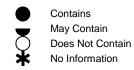
Nutrition PI WkngAut18

Wokingham Menu Autumn 2018

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			Portion														
Group	Menu Item	Recipe Code			_	_	_	_	_	_	_	_	_		_		
	Apple & Raisin Strudel (50% Fruit) (V2)	*D59	87.75	23.45g	Q		Q	Q	Õ	Õ	Q	Õ	Q (ÕÕ	Ç	QQQ)
	Apple, Cheese and Biscuits 50% Fruit (V1)	*D4	71.60	14.73g	Q	•	Q	Q	Q	Q	•	Q	Q (ΟÇ	C) Q C)
	Baked Beans (V1)	*SD22	50.00	6.75g	Ο	Ο	Ο	Ο	Ο	\bigcirc	Ο	Ο	\bigcirc	ОС	C	DO C)
	Beef Bolognaise (V1)	*B2	139.85	5.19g	Q	Q	Q	Q	Q	Q	Q	Q	Q (ÕČ	C) Q Q)
	Beef Lasagne (V2)	*B7	155.02	14.27g	Ο		Ο	Ο	Ο	Ο		Ο	O	ОС	C	DO C)
	Beef Meatballs in Tomato Sauce (Brakes) (V1)-72n	(*B33	163.32	4.42g	Ο		Ο	Ο	Ο	\bigcirc	Ο	Ο	\bigcirc	ОС	C	DO C)
	Breaded Fish (V1)	*F7	100.00	21.60g	Q		Q	Q		Q	Q	Q	Q (ÕČ	C) Q Q)
	Broccoli (V1)	*SD20	28.00	0.90g	Ο	Ο	Ο	Ο	Ο	Ο	Ο	Ο	O	ОС	C	DO C)
	Cabbage (V1)	*SD35	50.00	1.15g	Ο	Ο	Ο	Ο	Ο	\bigcirc	Ο	Ο	\bigcirc	ОС	C	DO C)
	Carrot & Sultana Cake (V3)	*D26	63.17	23.21g	Q		Q		Q	Q	Q	Q	Q (ΟÇ	C) Q C)
	Carrots (V1)	*SD28	50.00	3.00g	Q	Q	Q	Q	Q	Q	Q	Q	Q (ÕČ	C) Q C)
	Cauliflower (V1)	*SD27	50.00	1.75g	Q	Q	Q	Q	Q	Q	Q	Q	Q (ΟÇ	C) Q C)
	Chicken & Broccoli Pasta Bake (V4)	*C3	275.23	98.22g	Q	•	Q	Q	Q	Q	•	Q	Q (ÕČ	C) Q C)
	Chicken Ginger Stir Fry (V5)	*C16	93.71	6.70g	Q		Q	Q	Q	Q	Q	Q	Q (ÕČ	C) 🕘 C)
	Chicken Tikka Masala (V4)	*C35	170.96	6.56g	Q	Õ	Q	Q	Õ	Õ		Õ		ÕÕ	Ç	QQQ)
	Chips (Fryer or Oven) (V1)	*SD5	83.40	29.44g	Q	Õ	Q	Q	Q	Q	Q	Q	Q (ÕÕ	Ç	QQQ)
	Chocolate and Banana Oaty Square (V2)	*D141	41.10	19.17g	Ο		Ο	Ο	Ο	Ο	Ο	Ο	\bigcirc	ОC	C	DO C)
PlanCa	bsAll: Nutrition Plan with Carbohydrates and Allerger	าร														±	##

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

Carbohydrate Count	
Celery	
Cereals containing Gluten	
Crustaceans	
Eggs	
Fish	
Lupin	
Milk	
Molluscs	
Mustard	
Nuts	
Peanuts	
Sesame Soya	
Sulphur Dioxide and Sulphites	

