

Nutrition Plan with Carbohydrates and Allergens

Nutriti IsSS24 Islington Spring Summer Menu 2024

- 1.This allergen matrix is **ONLY VALID** if you are using the products shown on the Caterlink **RECIPE SHEETS**.
- 2.If you are using different products, you **MUST** complete a blank FS13 sheet.
- 3.All allergens listed are based on **BIDFOOD** purchased products only and are subject to change without notice.
- 4.All allergen champions must regularly check deliveries against FS13's to ensure information is correct.
- 5.All products showing as "No Information" **MUST** be checked and allergens written on a blank FS13 sheet and kept on site.
- 6.Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7. Please be aware that these may differ than those used in other methods e.g. the Carbs & Cals book. 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.

- Contains
- ◐ May Contain
- Does Not Contain
- * No Information

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	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Albondigas (Veggie Meatballs)	○	○	○	○	○	○	○	○	○	○	○	○	○	●
All Day Veggie Breakfast	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Apple Crumble	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple Flapjack	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Baked Beans	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Potato	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Tomatoes	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognaise (APP)	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Beef Lasagne APP	○	●	○	○	○	○	●	○	○	○	○	○	◐	○
Bidfood Tomato Ketchup	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carbonara	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Carrots	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Tomato Pizza	○	●	○	○	○	○	●	○	○	○	○	○	●	○
Cheese Filling for Jacket Potato or Sandwich	○	○	○	○	○	○	●	○	○	○	○	○	○	○

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00 34.00g
Albondigas (Veggie Meatballs)	PRIFE2	PRIFE2	106.60 8.32g
All Day Veggie Breakfast	PRIV249	PRIV249	211.52 26.90g
Apple Crumble	PRID242	PRID237, PRID242	78.00 28.08g
Apple Flapjack	PRID171	PRID171	43.92 19.39g
Baked Beans	PRISD22	PRISD22	50.00 6.75g
Baked Potato	PRISD55	PRISD55	187.50 42.38g
Baked Tomatoes	PRISD34	PRISD34	49.50 1.49g
Beef Bolognaise (APP)	PRIB48	PRIB48	121.50 7.71g
Beef Lasagne APP	PRIB52	PRIB52	177.45 23.57g
Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00 2.86g
Broccoli	PRISD20	PRISD20	50.00 1.40g
Carbonara	PRIPK2	PRIPK2	177.38 11.06g
Carrots	PRISD28	PRISD28	50.00 3.00g
Cauliflower	PRISD27	PRISD27	50.00 1.75g
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58 28.26g
Cheese Filling for Jacket Potato or Sandwich	PRIV85	PRIV85	20.00 0.02g

Nutrition Plan with Carbohydrates and Allergens

Nutriti IsSS24 Islington Spring Summer Menu 2024

- 1.This allergen matrix is **ONLY VALID** if you are using the products shown on the Caterlink **RECIPE SHEETS**.
- 2.If you are using different products, you **MUST** complete a blank FS13 sheet.
- 3.All allergens listed are based on **BIDFOOD** purchased products only and are subject to change without notice.
- 4.All allergen champions must regularly check deliveries against FS13's to ensure information is correct.
- 5.All products showing as "No Information" **MUST** be checked and allergens written on a blank FS13 sheet and kept on site.
- 6.Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7. Please be aware that these may differ than those used in other methods e.g. the Carbs & Cals book. 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.

- Contains
- ◐ May Contain
- Does Not Contain
- * No Information

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	
Chefs Pass Gravy	PRISD118	PRISD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Fajitas	PRIC92	PRIC92	164.90	35.25g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Paella	PRIFE1	PRIFE1	194.96	35.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chickpea & Vegetable Hotpot	PRIV41	PRIV41	201.33	24.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Courgette	PRISD29	PRISD29	44.00	0.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce	PRID2	PRID2	77.14	8.15g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
Five Bean Chilli	PRIV239	PRIV239	177.60	12.29g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Platter	PRID225	PRID225	41.10	2.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Garlic and Herb Croutons	PRIPK3	PRIPK3	12.06	4.80g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08	7.52g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Glamorgan Bean & Leek Sausages	PRIV125	PRIV125	85.11	21.56g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
Greek Chicken Pitta	PRIGR1	PRIGR1	81.90	16.55g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Greek Salad	PRIGR4	PRIGR4	19.64	0.56g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Bean Salad	PRISB13	PRISB13	17.43	1.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Beans	PRISD24	PRISD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
HALAL Chicken Paella	PRIFE6	PRIFE6	194.96	35.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutrition IsSS24 Islington Spring Summer Menu 2024

- 1. This allergen matrix is **ONLY VALID** if you are using the products shown on the Caterlink **RECIPE SHEETS**.
- 2. If you are using different products, you **MUST** complete a blank FS13 sheet.
- 3. All allergens listed are based on **BIDFOOD** purchased products only and are subject to change without notice.
- 4. All allergen champions must regularly check deliveries against FS13's to ensure information is correct.
- 5. All products showing as "No Information" **MUST** be checked and allergens written on a blank FS13 sheet and kept on site.
- 6. Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7. Please be aware that these may differ than those used in other methods e.g. the Carbs & Cals book. 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.

