

Nutrition Plan with Carbohydrates and Allergens

Nutri SSGD24 Spring Summer General Dishes 2024

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- ◐ 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% Wholemeal Rustic Bread (made)	○	●	○	○	○	○	○	○	○	○	○	○	●	○
50% WM Beetroot and Apple Bread (made)	○	●	○	○	○	○	○	○	○	○	○	○	●	○
50% WM Cheese and Turmeric Bread (made)	○	●	○	○	○	○	●	○	○	○	○	○	●	○
50% WM Cinnamon and Raisin Bread (made)	○	●	○	○	○	○	●	○	○	○	○	○	●	○
50% WM Cranberry Bread (made)	○	●	○	○	○	○	○	○	○	○	○	○	●	○
50% WM Curry Bread (made)	○	●	○	○	○	○	○	○	○	○	○	○	●	○
50% WM Honey Bread (made)	○	●	○	○	○	○	○	○	○	○	○	○	●	○
50% WM Pizza Bread (made)	○	●	○	○	○	○	●	○	○	○	○	○	●	○
50% WM Roasted Vegetable & Olive Bread (made)	○	●	○	○	○	○	○	○	○	○	○	○	●	○
50% WM Sweetcorn Bread (made)	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Apple & Raisin Salad	○	○	○	●	○	○	○	○	○	○	○	○	○	●
Baked Beans	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Potato	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beetroot & Orange Salad	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrot & Cucumber Sticks (Crudites)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese Filling for Jacket Potato or Sandwich	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Cheesy Coleslaw	○	○	○	●	○	○	●	○	○	○	○	○	○	○

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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
Chocolate Yoghurt	PRID138	PRID138	112.00	14.48g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Coleslaw	PRISB2	PRISB2	20.26	1.06g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Cucumber	PRISB1	PRISB1	18.40	0.22g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Egg Mayonnaise Filling	PRIV57	PRIV57	64.90	0.82g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08	7.52g	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Grated Carrot & Raisin	PRISB7	PRISB7	20.00	4.37g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Grated Carrot Salad	PRISB6	PRISB6	20.00	1.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Bean Salad	PRISB13	PRISB13	17.43	1.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Homemade Houmous Filling (Requires a blend)	PRIV134	PRIV134	51.00	5.13g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Honey Yoghurt	PRID140	PRID140	106.00	12.38g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Lettuce	PRISB4	PRISB4	16.40	0.23g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Bean Salad	PRISB11	PRISB11	13.91	1.77g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pasta Salad w/Tomato Sauce	PRISB9	PRISB9	29.50	8.07g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Plain Tuna Filling (Jacket Potato/Sandwich)	PRIF17	PRIF17	50.00	0.00g	○	○	○	○	●	○	○	○	○	○	○	○	○	○
Potato & Chive Salad	PRISD80	PRISD80	75.75	10.52g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Power Salad - Roasted Vegetables & Lentils	PRISB20	PRISB20	22.04	1.27g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Power Salad - Sweet Potato & Coriander Sal	PRISB8	PRISB8	23.22	5.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Power Salad - Tabbouleh	PRISB25	PRISB25	19.83	5.36g	○	●	○	○	○	○	○	○	◐	○	○	○	◐	●
Sweetcorn	PRISB5	PRISB5	15.82	2.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomatoes	PRISB3	PRISB3	19.80	0.59g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tuna Mayonnaise Filling	PRIF11	PRIF11	66.60	1.36g	○	○	○	●	●	○	○	○	○	○	○	○	○	○
Vanilla Yoghurt	PRID103	PRID103	108.00	12.04g	○	○	○	○	○	○	●	○	○	○	○	○	○	○

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