

Nutrition Plan: WkghmSpr18 Wokingham Menu Spring 2018

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	Contains
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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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			Portion	
Group	Menu Item	Recipe Code	Size (g)	_
	Cauliflower (V1)	*SD27	50.00 1.05g Q Q Q Q Q Q Q Q Q Q Q Q	Ō
	Cheese & Tomato Pizza (V1)	*V31	52.00 14.34g ○ ● ○ → ○ ○ ● ○ ○ ○ ○	
	Cheese and Pepper Whirl (V1)	*V27	121.46 7.62g ○ ● ○ ○ ○ ○ ● ○ ○ ○ ○	\circ
	Cheese, Tomato & Spinach Frittata (V1)	*V83	119.84 2.90g ○ ○ ○ ● ○ ○ ● ○ ○ ○ ○	\circ
	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 O O O O O O O O O	\circ
	Chocolate & Mandarin Brownie (V1)	*D120	53.16 15.83g ○ ● ○ ● ○ ○ ○ ○ ○ ○ ○	\circ
	Chocolate Cocoa Cookies (V3)	*D40	33.08 16.68g ○ ● ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	Ō
	Coleslaw (V2)	*SB2	20.29 0.69g ○ ○ ○ ● ○ ○ ○ ○ ○ ○ ○ ○	\circ
	Custard Sauce (V4)	*D2	77.39 9.64g Q Q Q Q Q Q Q Q Q Q Q Q 	Ō
	Fish in Batter(V1)	*F3	85.00 12.16g Q • Q Q • Q Q Q Q Q Q Q	Ō
	Fruit Jelly with Mandarins (V2)	*D12	161.18 6.11g O O O O O O O O O O	\circ
	Fruit Platter (V1)	*D37	74.60 6.21g Q Q Q Q Q Q Q Q Q Q Q Q	Ō
	Fruit Salad (V4)	*D42	41.66 3.32g O O O O O O O O O	\circ
	Fruits of the Forest Yoghurt (V1)	*D104	125.00 13.45g ○ ○ ○ ○ ○ ○ ● ○ ○ ○ ○	\circ
DlanCarba	II: Nutrition Plan with Carbabydrates and Allara	ane		ши



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Nuts
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Sesame
Soya
Sulphur Dioxide and Sulphites