Autumn 2018

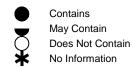


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			Portion													
Group	Menu Item	Recipe Code			_		_	_	_	_	_	_	_		_	
	Chocolate Cocoa Cookies (V3)	*D40	33.08	17.27g	Õ		Õ	Õ	Õ	Õ	Õ	Õ	Q (ÕÕ	Q	QQ
	Chocolate Sponge (with Chocolate Drizzle) (V4)	*D95	59.62	22.74g	Q		Q	Q	Õ	Õ	Q	Q	Q (ÕÕ	Q	\mathcal{O}
	Chocolate Yoghurt (V1)	*D138	112.00	16.13g	Q	Q	Q	Q	Õ	Õ	•	Õ	Q (ÕÕ	Q	O
	Coleslaw (V3)	*SD47	56.60	2.69g	Q	Q	Q		Q	Õ	Q	Q	Q	ÕÕ	Q	O
	Cottage Pie / Beef and Onion Pie (V2)	*B9	298.62	36.83g	Q		Q	Q	Õ	Õ	Q	Q	Q (ÕÕ	Q	\mathcal{O}
	Custard Sauce (V4)	*D2	77.39	8.86g	Q	Õ	Õ	Q	Õ	Õ		Q	Q (ÕÕ	Q	O
	Egg Noodles (V3)	*SD36	120.54	43.03g	Q		Q		Q	Õ	Q	Q	Q	ÕÕ	Q	O
	Eves Pudding/ Apple Sponge (50% Fruit) (V4)	*D18	99.98	25.98g	Q		Q		Õ	Õ.	Q	Õ	Q (ÕÕ	QQ	O
	Fish in Batter(V1)	*F3	85.00	16.75g	Q		Q	Q		Õ	Õ	Õ	Q (ÕÕ	O(O
	French Bread Cheese and Tomato Pizza (V2)	*V5	117.49	40.76g	Q		Q	Q	Q	Õ		Q	Q	ÕÕ		O
	Fruit Platter (V1)	*D37	89.65	8.57g	Q	Q	Q	Q	Õ	Õ	Q	Q	Q (ÕÕ	Q	\mathcal{O}
	Fruit Salad (V4)	*D42	41.66	3.25g	Q	Q	Q	Q	Q	Õ	Q	Q	Q	Ŋ Q	Q	O
	Fruits of the Forest Yoghurt (V2)	*D104	125.00	13.36g	Q	Q	Q	Ο	Q	Õ		Q	Q (ÕÕ	Q	O
	Garlic Bread (Homemade) (V1)	*SD50	17.08	8.19g	Q		Q		Õ	Õ.		Õ	Q (ÕÕ	Q	Q
	Gravy (Brakes Vegetarian Gravy Mix) (V2)	*SD16	63.24	3.06g	Ο		Q	Ο	Q	Õ	Ο	Q	\bigcirc	ÕÕ	Q	O
	Gravy (MAGGI Gluten Free Vegetarian Gravy) (V4)	*SD54	63.24	3.38g		Q	Q		Q	Õ		Q		ÕÕ	Q	
	Green Beans (V1)	*SD24	50.00	1.55g	O	Ο	Ο	Ο	Ο	Ο	Ο	Ο	\bigcirc	ОC	00	$) \bigcirc$
PlanCa	bsAll: Nutrition Plan with Carbohydrates and Allerger	าร														##

Wokingham Menu Autumn 2018

14:00 **f**

02-Jul-2018

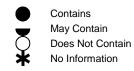
Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Soya	Sulphur Dioxide and Sulphites
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Nutrition PI WkngAut18

