

Nutrition Plan with Carbohydrates and Allergens

Nutri SSCen22 Spring & Summer Central Menu 2022

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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
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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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	○	●	○	○	○	○	○	○	○	○	○	○	○	○

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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	○	●	○	●	○	○	○	○	○	○	○	○	○	○

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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	○	○	○	○	○	○	○	○	○	○	○	○	○	○