			Portion	1													
Group	Menu Item	Recipe Code															
	Fruity Shortbread (V1)	*D96	30.63	17.57g	Ō		Ō	\circ	Ō	Ō	\circ	Ō	Ō	Ō (Ō	OO.	Ō
	Garlic Bread (Homemade) (V1)	*SD50	17.08	8.16g	Ō		Ō	$\overline{}$	Ō	Ō		Ō	Ō	Ō (Ō	$\bigcirc \bullet$	
	Glamorgan Bean & Leek Sausages (V2)	*V125	77.71	19.57g	\circ		\circ		\bigcirc	\bigcirc	\circ	\circ	\circ	\bigcirc (\circ	\bigcirc	
	Gravy Granules (V2)	*SD54	97.73	2.77g		Ō	Ō	$\overline{}$	Ō	Ō		Ō		Ō (Ō	\bigcirc	Ō
	Gravy Mix (V1)	*SD16	97.73	2.77g	\circ		\circ	\bigcirc	\bigcirc	\bigcirc	\circ	\circ	\bigcirc	\bigcirc (\circ	$\circ\circ$	\circ
	Green Beans (V1)	*SD24	50.00	1.45g	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō (Ō	OO.	Ō
	Homemade Tomato Ketchup (w/Stick Blende	*SD61	32.21	1.89g	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō (Ō	OO.	
	Lemon and Cucumber Cake (V4)	*D30	58.75	19.19g	Ō		Ō		Ō	Ō	Ō	Ō	Ō	Ō (Ō	OO.	Ō
	Lentil and Vegetable Curry (V2)	*V3	226.98	22.33g	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō		Ō (Ō	OO.	
	Long Grain Rice (Boiled or Steamed) (V1)	*SD4	110.80	34.24g	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ŏ (Ō	O O	Ō
	Macaroni Cheese (V2)	*V11	233.77	31.17g	Ō		Ō	Ō	Ō	Ō		Ō	Ō	Ō (Ō	OO.	Ō
	Macaroni Pastitsio (V1)	*B1	290.19	32.62g	Ō		Õ	Ō	Ō	Ō		Ō	Q	\circ	Ō	QQ	
	Mixed Bean Cassoulet (V1)	*V14	156.25	16.13g	Ō		Ō	Ō	Ō	Ō	Ō	Ō		Ŏ (Ō	ÕÕ	
	Mixed Salad (V1)	*SD25	33.00	0.56g	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ŏ (Ō	ÕÕ	Ō
	Mixed Vegetable Loaf (V2)	*V39	93.10	16.44g	Ō		Õ		Ō	Ō	Ō	Ō	Q	\circ	Ō	QQ	
	MSC Fish Fingers (V2)	*F6	69.73	11.58g	Õ		Ŏ	Ŏ		Ŏ	Ŏ	Ŏ	Ŏ	Ŏ (Ŏ	QQ	Ō
	New Potatoes (Roasted) (V1)	*SD3	100.60	15.41g	\circ	\circ	\circ	\bigcirc	\bigcirc	\bigcirc	\circ	\circ	\circ	\bigcirc (\circ	\circ	
	Gravy Granules (V2) Gravy Mix (V1) Green Beans (V1) Homemade Tomato Ketchup (w/Stick Blender Lemon and Cucumber Cake (V4) Lentil and Vegetable Curry (V2) Long Grain Rice (Boiled or Steamed) (V1) Macaroni Cheese (V2) Macaroni Pastitsio (V1) Mixed Bean Cassoulet (V1) Mixed Salad (V1) Mixed Vegetable Loaf (V2) MSC Fish Fingers (V2)	*SD54 *SD16 *SD24 *SD61 *D30 *V3 *SD4 *V11 *B1 *V14 *SD25 *V39 *F6	97.73 97.73 50.00 32.21 58.75 226.98 110.80 233.77 290.19 156.25 33.00 93.10 69.73	2.77g 2.77g 1.45g 1.89g 19.19g 22.33g 34.24g 31.17g 32.62g 16.13g 0.56g 16.44g 11.58g	000000000000000000000000000000000000000		000000000000000	● 0000 000000 ● 00	000000000000000000000000000000000000000	000000000000000	0000000	000000000000000	000000000000000000000000000000000000000	000000000000000000000000000000000000000	0000000000000000	000000000000000000000000000000000000000	