Wokingham Menu Autumn 2018

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			Portion	1												
Group	Menu Item	Recipe Code			_	_	_	_	_	_	_	_	_			
	Honey Yoghurt (V1)	*D140	106.00	12.78g	Q	Õ	Õ	Õ	Q	Q	•	Õ	Q (Q Q	QQ ()
	Iced Sponge (V4)	*D29	53.57	22.24g	Q		Q		Q	Q	Q	Q	Q (Q Q	OO)
	Lentil and Vegetable Curry (V2)	*V3	226.98	23.23g	Ο	Ο	Ο	Ο	Ο	Ο	Ο	Ο		O C	00 ()
	Long Grain Rice (Boiled or Steamed) (V1)	*SD4	110.80	38.45g	Q	Q	Q	Q	Q	Q	Q	Q	Q (Q Q	OO)
	Macaroni Cheese (V2)	*V11	233.77	101.13g	Q		Q	Q	Q	Q	•	Q	Q (D Q	OO)
	Mandarin & Cinnamon Upside Down Cake (V1)	*TD9	65.79	21.59g	Q	\bullet	Q	\bullet	Q	Q	Q	Q	Q (D Q	00 ()
	Mixed Green Salad (V1)	*SD86	47.66	2.33g	Q	Q	Q	Q	Q	Q	Q	Q	Q (Q Q	OO)
	Mixed Vegetable Loaf (V2)	*V39	113.17	18.75g	Q		Q	•	Q	Q	Q	Q	Q (D Q	OO)
	MSC Fish Fingers (V2)	*F6	69.73	15.35g	Q	\bullet	Q	Õ		Q	Q	Q	Q (D Q	00 ()
	MSC Salmon Fishcakes (Bought premade) (V1)	*F22	57.00	8.66g	Q		Q	Q		Q	Q	Q	Q (Q Q	OO)
	New Potatoes (Steamed or Boiled) (V1)	*SD2	130.00	19.37g	Q	Q	Q	Q	Q	Q	Q	Q	Q (Q Q	OO)
	Oaty Peach Crumble (50% Fruit) (V1)	*D77	95.83	33.38g	Q		Õ	Õ	Q	Q	Õ	Õ	Q (Q Q	QQ ()
	Orange Tray Bake (V4)	*D46	55.13	20.82g	Q	•	Q	Ó	Q	Q	Q	Q	Q (Q Q	QQ ()
	Pasta (Spaghetti) (V2)	*SD8	106.50	33.55g	Q		Q	Q	Q	Q	Q	Q	Q (Q Q	OO)
	Peach Yoghurt (V1)	*D137	100.00	13.33g	Q	Q	Q	Q	Q	Q	Ō	Q	Q (Q Q	QQ ()
	Peas (V1)	*SD18	50.00	5.60g	Q	Q	Q	Q	Q	Q	Q	Q	Q (Q Q	QQ ()
	Pineapple Loaf/ Sponge (V1)	*TD5	67.69	22.00g	Ο		Ο		Ο	Ο	Ο	Ο	O (O(C)	00)
PlanCa	bsAll: Nutrition Plan with Carbohydrates and Allerge	ns													1	##

Carbohydrate Count	
Celery	
Cereals containing Gluten	
Crustaceans	
Eggs	
Fish	
Lupin	
Milk	
Molluscs	
Mustard	
Nuts	
Peanuts	
Sesame Soya	
Sulphur Dioxide and Sulphites	

14:00

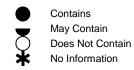


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			Portion	n										
Group	Menu Item	Recipe Code				_		_	_	_		_		
	Potato & Courgette Layer Bake (V4)	*V10	281.70	33.51g	$\bigcirc igodot$	Q (ΟÇ	١Q	•	Q	QQ(Q	OOO	
	Potato (Roasted-Peeled) (V1)	*SD7	80.56	18.13g	QQ	Q (ΟÇ	١Q	Q	Q	QQ(Q	OOO	
	Potato Wedges (Made & Oven Baked) (V3)	*SD6	100.04	22.62g	OO	\bigcirc (ОС	O	Ο	\bigcirc	OO(0	000	
	Quorn Mince Lasagne (V2)	*V117	157.18	14.82g	$\bigcirc \bullet$	Q (D Q	Q		Q	QQ(Q	OOO	
	Quorn Mince Vegetarian Bolognaise (V3)	*V66	209.80	12.26g	OO	\bigcirc	DC	O	Ο	Ο	OO(0	000	
	Quorn Roast (Made) (V3)	*V95	145.08	11.91g	OO	\bigcirc	DC	\circ O	\bullet	\bigcirc	OO(0	000	
	Red Pepper and Cheese Frittata (V1)	*V24	124.64	4.09g	QQ	Q (D Q	Q		Q	QQ(Q	OOO	
	Rice Pudding with Mixed Berry Sauce (V2)	*D31	113.79	37.14g	QQ	Q (ΟÇ	١Q	O	Q	ΟQ	Q	OOO	
	Roast Chicken Breast (V2)	*C4	57.14	0.19g	QQ	Õ (ΟÇ	٥Q	Q	Q	ÕÕ	Q	OOO	
	Roast Gammon (V2)	*P5	54.43	0.00g	QQ	Q (ΟÇ	١Q	Q	Q	QQ(Q	OOO	
	Roast Turkey (V1)	*T1	75.00	0.00g	QQ	Q (ΟÇ	١Q	Q	Q	QQ(Q	OOO	
	Roasted Vegetables (V2)	*SD48	94.70	5.78g	QQ	Õ (ΣÕ	١Q	Q	Q	ÕÕ(Õ	QQ Q	
	Sausage Pasta Bake (Pork) (V3)	*P9	264.54	101.38g	Q 🕘 .	Q (ΟÇ	١Q	Q	Q	QQ(Q	QQQ	
	Shepherdess Pie (V2)	*V58	297.40	42.24g	\bigcirc	Q (ΟÇ	١Q	Q	Q	QQ(Q	$\bigcirc \bigcirc \bigcirc \bigcirc$	
	Stuffing (V2)	*SD40	31.64	1.82g	$\bigcirc \bullet$	Õ (ΣÕ	١Q	Q	Q	ÕÕ(Õ	QQ Q	
	Sweet and Sour Quorn (V2)	*V110	160.88	13.97g	QQ	Q (D Q	١Q	Q	Q	QQ(Q	OO igodot	
	Sweetcorn (V1)	*SD19	50.00	4.75g	OO	O (ОС	O	Ο	Ο	OOO	0	000	
PlanCa	rbsAll: Nutrition Plan with Carbohydrates and Allerge	ens											##	

