  | Apple \& Raisin Flapjack (V1) | *D6 | 46.36 | 18.68 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Apple and Mixed Berry Crumble (V1) | *D74 | 96.67 | 30.64 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Apple Berry Strudel (V2) | *D1 | 78.30 | 14.56 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Apple, Cheese and Biscuits 50\% Fruit (V1) | *D4 | 71.60 | 14.69 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Baked Beans (V1) | *SD22 | 50.00 | 7.65 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | - |
|  | Banana Sponge/Loaf (V3) | *D15 | 56.07 | 20.19 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Beef Bolognaise (V1) | *B2 | 139.85 | 4.80 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | ) |
|  | Beef Lasagne (V2) | *B7 | 155.02 | 9.81 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Beef Meatballs in a Tomato Sauce (V1) | *B3 | 170.42 | 12.70 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | ) |
|  | Beef Tortilla Stack (V3) | *B10 | 117.79 | 18.39g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | ) |
|  | Breaded Fish (V1) | *F7 | 100.00 | 10.50 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Broccoli (V1) | *SD20 | 50.00 | 0.55 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Cabbage (V1) | *SD35 | 50.00 | 1.10 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Carrot \& Sultana Cake (V2) | *D26 | 59.93 | 21.35 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Carrot \& Swede Mash (V1) | *SD53 | 120.89 | 4.84 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Carrots (V1) | *SD28 | 50.00 | 2.45 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc \bigcirc$ |

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

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|  | Fruity Shortbread (V1) | *D96 | 30.63 | 17.57g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc \bigcirc$ |
|  | Garlic Bread (Homemade) (V1) | *SD50 | 17.08 | 8.16 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ |  |
|  | Glamorgan Bean \& Leek Sausages (V2) | *V125 | 77.71 | 19.57 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ |  |
|  | Gravy Granules (V2) | *SD54 | 97.73 | 2.77 g | - $\bigcirc \bigcirc \bigcirc \bigcirc$ |  |
|  | Gravy Mix (V1) | *SD16 | 97.73 | 2.77 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Green Beans (V1) | *SD24 | 50.00 | 1.45 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Homemade Tomato Ketchup (w/Stick Blende | *SD61 | 32.21 | 1.89 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ |  |
|  | Lemon and Cucumber Cake (V4) | *D30 | 58.75 | 19.19 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ |  |
|  | Lentil and Vegetable Curry (V2) | *V3 | 226.98 | 22.33 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | ) |
|  | Long Grain Rice (Boiled or Steamed) (V1) | *SD4 | 110.80 | 34.24 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Macaroni Cheese (V2) | *V11 | 233.77 | 31.17 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | - |
|  | Macaroni Pastitsio (V1) | *B1 | 290.19 | 32.62 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | ) |
|  | Mixed Bean Cassoulet (V1) | *V14 | 156.25 | 16.13 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Mixed Salad (V1) | *SD25 | 33.00 | 0.56 g | $\bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Mixed Vegetable Loaf (V2) | *V39 | 93.10 | 16.44 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | MSC Fish Fingers (V2) | *F6 | 69.73 | 11.58 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | New Potatoes (Roasted) (V1) | *SD3 | 100.60 | 15.41 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |

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|  | New Potatoes (Steamed or Boiled) (V1) | *SD2 | 130.00 | 20.02g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc \bigcirc$ |
|  | Pasta (Spaghetti) (V1) | *SD8 | 127.80 | 28.37g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Pear \& Ginger Muffin (V3) | *D9 | 69.55 | 20.82g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Pear Crumble (50\% fruit) (V1) | *D73 | 96.67 | 31.11 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Peas (V1) | *SD18 | 50.00 | 4.85 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Pineapple Upside Down (50\% Fruit) (V3) | *D8 | 98.55 | 24.89g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Pork Sausage in a Hot Dog Roll (V1) | *P13 | 93.30 | 30.00 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | ) |
|  | Potato (Roasted-Peeled) (V1) | *SD7 | 131.32 | 41.47 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ |  |
|  | Potato (Roasted-Skin on) | *SD82 | 131.32 | 41.47 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | ) |
|  | Potato and Courgette Layer Bake (V1) | *V10 | 159.97 | 25.17 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Potato Wedges (Made \& Oven Baked) (V2) | *SD6 | 130.80 | 41.46g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Roast Chicken Breast (V2) | *C4 | 57.14 | 0.11 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Roast Gammon (V1) | *P5 | 42.60 | 0.00g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Roast Turkey (V1) | *T1 | 65.00 | 0.00g | $\bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Roasted Vegetables (V1) | *SD48 | 101.10 | 5.39 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Salmon Fish Fingers (V2) | *F1 | 75.00 | 11.10 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Stuffing (V2) | *SD40 | 31.64 | 1.82 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc \bigcirc$ |

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|  | Sweetcorn (V1) | *SD19 | 50.00 | 9.80 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Tomato Sauce (V1) | *SD14 | 10.00 | 2.86 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Turkey and Leek Pie (Mash Potato Topping) | *T10 | 245.00 | 37.15 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |
|  | Vanilla Yoghurt (V1) | *D103 | 108.00 | 14.64g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ |  |
|  | Vegetarian Bolognaise (Quorn Mince) (V3) | *V66 | 209.80 | 11.68 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ |  |
|  | Vegetarian Wellington (V4) | *V12 | 128.20 | 27.08g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | O |
|  | Wholemeal BBQ Chicken Pizza (Bought Sau | *C43 | 91.50 | 15.62g | $\bigcirc \bigcirc$ |  |
|  | Wholemeal Peach Crumble (V1) | *D112 | 96.00 | 29.70 g | $\bigcirc$ |  |
|  | Wholemeal Spinach \& Tomato Quiche (V2) | *V90 | 105.06 | 13.99 g | $\bigcirc \bigcirc$ | $\bigcirc$ |
|  | Wholemeal Vegetable Pasta Bake (No Chee: | *V73 | 210.63 | 33.80 g | $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$ | $\bigcirc$ |

