

Nutrition Plan with Carbohydrates and Allergens

Nutri WHFAut21 WHF Autumn Menu 2021

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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
20% PB Tomato Sauce Base (V3)	#V160	#V160	170.21	15.28g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33.94g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple Flapjack (V1)	#D171	#D171	43.92	19.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple, Cheese and Biscuits (V1)	#D4	#D4	52.00	13.06g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Potato (V2)	#SD55	#SD55	187.50	42.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Basic Tomato Soup (V2)	#S1	#S1	111.43	5.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Chicken Pasta Sauce (V1)	#C72	#C72	231.63	14.59g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Quorn Fillet (V1)	#V183	#V183	160.58	10.33g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Beef Bolognese (V1)	#B2	#B2	139.79	5.25g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Lasagne (APP) (V2)	#B39	#B39	235.88	25.88g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Beefburger (No Bun) (V1)	#B5	#B5	35.33	0.00g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Bidfood Tomato Ketchup (V1)	#SD14	#SD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Breaded Fish (V1)	#F7	#F7	70.40	13.66g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Broccoli (V1)	#SD20	#SD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli Pasta Bake (V2)	#V51	#V51	233.67	35.76g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Brown Baguette (V1)	#PL2	#PL2	62.50	31.50g	○	●	○	○	○	○	○	○	○	○	○	◐	○	○

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Cabbage	#SD35	#SD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrot & Swede Mash (V1)	#SD53	#SD53	49.45	2.28g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots (V1)	#SD28	#SD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Catherine Wheel Cookies (V3)	#D82	#D82	29.00	18.24g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower (V1)	#SD27	#SD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese & Tomato Pizza 50/50 (V5)	#V31	#V160, #V31	101.25	27.72g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheese and Pepper Whirl (V4)	#V27	#V160, #V27	92.88	16.50g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheese Filling for Jacket Potato or Sandwich	#V85	#V85	20.00	0.02g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Chicken Pie (with Gravy) (APP) (V2)	#C59	#C59	202.50	21.66g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Tikka Masala (V4)	#C35	#C35	121.26	4.24g	○	○	○	○	○	○	●	○	●	○	○	○	○	○
Chickpea & Vegetable Hotpot (V5)	#V41	#V41	201.33	24.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chilli Con Carne (APP) (V4)	#B15	#B15	174.04	8.31g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Chips (Fryer or Oven) (V1)	#SD5	#SD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Sauce (V1)	#D3	#D3	65.00	8.85g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Chocolate Shortbread (V1)	#D80	#D80	29.94	17.03g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Coleslaw (V4)	#SD47	#SD47	51.36	2.68g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Creamy Vegetable Pie (Mash Potato Toppinç	#V112	#V112	342.10	47.58g	○	●	○	○	○	○	●	○	○	○	○	○	○	○

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Custard Sauce (V4)	#D2	#D2	77.14	8.15g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Devil's Kitchen Moroccan Style Veggie Balls	#V163	#V163	57.00	7.41g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devil's Kitchen Plant Sausage (V1)	#V182	#V182	56.00	4.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Egg Mayonnaise Filling (V3)	#V57	#V57	71.40	0.90g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Fish in Batter (V1)	#F3	#F3	70.40	10.98g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
French Bread Cheese and Tomato Pizza (V2)	#V5	#V5	109.89	35.80g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Fruity Shortbread (V1)	#D96	#D96	35.42	21.35g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Garlic Flavoured Bread (made) (V1)	#SD50	#SD50	17.08	7.52g	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Green Beans (V1)	#SD24	#SD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ham and Cheese Filling (V1)	#P21	#P21	35.00	0.26g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Ham Filling (V1)	#P20	#P20	50.00	0.50g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Hot Dog Bun (V1)	#SD33	#SD33	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Knorr Gravy Granules (V1)	#SD107	#SD107	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese (V3)	#V11	#V11	165.50	42.33g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Macaroni Pastitsio (V2))	#B1	#B1	184.00	42.87g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Mashed Potato (V2)	#SD1	#SD1	102.50	22.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Vegetable Loaf (V4)	#V39	#V39	97.10	15.63g	○	●	○	●	○	○	○	○	○	○	○	○	○	○

