Nutrition Plan with Carbohydrates and Allergens

Nutri SSGD24 Spring Summer General Dishes 2024

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Contains

May Contain



Does Not Contain No Information

			Portion	arbo	Celery	Cereal	Ciusto Eggs	ج ر	Lupin	¥	Mollus	ts	Peanu	Sesan Sova	ndph	
(Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ပိ	ပ္ပိ	S	3 🖺	Fish	3	Mik	Ž Ž	Nuts	Ь	Se	ng.	
50% Wholemeal Rustic Bread (made)	PRISD51	PRISD51	16.77	7.48g	Q () Q	Q	Ō	Ō.	ΟĆ) Q (Q	\bigcirc) Q	
50% WM Beetroot and Apple Bread (made)	PRISD41	PRISD41	19.51	7.88g	Q () (· Q	Ō	Q I	O C) Q (Q	\bigcirc) Q	
50% WM Cheese and Turmeric Bread (mad	€PRISD42	PRISD42	20.15	7.48g	Q () Q	Q	Ō		ΟÇ) Q (Q	\bigcirc) Q	
50% WM Cinnamon and Raisin Bread (mad	ePRISD43	PRISD43	20.23	9.34g	Q () Q	Q	Ō		ΟÇ) Q (Q	\bigcirc) Q	
50% WM Cranberry Bread (made)	PRISD101	PRISD101	20.32	9.43g	Q () Q	Q	Ō	Ō 1	ΟÇ) Q (Q	\bigcirc) Q	
50% WM Curry Bread (made)	PRISD91	PRISD91	16.37	7.54g	Q () Q	Q	Ō	Q '	ΟÇ) Q (Q	\bigcirc) Q	
50% WM Honey Bread (made)	PRISD89	PRISD89	18.33	8.97g	Q () ()	Q	Q	\bigcirc	ΟÇ	\bigcirc (Q	\bigcirc	\bigcirc	
50% WM Pizza Bread (made)	PRISD45	PRISD45	19.11	7.66g	Q () ()	Q	Q		ΟÇ	\bigcirc (Q		\bigcirc	
50% WM Roasted Vegetable & Olive Bread	(PRISD46	PRISD46	21.39	7.67g	Q () ()	Q	Q	\bigcirc	ΟÇ	\bigcirc (Q	\bigcirc	\bigcirc	
50% WM Sweetcorn Bread (made)	PRISD90	PRISD90	18.64	7.83g	Q () (Q	Q	\bigcirc	ΟÇ	\bigcirc (Q	\bigcirc) Q	
Apple & Raisin Salad	PRISB12	PRISB12	19.08	3.92g	Q (\bigcirc) 💆	Q	Q	\bigcirc	ΟÇ	O(Q	QQ)	
Baked Beans	PRISD22	PRISD22	50.00	6.75g	Q (\bigcirc) Q	Q	Q	\bigcirc	ΟÇ	O(Q	QQ) Q	
Baked Potato	PRISD55	PRISD55	187.50	42.38g	Q (\bigcirc) Q	Q	Q	\bigcirc	ΟÇ	O(Q	QQ) Q	
Beetroot & Orange Salad	PRISB15	PRISB15	16.93	1.51g	Q (\bigcirc) Q	Q	Q	\bigcirc	ΟÇ	O(Q	QQ) Q	
Carrot & Cucumber Sticks (Crudites)	PRISB10	PRISB10	20.57	0.76g	Q () () (Q	Ŏ	Ŏ,	ÕĈ) Q (Q	ÕÕ) Q	
Cheese Filling for Jacket Potato or Sandwick	n PRIV85	PRIV85	20.00	0.02g	Q (\bigcup) Q	Q	Q		ÕÕ	\bigcirc (\bigcirc	QQ) Q	
Cheesy Coleslaw	PRISD87	PRISD87	83.50	4.12g	\bigcirc (\mathcal{I}		\circ	\circ		O	$) \bigcirc ($	\bigcirc	$\circ\circ$) ()	

Is containing Gluten

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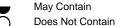
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Contains





