

FS13 - Nutrition Plan with Carbohydrates and Allergens

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Legend:

Contains ●
May Contain ◐
Does Not Contain ○
No Information *

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
1/2 Potato (Baked) (V1)	*SD13	60.00	19.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple Berry Strudel (Low Sugar) (V1)	*D1	109.63	20.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple Crumble (50% Fruit) (V1)	*D34	86.78	34.41g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple Flapjack (V1)	*D6	46.36	18.68g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple Sauce (V1)	*SD57	10.00	0.81g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple Strudel (50% Fruit) (V1)	*D59	96.00	27.57g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple, Cheese and Biscuits 50% Fruit (V1)	*D4	76.00	14.69g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Baked Beans (V1)	*SD22	50.00	7.65g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Potato (V1)	*SD55	120.00	38.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Tomatoes (V1)	*SD34	50.00	1.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Bara Brith (V1)	*D38	43.60	21.14g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
BBQ Chicken (BBQ Sauce) (V1)	*C1	75.35	0.08g	●	●	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Chicken Pizza (Bought Sauce) (V1)	*C7	141.17	21.61g	●	●	○	◐	○	○	●	○	○	○	○	○	○	○
Bean & Vegetable Hotpot (V1)	*V30	139.63	15.43g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Bean and Lentil Burgers (No Bun) (V1)	*V15	97.12	23.63g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Beef and Vegetable Hotpot (V1)	**B14	115.54	8.61g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognese (V1)	*B2	150.42	4.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Beef Burger (No Bun) (V1)	*B5	39.58	0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Curry (V1)	**B12	210.17	7.83g	○	◐	○	○	○	○	○	○	●	○	○	○	○	●
Beef Goulash (V1)	*B6	148.10	7.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Beef Lasagne (V1)	*B7	157.48	12.40g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Beef Meatballs in a Tomato Sauce (V1)	*B3	182.17	12.70g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Beef Stew (Lobscouse) (V1)	*B13	273.24	14.81g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Tortilla Stack (V1)	**B10	121.07	17.47g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Beetroot and Apple White Bread (V1)	*SD41	20.33	6.04g	○	●	○	◐	○	○	○	○	○	○	○	○	●	○
Breaded Fish (V1)	*F7	100.00	10.50g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Broccoli (V1)	*SD20	50.00	0.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli Pasta Bake (V1)	**V51	242.60	33.20g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Bubble coated Fish (Gluten Free)	*F4	60.00	0.00g	○	○	○	○	●	○	○	○	○	○	○	○	○	○
Cabbage (V1)	*SD35	50.00	1.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cajun Spiced Chicken (V1)	**C10	120.83	3.38g	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Cajun Wedges (V1)	**SD38	80.80	29.26g	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrot & Beetroot Slaw (V1)	*SD58	72.00	4.39g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrot & Sultana Cake (V1)	*D55	101.74	30.14g	○	●	○	●	○	○	○	○	○	○	○	○	○	○

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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
Carrot & Swede Mash (V1)	*SD53	120.89	4.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrot and Courgette Cake (V1)	*D11	70.03	21.36g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Carrot Cake (V1)	*D26	51.66	18.54g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Carrots (V1)	*SD28	50.00	2.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower (V1)	*SD27	50.00	1.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese & Leek Quiche (V1)	*V29	107.21	12.96g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Cheese & Potato Whirl (V1)	**V37	86.53	11.43g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Cheese & Red Onion Quiche (V1)	**V82	94.93	13.06g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Cheese and Crackers (V1)	*D56	41.00	10.95g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheese and Pepper Whirl (V1)	*V27	124.17	7.62g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheese and Tomato Pizza (V1)	*V31	52.00	10.27g	○	●	○	◐	○	○	●	○	○	○	○	○	●	●
Cheese and Turmeric White Bread (V1)	*SD42	20.15	5.60g	○	●	○	◐	○	○	●	○	○	○	○	○	●	○
Cheese Sauce (V1)	**V54	102.77	8.16g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Cheese, Onion & Spinach Quiche (V1)	**V61	133.16	20.17g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Cheese, Pepper & Tomato Quiche (V1)	**V60	132.01	20.56g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Cheese, Tomato & Red Pepper Pizza (V1)	**V59	60.65	10.82g	○	●	○	◐	○	○	●	○	○	○	○	○	●	○
Cheese, Tomato & Spinach Frittata (V1)	*V83	119.84	2.90g	○	○	○	●	○	○	●	○	○	○	○	○	○	○

