





Nutrition Plan with Carbohydrates and Allergens

Nutri SSCen22

Spring & Summer Central Menu 2022

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. 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
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 & Raisin Flapjack (V2)	#D6	#D6	51.38	23.36g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple and Blackberry Crumble (V4)	#D74	#D196, #D74	107.50	37.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple, Cheese and Biscuits (V1)	#D4	#D4	70.00	14.96g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Quorn Vegan Fillet (V1)	#V205	#V205	189.70	13.02g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognaise (APP) (V2)	#B37	#B37	147.06	9.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
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	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cabbage	#SD35	#SD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrot & Beetroot Slaw (V2)	#SD58	#SD58	72.00	5.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots (V1)	#SD28	#SD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutri SSCen22

Spring & Summer Central Menu 2022

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. 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
Cauliflower (V1)	#SD27	#SD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheesy Bean Puffs (V1)	#V191	#V191	102.92	28.34g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Chef James' Chicken Jollof Rice (V1)	#C84	#C84	221.35	38.09g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken and Bean Fajitas (APP) (V1)	#C85	#C85	143.40	25.25g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chinese Chicken Curry (APP) (V4)	#C46	#C46	264.46	21.23g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cinnamon and Orange Cookie (V1)	#D195	#D195	29.10	17.99g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Coleslaw (V4)	#SD47	#SD47	51.36	2.68g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cucumber (V1)	#SD30	#SD30	46.00	0.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce (V4)	#D2	#D2	77.14	8.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Deep Pan BBQ Chicken Pizza (V1)	#C83	#C83, #V160	172.71	42.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Deep Pan Cheese and Tomato Pizza (V1)	#V203	#V160, #V203	134.71	39.13g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devil's Kitchen Plant Sausage (V1)	#V182	#V182	56.00	4.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devil's Kitchen Southern Style Vegan Burger	#V164	#V164	57.00	7.41g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Falafel Filling (V1)	#V178	#V178	60.00	9.54g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutri SSCen22

Spring & Summer Central Menu 2022

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. 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
Fish in Batter (V1)	#F3	#F3	70.40	10.98g														
Fruit Jelly with Mandarins (V5)	#D12	#D12	161.18	23.82g														
Garlic Flavoured Bread (made) (V1)	#SD50	#SD50	17.08	7.52g														
Green Beans (V1)	#SD24	#SD24	50.00	2.00g														
Hot Dog Bun (V1)	#SD33	#SD33	50.00	25.75g														
Ice Cream (V3)	#D13	#D13	60.00	13.20g														
Jerk Chicken (V2)	#C17	#C17	72.24	0.73g														
Knorr Gravy Granules (V1)	#SD107	#SD107	63.24	2.88g														
Lemon and Parsley Couscous (V2)	#SD73	#SD73	157.50	31.74g														
Lentil and Basil Puff Pastry Whirl (V3)	#V135	#V135	143.00	29.12g														
Lentil and Sweet Potato Curry (V5)	#V108	#V108	226.66	26.49g														
Macaroni Cheese (V3)	#V11	#V11	165.50	42.33g														
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														
OBC Carrot and Courgette Cake (V1)	#D174	#D174	61.19	20.45g														
OBC Chocolate and Beetroot Brownie (V2)	#D169	#D169	53.55	17.51g														

Nutrition Plan with Carbohydrates and Allergens

Nutri SSCen22

Spring & Summer Central Menu 2022

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. 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
OBC Lemon and Mixed Berry Cake (V2)	#D183	#D183	61.31	20.59g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Lemon Drizzle Cake (V2)	#D168	#D168	50.34	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Pineapple Loaf (V1)	#D164	#D164	63.31	21.44g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Pasta (Shells) (V2)	#SD11	#SD11	111.00	36.52g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peaches (V1)	#D166	#D166	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas (V1)	#SD18	#SD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Phat Mexican Bean Vegan Roll (V1)	#V161	#V161	90.00	27.63g	○	●	○	○	○	○	○	○	●	○	○	○	○	○
Pork Sausage (V3)	#P3	#P3	42.56	4.17g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Potato Wedges (Made & Oven Baked) (V3)	#SD6	#SD6	93.78	21.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Rainbow Slaw (V1)	#SD92	#SD92	52.67	2.42g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Pepper and Cheese Frittata (V1)	#V24	#V24	141.14	4.09g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
Roast Beef (V2)	#B4	#B4	34.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Thigh (Boneless) (V2)	#C5	#C5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Potatoes - Peeled (V1)	#SD7	#SD7	86.80	19.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Quorn Vegan Fillet (V1)	#V204	#V204	68.90	3.38g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Roast Turkey (V1)	#T1	#T1	60.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Potato - Skin On (V1)	#SD82	#SD82	86.80	19.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

