

## Nutrition Plan with Carbohydrates and Allergens

af030c

Nutrition Plan: NOVE 23

November 2023 extra recipes

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| Group | 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 |
|-------|--------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | Carrot & Coriander Soup              | P11/26(P)   | P11/26(P)        | 79.30            | 5.39g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Cheese & Onion Flan                  | P12/03      | P12/03           | 112.20           | 15.80g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Cheese & Roasted Vegetable Enchilada | P1/54a      | P1/54a, P12/44   | 135.70           | 30.08g             | ●      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
|       | Cheese & Tomato Flan                 | P12/03a     | P12/03a          | 135.40           | 16.28g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Cheesy Cauliflower Pasta Bake        | P12/39C     | P12/39C          | 186.72           | 40.09g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ●       | ○    | ○       | ○      | ◐    | ●                             |
|       | Chicken Casserole(P)                 | P7/01A(P)   | P7/01A(P)        | 108.70           | 10.13g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Chicken, Ham & Leek Pie              | P7/09(P)    | P7/09(P)         | 113.50           | 15.54g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Cottage Pie                          | P4/03(P)    | P4/03(P)         | 208.30           | 25.49g             | ○      | ◐                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Golden Toasties                      | P1/10       | P1/10            | 107.50           | 33.63g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             |
|       | Ham & Pineapple Pizza(Hidden veg sau | P12/46C(p)H | P12/46C(p)H&P    | 86.67            | 18.74g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             |
|       | Homemade Vegetable Fingers           | P12/97A(P)  | P12/97A(P)       | 109.00           | 18.08g             | ○      | ◐                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Homemade Vegetable Nuggets           | P12/97B(P)  | P12/97B(P)       | 109.00           | 18.08g             | ○      | ◐                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Lasagne - fresh meat                 | P6/04A(P)   | P6/04A(P)        | 196.45           | 46.57g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ●                             |
|       | Lean & Green Mac & Cheese            | P12/39D     | P12/39D          | 191.12           | 40.83g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ●       | ○    | ○       | ○      | ◐    | ●                             |
|       | Lentil Soup                          | P11/24(P)   | P11/24(P)        | 73.10            | 9.14g              | ●      | ◐                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Pasta Italiane (v)                   | P6/29       | P6/29            | 247.60           | 58.08g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
|       | Pasta Parma Rosa                     | P6/29b      | P6/29b           | 245.90           | 56.94g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |

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|-------|--------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | Quorn Korma                          | P12/33(P)   | P12/33(P)        | 163.90           | 10.83g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ●       | ◐    | ◐       | ◐      | ◐    | ●                             |
|       | Quorn Spaghetti Bolognaise           | P12/36(P)   | P12/36(P)        | 132.85           | 32.44g             | ○      | ●                         | ○           | ●    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
|       | Quorn Tikka Masala                   | P12/34(P)   | P12/34(P)        | 147.13           | 11.33g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ●       | ◐    | ◐       | ◐      | ◐    | ●                             |
|       | Rice Pudding                         | S5/01DP     | S5/01DP          | 133.50           | 33.65g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Rice Pudding & Peaches               | S5/01D      | S5/01D           | 109.00           | 18.73g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Rice Pudding & Sultanas              | S5/01C      | S5/01C           | 190.20           | 35.01g             | ○      | ◐                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ◐    | ◐       | ◐      | ○    | ◐                             |
|       | Spaghetti Bolognaise (Vegan mince)   | P12/36A(p)  | P12/36A(p)       | 132.95           | 28.23g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ●                             |
|       | Sweet & Sour Vegetables              | P12/28 (P)  | P12/28 (P)       | 159.69           | 18.56g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             |
|       | Sweet Potato & Butternut Squash Soup | P11/35(P)   | P11/35(P)        | 68.57            | 12.57g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Tomato Pasta(Primary)                | P9/05AC     | P9/05AC          | 62.50            | 29.90g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Tuna Melt Hot Baguette               | P1/19       | P1/19            | 103.60           | 0.54g              | ○      | ●                         | ○           | ○    | ●    | ○     | ●    | ○        | ○       | ○    | ○       | ◐      | ○    | ○                             |
|       | Vegetable Korma                      | P12/14      | P12/14           | 230.70           | 22.13g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ●       | ◐    | ◐       | ◐      | ○    | ●                             |
|       | Vegetable Soup                       | P11/23(P)   | P11/23(P)        | 64.60            | 6.22g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | VEGETARIAN CHILLI CON CARNE          | TW57        | TW57             | 213.90           | 13.56g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ●                             |
|       | Vegetarian Chilli Enchilada          | P12/13(P)A  | P12/13(P)A       | 159.00           | 17.66g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
|       | Vegetarian Lasagne                   | P12/16(P)   | P12/16(P)        | 141.75           | 19.74g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ●    | ●                             |
|       | Vegetarian Sausage Roll              | P12/FF13    | P12/FF13         | 57.00            | 14.88g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             |

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|       | Youngs Mini Fish Fillet | P3/FF19C(P) | P3/FF19C(P)      | 60.00            | 7.44g              | ○      | ●                         | ○           | ○    | ●    | ○     | ○    | ○        | ●       | ○    | ○       | ○      | ○    | ○                             |