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Cherry & Apple Cobbler (50% Fruit) (V1)	*D10	93.65	21.07g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cherry & Apple Pie (50% Fruit)	**D49	103.00	22.13g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Chicken & Broccoli Pasta Bake (V1)	*C3	235.23	25.39g	○	●	○	○	○	○	●	○	○	○	○	○	○	●
Chicken & Leek Puff Pie (V1)	**C11	123.95	11.11g	○	●	○	○	○	○	●	○	○	○	○	○	○	●
Chicken & Leek Tart (V1)	**C12	159.15	19.68g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Chicken & Sweetcorn Pie (V1)	**C21	136.95	11.55g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Chicken & Vegetable Pie (V1)	*C24	176.95	14.47g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Chicken Chow Mein with Noodles (V1)	*C2	183.27	13.06g	○	●	○	●	○	○	○	○	○	○	○	○	●	●
Chicken Curry (V1)	**C13	142.60	5.93g	○	◐	○	○	○	○	○	●	○	○	○	○	○	●
Chicken Enchiladas (V1)	**C14	204.61	42.58g	○	●	○	○	○	○	●	○	○	○	○	○	○	●
Chicken Ginger Stir Fry (V1)	**C16	76.94	2.88g	○	●	○	○	○	○	○	○	○	○	○	○	●	●
Chicken Marengo (V1)	**C15	107.58	9.26g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Neapolitan Pasta with Spinach (V1)	*C9	273.05	26.39g	○	●	○	○	○	○	●	○	○	○	○	○	○	●
Chicken Sausages (V1)	*C6	114.00	22.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Chicken, Pineapple and Cheese Pizza (V1)	**C19	108.87	11.68g	○	●	○	◐	○	○	●	○	○	○	○	○	●	●
Chickpea & Vegetable Hotpot (V1)	**V41	158.60	18.12g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Chickpea Aloo Chaat (V1)	**V62	142.13	30.68g	○	◐	○	○	○	○	○	○	●	○	○	○	○	●

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Chilli Con Carne (V1)	**B15	202.98	12.01g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Chinese Vegetarian Spring Rolls (V1)	**V64	90.80	11.24g	○	●	○	●	○	○	○	○	○	○	○	○	●	●
Chips (Fryer or Oven) (V1)	*SD5	83.40	24.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate and Beetroot Brownie (V1)	*D23	50.63	16.57g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Chocolate and Mandarin Sponge (50% fruit)	*D7	100.19	24.36g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Chocolate Cocoa Cookies (V1)	**D40	30.76	18.04g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Chocolate Crunch Cake (V1)	*D27	53.20	42.11g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Chocolate Krispie Cake (V1)	**D41	33.63	21.87g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Chocolate Oaty Square (V1)	*D20	51.56	29.84g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Sauce (V1)	*D3	65.00	9.47g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Cinnamon and Raisin White Bread (V1)	*SD43	20.23	7.42g	○	●	○	◐	○	○	●	○	○	○	○	○	●	○
Coleslaw (V1)	*SD47	56.60	1.92g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Cottage Pie (V1)	*B9	245.28	30.91g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Courgette (V1)	*SD29	44.00	0.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Creamy Mushroom Pasta (V1)	**V52	242.60	32.96g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Creamy Vegetable Pie (V1)	*V19	332.25	50.59g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Crunchy Plum & Vanilla Crumble (50% Fruit)	*D5	91.46	31.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

