

Nutrition Plan with Carbohydrates and Allergens

NutritIslAW23

Islington Autumn Winter Menu 2023 2024

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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
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00	34.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple & Raisin Strudel	PRID59	PRID59	69.25	24.15g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Baked Beans	PRISD22	PRISD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Chicken Fillet	PRIQB14	PRIQB14	46.40	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Lasagne APP	PRIB52	PRIB52	177.45	23.57g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Broccoli	PRISD20	PRISD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli Pasta Bake	PRIV51	PRIV51	237.13	36.71g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cabbage	PRISD35	PRISD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots	PRISD28	PRISD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower	PRISD27	PRISD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58	28.26g	○	●	○	○	○	○	●	○	○	○	○	○	●	○
Chefs Pass Gravy	PRISD118	PRISD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Arrabiata Pasta Sauce	PRIC41	PRIC41	159.73	4.24g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Tagine (APP)	PRIC60	PRIC60	139.38	12.63g	○	○	○	○	○	○	○	○	●	○	○	○	○	●
Chickpea & Vegetable Hotpot	PRIV41	PRIV41	201.33	24.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Yoghurt	PRID138	PRID138	112.00	14.48g	○	○	○	○	○	○	●	○	○	○	○	○	○	○

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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
Cottage Pie (APP)	PRIB33	PRIB33	238.04	33.48g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Courgette	PRISD29	PRISD29	44.00	0.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce	PRID2	PRID2	77.14	8.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fish in Batter	PRIF3	PRIF3	80.00	16.88g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Glamorgan Bean & Leek Sausages	PRIV125	PRIV125	85.11	21.56g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Green Beans	PRISD24	PRISD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Halal Chicken Sausages	PRIC6	PRIC6	49.28	9.61g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Homemade Spicy Bean Burger	PRIV33	PRIV33	80.71	11.89g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Honey Yoghurt	PRID140	PRID140	106.00	12.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Jollof Rice w/Quorn & Mixed Beans	PRIV106	PRIV106	252.72	42.73g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Lemon & Parsley Couscous	PRISD119	PRISD119	106.50	15.99g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese	PRIV11	PRIV11	165.50	42.33g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Mandarin Cheesecake	PRID204	PRID204	86.35	26.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mashed Potato	PRISD1	PRISD1	92.08	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mexican Beef (APP)	PRIB49	PRIB49	194.50	10.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Peppers	PRISD26	PRISD26	50.00	1.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Pollock Fish Fingers	PRIF6	PRIF6	65.25	13.05g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

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MSC Salmon Fish Fingers	PRIF1	PRIF1	65.23	13.51g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
New Potatoes (Steamed or Boiled)	PRISD2	PRISD2	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Banana Sponge	PRID173	PRID173	64.81	23.36g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Eves Pudding	PRID189	PRID189	81.22	23.45g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Five a Day Cake - with Raisins	PRID211	PRID211	70.71	25.41g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Peach Upside Down Cake	PRID176	PRID176	90.31	23.76g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Orange and Ginger Granola	PRID150	PRID150	10.93	7.76g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Pasta (Shells)	PRISD11	PRISD11	101.50	33.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Pear and Ginger Slice	PRID9	PRID9	70.33	28.01g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Pear Crumble	PRID236	PRID236, PRID237	78.00	26.84g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Plain Granola	PRID149	PRID149	15.50	7.60g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Pork Sausage	PRIP3	PRIP3	56.00	4.20g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Power Salad - Roasted Vegetables & Lentils	PRISB20	PRISB20	22.04	1.27g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Power Salad - Sweet Potato & Coriander Sal	PRISB8	PRISB8	23.22	5.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Power Salad - Tabbouleh	PRISB25	PRISB25	19.83	5.36g	○	●	○	○	○	○	○	○	◐	○	○	○	◐	●

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Red Cabbage	PRISD23	PRISD23	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Rice Pudding with Mixed Berries	PRID31	PRID31	91.67	18.81g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Roast Chicken Thigh (Boneless)	PRIC5	PRIC5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Turkey	PRIT1	PRIT1	40.80	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Cauliflower Curry	PRIV148	PRIV148	176.50	12.75g	○	○	○	○	○	○	○	○	●	○	○	○	○	○
Roasted Vegetable Pizza	PRIV243	PRIV243	124.79	29.49g	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spaghetti	PRISD8	PRISD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Summer Butterbean Vegetable Risotto	PRIV133	PRIV133	294.53	41.62g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweet and Sour Butterbeans	PRIV69	PRIV69	169.90	18.17g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn	PRISD19	PRISD19	43.50	6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Unseeded 4" Bun	PRISD17	PRISD17	50.00	25.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vanilla Yoghurt (V1)	PRID103	PRID103	108.00	12.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegan Soya Bolognaise	PRIV233	PRIV233	143.17	8.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegetable and Apricot Tagine	PRIV140	PRIV140	161.88	24.30g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegetable Fajitas	PRIV211	PRIV211	138.17	22.72g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegetable Pasty	PRIV35	PRIV35	154.27	39.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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