mwaring@caterlinkltd.co.uk

FS13 - Nutrition Plan with Carbohydrates and Allergens

NB: Our carbohydrate counts are guidelines, based on an older version of McCance & Widdowson, as that is the database uploaded on the nutrition software Saffron. Please be aware that these may be lower values than those given in the Carbs & Cals book, especially for the pasta. 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.

Legend:
- Contains ●
- May Contain ◒
- Does Not Contain ○
- No Information ✱

Menu Item	Recipe Code	Size (g)	Portion Size (g)	Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
GF Feta, Tomato & Spinach Quiche (V1)	*V7	157.50	23.76g		○	○	○	●	○	○	●	○	○	○	○	○	○	○
GF Apple & Cherry Cobbler (50% Fruit) (V1)	*D62	93.65	21.63g		○	○	○	○	○	○	○	○	○	○	○	○	○	○
GF Apple Crumble (50% Fruit) (V1)	*D61	86.78	34.41g		○	○	○	○	○	○	○	○	○	○	○	○	○	○
GF Cake (V1)	*D65	50.40	20.30g		○	○	○	●	○	○	○	○	○	○	○	○	○	○
GF Cheese & Leek Quiche (V1)	*V81	157.50	23.76g		○	○	○	●	○	○	●	○	○	○	○	○	○	○
GF Cheese & Tomato Pizza (V1)	*V78	106.00	39.80g		○	○	○	●	○	○	●	○	○	○	○	○	○	●
GF Cheese Sauce (V1)	*V74	102.77	8.16g		○	○	○	○	○	○	●	○	○	○	○	○	○	○
GF Chocolate & Beetroot Brownie (V1)	*D67	56.17	16.36g		○	○	○	●	○	○	○	○	○	○	○	○	○	○
GF Cottage Pie (V1)	*B17	245.28	30.91g		○	○	○	○	○	○	●	○	○	○	○	○	●	●
GF Eves Pudding (50% Fruit) (V1)	*D66	100.40	24.35g		○	○	○	●	○	○	○	○	○	○	○	○	○	○
GF Homemade Vegetable Soup (V1)	*V75	85.44	5.60g		○	○	○	○	○	○	○	○	○	○	○	○	○	●
GF Macaroni Pastitsio (V1)	*B16	273.69	29.56g		○	○	○	○	○	○	●	○	○	○	○	○	○	●
GF Peach Crumble (V1)	*D60	100.00	35.21g		○	○	○	○	○	○	○	○	○	○	○	○	○	○
GF Pear & Berry Crumble (V1)	*D63	91.29	32.42g		○	○	○	○	○	○	○	○	○	○	○	○	○	○
GF Pizza Base (Dough only) (V1)	*V79	77.50	38.85g		○	○	○	●	○	○	○	○	○	○	○	○	○	○
GF Plum & Vanilla Crumble (50% Fruit) (V1)	*D64	100.21	38.23g		○	○	○	○	○	○	○	○	○	○	○	○	○	○
GF Potato & Courgette Layer Bake (V1)	*V76	142.61	19.67g		○	○	○	○	○	○	●	○	○	○	○	○	○	○

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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
GF Salmon Pasta Bake (Bechamel) (V1)	*F15	*F15	262.96	28.28g	○	○	○	○	●	○	●	○	○	○	○	○	○	●
GF Savoury Pastry (no filling)	*V80	*V80	42.50	20.42g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
GF Vegetable & Leek Pie (Mashed Potato Tc	*V77	*V77	214.93	41.84g	○	○	○	○	○	○	●	○	○	○	○	○	○	○