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Cucumber (V1)	*SD30	48.50	0.73g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce (V1)	*D2	63.00	9.24g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Egg Mayonnaise (V1)	*V57	44.00	0.19g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Egg Noodles (V1)	**SD36	45.83	5.96g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Egg Salad (V1)	*V68	193.85	3.15g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Eves Pudding/ Apple Sponge (50% Fruit) (V1)	*D18	101.61	23.84g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Feta, Tomato & Spinach Quiche (V1)	*V6	149.00	20.61g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Feta, Tomato & Spinach Quiche(Wholemeal)	*V25	149.00	17.57g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Fish in Batter(V1)	*F3	85.00	12.16g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Fishwich (No Bun) (V1)	*F5	56.00	7.67g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
French Bread Cheese and Tomato Pizza (V1)	*V5	139.27	31.22g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Fresh Mixed Seasonal Vegetables (V1)	*SD12	48.96	2.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Jelly (50% Fruit) (V1)	*D12	161.18	6.11g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Platter (V1)	*D37	84.00	6.77g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Salad (V1)	**D42	97.22	15.48g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Smoothies (V1)	*D16	80.00	7.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Yoghurt and Shortbread (Primary) (V1)	*D22	139.58	43.15g	○	●	○	○	○	○	●	○	○	○	○	○	○	○

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 No Information *

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
Garlic Bread (V1)	*SD15	26.50	10.22g	○	●	○	◐	○	○	◐	○	○	○	○	○	●	●
Grape Pot (V1)	*D35	50.00	7.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Gravy Granules (V1)	*SD54	97.73	2.77g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Gravy Mix (V1)	*SD16	97.73	2.77g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Beans (V1)	*SD24	50.00	1.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ham and Cheese Pizza (V1)	*P2	91.58	10.66g	○	○	○	◐	○	○	○	○	○	○	○	○	○	○
Ham Salad (V1)	*P7	193.85	3.72g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ham, Pineapple and Cheese Pizza (V1)	*P1	99.92	11.68g	○	○	○	◐	○	○	○	○	○	○	○	○	○	○
Homemade Vegetable Soup (V1)	*V32	88.44	4.62g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Hot Dog Bun	*SD33	50.00	25.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ice Cream (V1)	*D13	60.00	11.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Iced Bun (V1)	**D43	40.00	28.06g	○	○	○	◐	○	○	○	○	○	○	○	○	○	○
Iced Sponge (V1)	*D29	51.47	20.52g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Jam Sponge (V1)	**D44	53.35	22.30g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Jerk Chicken (using Drumsticks) (V1)	**C17	100.00	0.67g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lamb Bolognaise (V1)	**L2	180.82	6.74g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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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
Lamb Curry (V1)	**L5	189.40	6.97g	○	○	○	○	○	○	○	○	●	○	○	○	○	●
Lamb Koftas in Tomato Sauce (V1)	**L3	65.88	1.77g	○	◐	○	○	○	○	○	○	○	○	○	○	○	●
Lamb Lasagne (V1)	**L4	170.76	17.03g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Lemon and Cucumber Cake (V1)	*D30	40.05	13.89g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Lemon and Mixed Berry Cake (V1)	*D25	50.32	17.43g	○	●	○	●	○	○	○	○	○	○	○	○	○	●
Lemon Custard (V1)	**D51	63.50	9.25g	○	○	○	○	○	○	●	○	○	○	○	○	○	●
Lemon Drizzle Cake (V1)	**D45	51.90	20.63g	○	●	○	●	○	○	○	○	○	○	○	○	○	●
Lentil & Basil Puff Pastry Turnover (V1)	**V67	150.82	25.36g	○	●	○	○	○	○	○	○	●	○	○	○	○	○
Lentil & Sweet Potato Curry (V1)	*V26	283.14	32.03g	○	○	○	○	○	○	●	○	●	○	○	○	○	●
Lentil & Vegetable Quorn Roast (V1)	*V13	224.17	20.91g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Vegetable Curry (V1)	*V3	224.73	24.54g	○	○	○	○	○	○	○	○	●	○	○	○	○	●
Long Grain Rice (Boiled or Steamed) (V1)	*SD4	110.80	34.24g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Pastitsio (V1)	*B1	217.19	19.11g	○	●	○	○	○	○	●	○	○	○	○	○	○	●
Mashed Potatoes (Primary) (V1)	*SD1	135.00	23.41g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Meaty Pizza (V1)	*B11	100.67	10.27g	○	●	○	◐	○	○	●	○	○	○	○	○	○	●
Meaty Pizza (Wholemeal) (V1)	*B8	100.67	8.95g	○	●	○	◐	○	○	●	○	○	○	○	○	○	●
Mediterranean Chicken Breast (V1)	**C18	166.89	3.42g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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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
Mediterranean Chicken Thigh (V1)	**C20	166.89	3.42g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Mince Pie Puff Pastry (V1)	*D54	63.43	23.74g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Bean Cassoulet (V1)	*V14	156.25	16.13g	○	◐	○	○	○	○	○	○	●	○	○	○	○	●
Mixed Fruit Crumble (50% Fruit) (V1)	*D68	100.00	26.97g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Fruit Salad (V1)	*D36	82.90	5.91g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Salad (V1)	*SD25	33.00	0.56g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Vegetable Loaf (V1)	**V39	98.62	17.26g	○	●	○	●	○	○	○	○	○	○	○	○	○	●
MSC Fish Cake (V1)	*F2	57.00	11.23g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
MSC Fish Fingers (V1)	*F6	69.73	11.58g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Neapolitan Ice Cream (V1)	*D52	60.00	14.82g	○	○	○	○	○	○	●	○	○	○	○	○	●	○
New Potatoes (Roasted) (V1)	*SD3	100.56	15.42g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
New Potatoes (Steamed or Boiled) (V1)	*SD2	130.00	20.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Orange Triangle (V1)	**D46	50.40	17.10g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Parsley Potatoes (V1)	*SD59	90.80	28.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pasta (Gluten Free - Penne) (V1)	*SD10	127.80	23.64g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pasta (Shells) (V1)	*SD11	147.60	27.31g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Pasta (Spaghetti) (V1)	*SD8	127.80	28.37g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