- Contains
- ◐ May Contain
- Does Not Contain
- * No Information

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Allergens														
					Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites	
Homemade Beetroot Burger	PRIBB3	PRIBB3	110.90	18.37g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Ice Cream	PRID13	PRID13	60.00	13.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Islington Golden Tortilla Stack	PRIV301	PRIV301	213.50	25.58g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Jerk Chicken	PRIC17	PRIC17	54.50	0.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
JJ's Pasta Salad	PRIQB5	PRIQB5	26.43	7.08g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Leeks	PRISD127	PRISD127	28.50	0.83g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Sweet Potato Curry	PRIV108	PRIV108	226.66	26.49g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese	PRIV11	PRIV11	165.50	42.33g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Marinated BBQ Quorn Vegan Fillet	PRIV205	PRIV205	78.90	6.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mediterranean Vegetables	PRIFE7	PRIFE7	50.35	1.82g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Peppers	PRISD26	PRISD26	50.00	1.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Pollock Fish Fingers	PRIF6	PRIF6	65.25	13.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Salmon Fish Fingers	PRIF1	PRIF1	65.23	13.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
New Potatoes (Steamed or Boiled)	PRISD2	PRISD2	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Apple Sponge (Mixed In)	PRID191	PRID191	86.32	24.01g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Carrot and Courgette Cake	PRID174	PRID174	61.19	20.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Chocolate and Beetroot Brownie	PRID169	PRID169	53.55	17.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutriti IsSS24 Islington Spring Summer Menu 2024

- 1.This allergen matrix is **ONLY VALID** if you are using the products shown on the Caterlink **RECIPE SHEETS**.
- 2.If you are using different products, you **MUST** complete a blank FS13 sheet.
- 3.All allergens listed are based on **BIDFOOD** purchased products only and are subject to change without notice.
- 4.All allergen champions must regularly check deliveries against FS13's to ensure information is correct.
- 5.All products showing as "No Information" **MUST** be checked and allergens written on a blank FS13 sheet and kept on site.
- 6.Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7. Please be aware that these may differ than those used in other methods e.g. the Carbs & Cals book. 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.

- Contains
- ◐ May Contain
- Does Not Contain
- * No Information

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Allergens														
					Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites	
OBC Lemon and Cucumber Sponge	PRID184	PRID184	50.34	15.16g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
Pasta (Shells)	PRISD11	PRISD11	101.50	33.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Pasta Salad w/Tomato Sauce	PRISB9	PRISB9	29.50	8.07g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Patatas Bravas	PRIFE4	PRIFE4	67.63	10.78g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pear Crumble	PRID236	PRID236, PRID237	78.00	26.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Penne Pasta	PRISD125	PRISD125	101.50	37.76g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peri Peri Corn Nacho Bits	PRIPK5	PRIPK5	10.40	5.01g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Phat Vegan Sausage Roll	PRIV251	PRIV251	90.00	26.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Plant Based Lentil and Tomato Sauce	PRIV160	PRIV160	170.21	15.28g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○	○
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	○	●	○	○	○	○	○	○	◐	○	○	○	○	○	○
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Thigh (Boneless)	PRIC5	PRIC5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spaghetti	PRISD8	PRISD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutriti IsSS24 Islington Spring Summer Menu 2024

- 1.This allergen matrix is **ONLY VALID** if you are using the products shown on the Caterlink **RECIPE SHEETS**.
- 2.If you are using different products, you **MUST** complete a blank FS13 sheet.
- 3.All allergens listed are based on **BIDFOOD** purchased products only and are subject to change without notice.
- 4.All allergen champions must regularly check deliveries against FS13's to ensure information is correct.
- 5.All products showing as "No Information" **MUST** be checked and allergens written on a blank FS13 sheet and kept on site.
- 6.Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7. Please be aware that these may differ than those used in other methods e.g. the Carbs & Cals book. 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.

- Contains
- ◐ May Contain
- Does Not Contain
- * No Information

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Allergens														
					Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites	
Spinach & Cheese Whirl	PRIGR2	PRIGR2	139.56 26.71g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Strawberry Jelly with Mandarins	PRID235	PRID235	149.60 5.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Strawberry Mousse	PRID248	PRID248	111.67 2.77g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Stuffing	PRISD40	PRISD40	31.64 1.82g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Summer Butterbean Vegetable Risotto	PRIV133	PRIV133	294.53 41.62g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn	PRISD19	PRISD19	43.50 6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn Salsa	PRIQB3	PRIQB3	18.56 1.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tricolour Pasta	PRISD121	PRISD121	111.00 36.52g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tuna Mayonnaise Filling	PRIF11	PRIF11	47.60 1.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tzatziki	PRIGR3	PRIGR3	10.52 0.76g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Unseeded 4" Bun	PRISD17	PRISD17	50.00 25.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vanilla Yoghurt	PRID103	PRID103	108.00 12.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegan Sheese (Cheese alternative) Topping	PRIV216	PRIV216	20.00 4.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegan Soya Bolognaise	PRIV233	PRIV233	143.17 8.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegetarian Wellington	PRIV232	PRIV232	112.74 24.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Watermelon Salad	PRIQB4	PRIQB4	25.33 0.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Wholemeal Fusilli Pasta	PRISD9	PRISD9	119.00 32.73g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○