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			Portion	า												
Group	Menu Item	Recipe Code			_	_	_	_	_	_	_	_	_			
	New Potatoes (Steamed or Boiled) (V1)	*SD2	130.00	20.02g	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ó Ć)	\bigcirc
	Pasta (Spaghetti) (V1)	*SD8	127.80	28.37g	\circ		\circ	\circ	\circ	\circ	\bigcirc	\bigcirc	\circ	\circ)	$\circ\circ$
	Pear & Ginger Muffin (V3)	*D9	69.55	20.82g	\circ		\circ		\circ	\circ	\circ	\bigcirc	\circ	\circ)	$\circ\circ$
	Pear Crumble (50% fruit) (V1)	*D73	96.67	31.11g	\circ		\circ	\circ	\circ	\circ	\circ	\circ	\circ	\circ)	$\circ\circ$
	Peas (V1)	*SD18	50.00	4.85g	\circ	\circ	\circ	\circ	\circ	\circ	\circ	\bigcirc	\circ	\circ)	$\circ\circ$
	Pineapple Upside Down (50% Fruit) (V3)	*D8	98.55	24.89g	\circ		\circ		\circ	\circ	\circ	\bigcirc	\circ	\circ)	$\circ\circ$
	Pork Sausage in a Hot Dog Roll (V1)	*P13	93.30	30.00g	Ō		Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ó Ć)	-00
	Potato (Roasted-Peeled) (V1)	*SD7	131.32	41.47g	\circ	\circ	\circ	\circ	\circ	\circ	\bigcirc	\bigcirc	\circ	\circ)	$\bigcirc\bigcirc$
	Potato (Roasted-Skin on)	*SD82	131.32	41.47g	\circ	\circ	O	\bigcirc	\bigcirc	\circ	\bigcirc	\bigcirc	\circ	\circ)	$\bigcirc\bigcirc$
	Potato and Courgette Layer Bake (V1)	*V10	159.97	25.17g	Ō		Ō	Ō	Ō	Ō		Ō	Ō	Ó Ć)	\bigcirc
	Potato Wedges (Made & Oven Baked) (V2)	*SD6	130.80	41.46g	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ó Ć)	\bigcirc
	Roast Chicken Breast (V2)	*C4	57.14	0.11g	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ó Ć)	$\bigcirc\bigcirc$
	Roast Gammon (V1)	*P5	42.60	0.00g	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ó Ć)	$\bigcirc\bigcirc$
	Roast Turkey (V1)	*T1	65.00	0.00g	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ó Ć)	\bigcirc
	Roasted Vegetables (V1)	*SD48	101.10	5.39g	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ó Ć)	\bigcirc
	Salmon Fish Fingers (V2)	*F1	75.00	11.10g	Ō		Ō	Ō		Ō	Ō	Ō	Õ	ÕĆ)	QQ Q
	Stuffing (V2)	*SD40	31.64	1.82g	\circ		\circ	\circ	\circ	\circ	\circ	\circ	\circ	\circ)	000
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Group	Menu Item	Recipe Code			_	_	_	_	_	_	_	_	_	_	
	Sweetcorn (V1)	*SD19	50.00	9.80g	Ō	Ō	Ō	Ō	Ō	\bigcirc	\bigcirc (\circ) Q	Ō	OO C
	Tomato Sauce (V1)	*SD14	10.00	2.86g	\circ	\circ	\circ	\circ	\circ	\bigcirc	O($^{\circ}$	\circ	\circ	00 C
	Turkey and Leek Pie (Mash Potato Topping)	*T10	245.00	37.15g	\circ		\bigcirc	\bigcirc	\circ	\bigcirc		$) \subset$	\bigcirc	\circ	00 C
	Vanilla Yoghurt (V1)	*D103	108.00	14.64g	\circ	\circ	\circ	\bigcirc	\circ	\bigcirc		$) \subset$	\bigcirc	\circ	00 C
	Vegetarian Bolognaise (Quorn Mince) (V3)	*V66	209.80	11.68g	\circ	\circ	\bigcirc		\circ	\bigcirc	\circ	$) \subset$	\bigcirc	\circ	
	Vegetarian Wellington (V4)	*V12	128.20	27.08g	\circ		\circ	\bigcirc	\circ	\bigcirc	\circ	$) \subset$	\bigcirc	\circ	
	Wholemeal BBQ Chicken Pizza (Bought Sau	ı *C43	91.50	15.62g			\circ		\circ	\bigcirc		$) \subset$	\bigcirc	\circ	
	Wholemeal Peach Crumble (V1)	*D112	96.00	29.70g	\circ		\circ	\bigcirc	\circ	\bigcirc	\circ	$) \subset$	\bigcirc	\circ	00 C
	Wholemeal Spinach & Tomato Quiche (V2)	*V90	105.06	13.99g	\circ		\bigcirc		\circ	\bigcirc		$) \subset$	\circ	\bigcirc	00 C
	Wholemeal Vegetable Pasta Bake (No Chee	≅*V73	210.63	33.80g	\circ		\circ	\bigcirc	\circ	\bigcirc	\circ	$) \subset$	\circ	\circ	
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Portion