No Information

			Portion	<u>ફ</u>	Celery	Cereals		ses ish	.upin	~	Mollus	star	and t	esam	ulphu	
(Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Œ	Se	i ë	ב ל	Fish	Ĭ	₩	Mo	Must	Pean	Ses	Sul	
Chocolate Yoghurt	PRID138	PRID138	112.00	14.48g	0 ($) \ C$	$) \subset$	$) \bigcirc$	\circ		\bigcirc	$\supset C$	\circ	OC	$) \bigcirc$	
Coleslaw	PRISB2	PRISB2	20.26	1.06g	\circ	C		\circ	\circ	\circ	\bigcirc	$\supset C$	\circ	\circ C	$) \bigcirc$	
Cucumber	PRISB1	PRISB1	18.40	0.22g	0 ($) \ C$	$) \subset$	$) \bigcirc$	\circ	\circ	\bigcirc	ЭС	\circ	\circ C	$) \bigcirc$	
Egg Mayonnaise Filling	PRIV57	PRIV57	64.90	0.82g	0 ($) \subset$		\circ	\circ	\circ	O	ЭС	\circ	\circ C	$) \bigcirc$	
Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08	7.52g	\circ		$) \subset$	\circ	\circ	\circ	\circ	$\supset C$	\circ			
Grated Carrot & Raisin	PRISB7	PRISB7	20.00	4.37g	Q () () () (Ō	Ō	Q (ЭÇ) Q	O C) Q	
Grated Carrot Salad	PRISB6	PRISB6	20.00	1.20g	Q () () () (Ō	Ō	Q (ЭÇ) Q	O Ç) ()	
Green Bean Salad	PRISB13	PRISB13	17.43	1.05g	Q () () () (Ō	Ō	Q (ЭÇ) Q	O Ç) ()	
Homemade Houmous Filling (Requires a ble	PRIV134	PRIV134	51.00	5.13g	Q () () () (Ō	Ō	Q (ЭÇ) Q	O C)	
Honey Yoghurt	PRID140	PRID140	106.00	12.38g	Q () () () (Ō		Q (ЭÇ) ()	O C) ()	
Lettuce	PRISB4	PRISB4	16.40	0.23g	Q () () () Q	Ō	Ō	Ō (ЭÇ) Q	O C) Q	
Mixed Bean Salad	PRISB11	PRISB11	13.91	1.77g	Q () () () Q	Ō	Ō	Ō (ЭÇ) Q	O C) Q	
Pasta Salad w/Tomato Sauce	PRISB9	PRISB9	29.50	8.07g	Q () () Q	Ō	Ō	Ō (ЭÇ) Q	O C) Q	
Plain Tuna Filling (Jacket Potato/Sandwich)	PRIF17	PRIF17	50.00	0.00g	Q () () (•	Ō	Ō	Ō (ЭÇ) Q	O C) Q	
Potato & Chive Salad	PRISD80	PRISD80	75.75	10.52g	Q () C) Q	Ō	Ō	Ō (ЭÇ) Q	O C) Q	
Power Salad - Roasted Vegetables & Lentils	PRISB20	PRISB20	22.04	1.27g	Q •	, () () (Ō	Ō	Ō (ЭĆ) Q	O C) Q	
Power Salad - Sweet Potato & Coriander Sa	PRISB8	PRISB8	23.22	5.84g	0 ($) \subset$	$) \subset$	\circ	\circ	\circ	O	$\supset C$	\circ	\circ C	$) \bigcirc$	

containing Gluten

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PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

Dioxide and Sulphites

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	Contains
Ť	May Contain
Ŏ	Does Not Contain
<u> </u>	No Information

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			Portion	arb	eler	rea	gs	٠Ę	ë :	¥ ∰	usta uts	ani Sar	ya Ilph	
(Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	ပိ	ပိ	ပိ ပ်	Еg	iΞ̈́	3	Ξĕ	Ę Ž	e G	0 0	
Power Salad - Tabbouleh	PRISB25	PRISB25	19.83	5.36g	\circ		\circ	\circ	O(\circ	ullet) C) 🕳 🗶	
Sweetcorn	PRISB5	PRISB5	15.82	2.20g	\bigcirc (\circ	\circ	\circ	O(\circ) C	O O	
Tomatoes	PRISB3	PRISB3	19.80	0.59g	\bigcirc (\circ	\circ	\circ	O(\circ	000) C	O O	
Tuna Mayonnaise Filling	PRIF11	PRIF11	66.60	1.36g	\bigcirc (\circ			O(\circ) C	O O	
Vanilla Yoghurt	PRID103	PRID103	108.00	12.04g	\bigcirc (\circ	\circ	\circ			000	$)$ \subset	O O	

containing Gluten

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ydrate Count