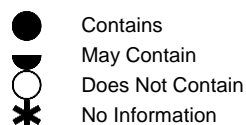


Nutrition Plan with Carbohydrates and Allergens

Nutrition Plan: WkngSumm18 Wokingham Summer Menu 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

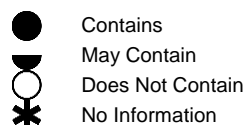
Group	Menu Item	Recipe Code	Portion Size (g)	Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
	Apple & Raisin Flapjack (V2)	*D6	51.38 21.99g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Apple Crumble (50% Fruit Tinned Apple) (V2)	*D71	96.78 30.94g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Apple Pie (50% Fruit) (V2)	*D97	97.75 25.94g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Apple, Cheese and Biscuits 50% Fruit (V1)	*D4	71.60 14.69g	○	○	○	○	○	○	○	●	○	○	○	○	○	○	○
	Baked Beans (V1)	*SD22	50.00 7.65g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	BBQ Chicken (BBQ Sauce) (V2)	*C1	75.42 0.14g	○	●	○	○	○	○	○	○	○	○	○	○	○	●	○
	Beef and Bean Fajitas (V1)	*B35	204.60 40.56g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Bolognaise (V1)	*B2	139.85 4.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Lasagne (V2)	*B7	155.02 9.82g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Berry & Apple Cobbler (50% Fruit) (V3)	*D10	93.33 18.22g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Breaded Fish (V1)	*F7	100.00 21.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Broccoli (V1)	*SD20	50.00 0.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cajun Spiced Chicken (V3)	*C10	145.33 3.59g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Carrot & Sultana Cake (V3)	*D26	63.17 22.46g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Carrots (V1)	*SD28	50.00 2.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cheese, Onion & Spinach Quiche (V4)	*V61	106.69 16.74g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chicken Neapolitan Pasta with Spinach (V2)	*C9	273.05 26.37g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Sulphur Dioxide and Sulphites

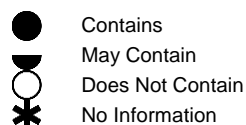
Group	Menu Item	Recipe Code	Portion Size (g)	Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
	Chips (Fryer or Oven) (V1)	*SD5	83.40 24.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chocolate & Banana Muffin (V3)	*D92	52.13 27.86g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Chocolate and Beetroot Brownie (V4)	*D23	49.31 15.77g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Chocolate and Mandarin Sponge (V4)	*D7	85.38 22.54g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Chocolate Sauce (V1)	*D3	65.00 9.47g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Coleslaw (V1)	*SD47	56.60 1.92g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Custard Sauce (V4)	*D2	77.39 9.64g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Feathered Iced Marble Sponge (V3)	*D94	49.62 19.17g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fish in Batter(V1)	*F3	85.00 12.16g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	French Bread Cheese and Tomato Pizza (V2)	*V5	117.49 40.62g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fresh Mixed Seasonal Vegetables (V1)	*SD12	48.96 2.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Platter (V1)	*D37	89.65 8.54g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Salad (V4)	*D42	41.66 3.31g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruits of the Forest Yoghurt (V1)	*D104	125.00 13.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Garlic Bread (Homemade) (V1)	*SD50	17.08 8.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Gravy Granules (V2)	*SD54	97.73 5.22g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Gravy Mix (V1)	*SD16	97.73 4.73g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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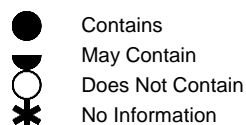
Group	Menu Item	Recipe Code	Portion Size (g)	Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
	Green Beans (V1)	*SD24	50.00 1.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Jollof Rice w/Quorn & Mixed Beans (V3)	*V106	268.63 40.72g	○	○	○	○	●	○	○	○	○	○	○	○	○	○	●
	Lemon and Mint Couscous (V2)	*TD8	117.00 22.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Lemon Drizzle Cake (V4)	*D45	57.85 21.61g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Lentil & Basil Puff Pastry Turnover (V2)	*V67	149.32 27.65g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Lentil and Sweet Potato Curry (Vegan) (V3)	*V108	249.06 26.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Long Grain Rice (Boiled or Steamed) (V1)	*SD4	110.80 34.24g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Macaroni Cheese (V2)	*V11	233.77 31.59g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Mashed Potatoes (V1)	*SD1	135.00 23.41g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Meaty Beef Pizza (V2)	*B11	102.79 27.43g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Mediterranean Chicken Breast (V2)	*C18	127.70 3.39g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Mixed Salad (V1)	*SD25	33.00 0.56g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	MSC Fish Fingers (V2)	*F6	69.73 11.58g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Natural Yoghurt (V1)	*D17	80.00 6.56g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	New Potatoes (Roasted) (V1)	*SD3	100.60 15.43g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	New Potatoes (Steamed or Boiled) (V1)	*SD2	130.00 20.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Oaty Cookies (V1)	*D85	32.67 17.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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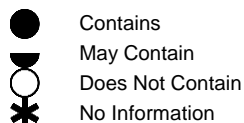
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	Pasta (Spaghetti) (V1)	*SD8	127.80	28.37g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Peas (V1)	*SD18	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Pineapple Upside Down Cake (V4)	*D8	98.55	24.89g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Pork Sausage (V2)	*P3	42.56	4.17g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Potato (Roasted-Peeled) (V1)	*SD7	80.56	25.41g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Potato (Roasted-Skin On) (V1)	*SD82	80.56	25.41g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Potato Wedges (Made & Oven Baked) (V3)	*SD6	100.04	31.72g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Quorn Roast (Made) (V3)	*V95	145.08	12.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Chicken Breast (V2)	*C4	57.14	0.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Pork (Loin Joint) (V1)	*P10	55.56	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Turkey (V1)	*T1	75.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Salmon Fish Fingers (V2)	*F1	75.00	11.10g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Spanish Omelette (V1)	*V9	148.12	28.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Spicy Bean Burger (No bun) (V2)	*V33	83.20	20.15g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Spring Vegetable Risotto (V3)	*V45	217.87	85.08g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Stuffing (V2)	*SD40	31.64	1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Sweetcorn (V1)	*SD19	50.00	9.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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	Tomato Sauce (Brakes) (V1)	*SD14	10.00	2.86g
	Vanilla Shortbread (V1)	*D57	28.23	15.93g
	Vanilla Yoghurt (V1)	*D103	108.00	14.64g
	Vegetable and Apricot Tagine (V2)	*TD6	156.15	19.56g
	Vegetable Chilli (Soya Mince) (V3)	*V46	173.93	10.74g
	Whipped Cream (V1)	*D39	50.00	0.85g
	Wholemeal Creamy Vegetable Pie (Pastry top) (V3)	*V2	267.10	39.34g
	Wholemeal Flat Bread (V1)	*SD63	28.10	10.88g
	Wholemeal Peach Crumble (V1)	*D112	96.00	29.70g
	Wholemeal Vegetable Pasta Bake (No Cheese) (V3)	*V73	210.63	33.82g
	Wholemeal Vegetable Pasta Bake (V3)	*V16	207.63	32.98g