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Pasta (Wholewheat - Penne) (V1)	*SD9	138.00	32.02g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peach Crumble (50% Fruit) (V1)	*D19	100.00	35.21g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peach Sponge (V1)	**D58	101.61	24.60g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Pear & Berry Crumble (V1)	**D50	91.29	32.42g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Pear & Ginger Muffin (V1)	*D9	56.46	19.21g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Pear & Raisin Upside Down Cake (V1)	*D21	92.94	26.34g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Peas (V1)	*SD18	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peppers (V1)	*SD26	43.50	1.83g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pineapple Upside Down (50% Fruit) (V1)	*D8	106.67	26.52g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Pizza White Bread (V1)	*SD45	19.11	5.78g	○	●	○	◐	○	○	○	○	○	○	○	○	●	●
Poached Fish (V1)	*F9	94.26	1.02g	○	○	○	○	●	○	○	○	○	○	○	○	○	○
Pork Sausage (V1)	*P3	75.00	5.59g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Potato (Roasted) (V1)	*SD7	80.56	29.28g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Potato and Courgette Layer Bake (V1)	*V10	142.61	19.67g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Potato Wedges (Made & Oven Baked) (V1)	*SD6	80.04	29.26g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Quorn & Vegetable Stir Fry (V1)	**V50	182.71	11.02g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Quorn and Vegetable Curry (V1)	**V48	161.93	10.40g	○	○	○	●	○	○	○	○	●	○	○	○	○	○