Carbohydrate Count	
Celery	
Cereals containing Gluten	
Crustaceans	
Eggs	
Fish	
Lupin	
Milk	
Molluscs	
Mustard	
Nuts	
Peanuts	
Sesame Soya	
Sulphur Dioxide and Sulphites	

14:00 **f**

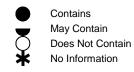
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			Portion														
Group	Menu Item	Recipe Code			_	_	_	_	_	_	_	_	_	_	_		
	Tomato & Onion Slaw (V1)	*SD56	76.40	4.11g	Ο	Ο	\bigcirc	Ο	Ο	Ο	Ο	\bigcirc	Ο	Ο	Ο	OO()
	Vanilla Shortbread (V1)	*D57	28.23	16.36g	Ο		0	Ο	Ο	Ο	Ο	Ο	Ο	Ο	Ο	OO()
	Vanilla Yoghurt (V1)	*D103	108.00	14.24g	\bigcirc	Ο	Ο	Ο	\bigcirc	\bigcirc		Ο	Ο	Ο	Ο	OO()
	Vegetable Enchiladas (V2)	*V20	163.32	37.38g	\bigcirc		Ο	Ο	\bigcirc	\bigcirc		\bigcirc	Ο	Ο	0	OO()
	Vegetarian Tortilla Stack (V2)	*V105	221.58	37.47g	Ο		0	0	\bigcirc	0		\bigcirc	Ο	Ο	0	OO()
	Vegetarian Wellington (V4)	*V12	134.20	24.63g	\bigcirc		Ο	Ο	\bigcirc	\bigcirc	\bigcirc	Ο	Ο	Ο	Ο	OO()
	Wholemeal Apple Crumble (Tinned Apple) (V1)	*D130	96.20	31.92g	\bigcirc		Ο	Ο	\bigcirc	\bigcirc	\bigcirc	Ο	Ο	Ο	Ο	OO()
	Wholemeal Cheese and Tomato Quiche (V3)	*V49	106.00	14.61g	Ο		0		\bigcirc	0		\bigcirc	Ο	Ο	0	OO()
	Wholemeal Chicken and Red Pepper Pizza (V3)	*C40	118.48	27.85g	Ο		Ο		Ο	Ο		Ο	\bigcirc	\bigcirc	\bigcirc	$\bigcirc \bigcirc \bigcirc$)

Cereals containing Gluten Carbohydrate Count Crustaceans Molluscs Mustard Peanuts Celery Lupin Eggs Fish Milk

Nuts

Sesame

Soya

Sulphur Dioxide and Sulphites

02-Jul-2018 14:00 **fd**