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MSC Fish Fingers (V1)	#F6	#F6	65.25	13.05g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
MSC Salmon Fish Fingers (V1)	#F1	#F1	65.23	13.51g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
New Potatoes (Steamed or Boiled) (V1)	#SD2	#SD2	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI MSC Breaded Pollock Fillet (V1)	#NGCI16	#NGCI16	60.00	12.00g	○	○	○	○	●	○	○	○	○	○	○	○	○	○
Oaty Cookies (V1)	#D85	#D85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
OBC Banana Sponge (V1)	#D173	#D173	60.76	21.90g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Chocolate and Mandarin Brownie (V1)	#D170	#D170	56.61	17.60g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Chocolate Sponge (V1)	#D163	#D163	54.31	20.32g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Eves Pudding (V1)	#D189	#D189	81.22	23.45g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Iced Sponge (V1)	#D177	#D177	52.28	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Lemon and Cucumber Sponge (V2)	#D184	#D184	51.41	19.98g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Lemon Drizzle Cake (V2)	#D168	#D168	50.34	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Orange and Ginger Cake (V1)	#D175	#D175	49.29	20.13g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Peach Upside Down Cake (V2)	#D176	#D176	90.31	23.76g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Pasta (Shells) (V2)	#SD11	#SD11	111.00	36.52g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Pear Crumble (V2)	#D73	#D196, #D73	107.50	36.81g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peas (V1)	#SD18	#SD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Peppers (V1)	#SD26	#SD26	50.00	1.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Phat Mexican Bean Vegan Roll (V1)	#V161	#V161	90.00	27.63g	○	●	○	○	○	○	○	○	●	○	○	○	○	○
Phat Naked Sausage Roll 4 inch (V1)	#P19	#P19	90.00	24.30g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Portuguese Chicken and Bean Stew (APP) (^	#C78	#C78	135.20	6.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Potato & Courgette Layer Bake (V4)	#V10	#V10	275.25	31.91g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Potato Wedges (Made & Oven Baked) (V3)	#SD6	#SD6	93.78	21.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Pepper and Cheese Frittata (V1)	#V24	#V24	141.14	4.09g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
Rice Pudding with Mixed Berries (V3)	#D31	#D31	91.67	18.81g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Roast Beef (V2)	#B4	#B4	34.00	0.00g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Roast Chicken Breast (V2)	#C4	#C4	45.90	0.08g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Thigh (Boneless) (V2)	#C5	#C5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Gammon (V2)	#P5	#P5	42.60	0.00g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Roast Turkey (V1)	#T1	#T1	60.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Vegetable French Bread Pizza (V2)	#V36	#V36	129.46	33.50g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Roasted Potato - Skin On (V1)	#SD82	#SD82	86.80	19.51g	○	○	○	○	○	○	○	○	○	○	○	◐	○	○
Roasted Quorn Fillet (V1)	#V150	#V150	45.70	0.50g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Vegetables (V2)	#SD48	#SD48	93.50	4.91g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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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
225.60	○	○	○	○	○	○	○	○	○	○	○	○	●	○
188.90	○	○	○	○	○	○	○	○	○	○	○	○	●	○
124.00	○	●	○	○	○	○	○	○	○	○	○	○	○	○
31.26	○	●	○	○	○	○	○	○	○	○	○	○	○	○
171.67	○	○	○	●	○	○	●	○	○	○	○	○	○	○
90.13	○	●	○	○	○	○	○	○	○	○	○	○	○	○
31.64	○	●	○	○	○	○	○	○	○	○	○	○	○	○
208.82	○	●	○	○	○	○	○	○	○	○	○	○	●	○
43.50	○	○	○	○	○	○	○	○	○	○	○	○	○	○
50.00	○	○	○	○	●	○	○	○	○	○	○	○	○	○
50.00	○	●	○	○	○	○	○	○	○	○	○	◐	○	○
149.00	○	●	○	○	○	○	○	○	○	○	○	○	○	○
199.65	○	●	○	○	○	○	●	○	○	○	○	○	○	○
191.68	○	●	○	○	○	○	●	○	○	○	○	○	○	○
122.34	○	●	○	○	○	○	○	○	○	○	○	○	○	○
62.50	○	●	○	○	○	○	○	○	○	○	○	○	○	○
62.50	○	●	○	○	○	○	○	○	○	○	○	◐	○	○
269.04	○	●	○	○	○	○	●	○	○	○	○	○	○	○