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Quorn and Vegetable Goulash (V1)	**V21	187.25	6.24g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Quorn Burger (No Bun) (V1)	**V47	60.00	1.14g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Quorn Mince Vegetarian Bolognese (V1)	**V66	171.10	9.86g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Quorn Vegetarian Sausages (V1)	*V17	100.00	10.00g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Red Cabbage (V1)	*SD23	50.00	1.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Pepper and Cheese Frittata (V1)	*V24	124.64	4.86g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Rice Pudding with Mixed Berry Sauce (V1)	*D31	91.67	18.63g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Beef (V1)	*B4	60.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Thigh (V1)	*C5	70.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Gammon (V1)	*P5	42.60	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Pork (V1)	*P4	36.11	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Turkey (V1)	*T1	65.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Vegetable French Bread Pizza (V1)	*V36	177.50	43.22g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Butternut Squash (V1)	*SD31	50.00	3.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Pepper and Onion (V1)	*SD52	60.64	3.90g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Summer Vegetables (V1)	*SD49	74.07	3.30g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Vegetable and Olive White Bread (V1)	*SD46	21.30	5.83g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Roasted Vegetables (V1)	*SD48	101.10	5.39g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Salmon Fish Fingers (V1)	*F1	75.00	11.10g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Salmon Nuggets (V1)	**F12	58.82	7.29g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Salmon Pasta Bake (Bechamel) (V1)	*F8	279.46	31.33g	○	●	○	○	●	○	●	○	○	○	○	○	○	●
Salmon Pizza (V1)	*F16	82.67	10.28g	○	●	○	◐	●	○	●	○	○	○	○	○	●	●
Sausage Plait (Supplier-CMB) (V1)	*P6	144.10	26.56g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Savoury Mince (Beef) (V1)	*B18	163.25	5.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Shepherdess Pie (V1)	*V58	277.40	48.77g	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Shepherds Pie (V1)	*L1	166.25	20.70g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Shortbread (V1)	*D32	28.13	15.87g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Soya Vegetarian Bolognese (V1)	*V18	149.60	11.29g	○	○	○	○	○	○	○	○	○	○	○	○	●	●
Spanish Omelette (V1)	*V9	124.06	17.83g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
Spicy Bean Burger (No bun) (V1)	*V33	191.32	36.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spinach & Tomato Quiche (V1)	*V1	114.17	20.48g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spring Vegetable Risotto (V1)	*V45	196.67	61.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Stuffing (V1)	**SD40	20.00	3.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Swede (V1)	*SD21	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Legend:

- Contains ●
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 Does Not Contain ○
 No Information *

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
Sweet and Sour Chicken (V1)	*C8	143.61	13.94g	○	●	○	○	○	○	○	○	○	○	○	○	●	●
Sweet and Sour Quorn (V1)	**V40	173.06	17.52g	○	○	○	●	○	○	○	○	○	○	○	○	○	●
Sweet and Sour Vegetables (Made Sauce) (V1)	*V69	66.88	9.67g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Sweetcorn & Peas Mixed (V1)	*SD32	50.00	3.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn (V1)	*SD19	50.00	1.35g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Syrup Sponge (V1)	*D24	49.35	19.94g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Toffee Crispy (V1)	**D47	25.50	18.57g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Tomato & Onion Slaw (V1)	*SD56	76.40	4.12g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato Pasta Sauce (V1)	**V55	115.31	6.93g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Tomato Sauce (V1)	*SD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Trifle (V1)	*D14	129.38	10.78g	○	○	○	○	○	○	●	○	○	○	○	○	●	○
True Sponge (V1)	*D53	56.69	20.98g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Tuna & Salmon Pasta Bake (White Sauce) (V1)	**F10	244.25	29.02g	○	●	○	●	●	○	●	○	○	○	○	○	○	●
Tuna Mayonnaise (V1)	*F11	68.60	0.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tuna Salad (No Mayonnaise) (V1)	*F13	183.02	3.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Turkey & Leek Pie (V1)	*T2	134.10	24.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Turkey Stir Fry (V1)	**T3	133.23	4.41g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

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Unseeded 4" Bun (V1)	*SD17	40.00	19.52g	○	●	○	○	○	○	○	○	○	○	○	◐	○	○
Vanilla Shortbread (V1)	*D57	28.23	15.93g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vegetable & Butter Bean Cobbler (V1)	*V23	240.75	23.11g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Vegetable & Cheese Pasty (V1)	**V38	78.79	9.08g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Vegetable & Leek Pie (Mashed Potato Top) (	**V56	200.45	41.84g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Vegetable & Leek Pie (Puff Pastry Top) (V1)	**V43	134.64	14.21g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Vegetable & Quorn Enchiladas (V1)	**V65	226.65	39.28g	○	●	○	●	○	○	●	○	○	○	○	○	○	●
Vegetable & Wholemeal Pasta Medley (V1)	*V22	280.08	30.71g	○	●	○	○	○	○	●	○	○	○	○	○	○	●
Vegetable Bean and Rice Fajitas (V1)	**V63	191.26	44.18g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Vegetable Chilli (V1)	**V46	225.00	15.31g	○	●	○	○	○	○	○	○	○	○	○	○	●	●
Vegetable Chilli Quorn Mince (V1)	*V84	205.65	13.11g	○	●	○	●	○	○	○	○	○	○	○	○	○	●
Vegetable Cottage Pie (V1)	**V42	172.20	22.68g	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Vegetable Enchiladas (V1)	*V20	251.83	43.44g	○	●	○	○	○	○	●	○	○	○	○	○	○	●
Vegetable Fajitas (Vegan) (V1)	*V8	189.10	45.33g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Vegetable Lasagne (V1)	*V44	168.21	21.43g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Vegetable Pasty (V1)	*V35	143.67	39.87g	○	●	○	●	○	○	○	○	○	○	○	○	○	●
Vegetable Stuffed Jacket (V1)	**V53	132.50	39.35g	○	○	○	○	○	○	○	○	○	○	○	○	○	●

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Vegetable Toad in the Hole (V1)	*V4	157.00	13.11g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Vegetarian Wellington (V1)	*V12	214.20	26.68g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Veggie Mince & Veg Stir Fry (V1)	*V34	204.63	13.10g	○	●	○	○	○	○	○	○	○	○	○	○	●	●
Welsh Cakes (V1)	**D48	47.33	31.00g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Whipped Cream (V1)	*D39	50.00	0.85g	○	○	○	○	○	○	●	○	○	○	○	○	●	○
White Bread (V1)	*SD50	18.44	6.66g	○	●	○	◐	○	○	◐	○	○	○	○	○	●	○
Wholegrain Rice (V1)	**SD39	101.20	32.49g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Wholemeal Banana Sponge/Loaf (50% Fruit)	*D15	81.44	24.77g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Wholemeal Bread (V1)	*SD51	18.44	6.66g	○	●	○	◐	○	○	◐	○	○	○	○	○	●	○
Wholemeal Cheese and Tomato Quiche (V1)	**V49	125.00	15.76g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Wholemeal Creamy Vegetable Pie (V1)	*V2	203.96	34.04g	○	●	○	○	○	○	●	○	○	○	○	○	○	●
Wholemeal Vegetable Pasta Bake (V1)	*V16	207.63	32.07g	○	●	○	○	○	○	●	○	○	○	○	○	○	●
Wholewheat Pasta Neapolitan & Spinach (V1)	*V28	316.89	35.87g	○	●	○	○	○	○	●	○	○	○	○	○	○	●
Yoghurt & Raisin Cake (V1)	*D33	48.35	18.31g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Yoghurt (V1)	*D17	80.00	10.96g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Yorkshire Puddings (V1)	**SD37	20.00	4.47g	○	●	○	●	○	○	●	○	○	○	○	○	○	○