

Cheshire East

27-Mar-2017
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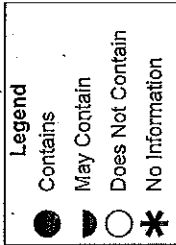
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Nutrition Plan with Carbohydrates and Allergens

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Nutrition Plan: East 17 w1 Easter 2017 week 1

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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										
Desserts	Apple - small	S1/11	S1/11	75.00	8.85g																								
Desserts	Crumbly Banana Finger	S8/20C(p)	S8/20C(p)	44.79	19.42g																								
Desserts	Fresh Milk(P) Organic	S10/02E	S10/02E	153.85	6.92g																								
Desserts	Fruit juice cordial	S10/02z	S10/02z	25.00	2.35g																								
Desserts	Kracholete (P)	S4/20(P)	S4/20(P)	39.20	23.24g																								
Desserts	Lemon Bites	S4/41	S4/41	44.05	21.95g																								
Desserts	Melting Moment	S4/24	S4/24	45.83	24.03g																								
Desserts	Orange - small	S1/13	S1/13	100.00	8.50g																								
Desserts	Peach Enchilada	S3/07(p)	S3/07(p)	40.50	22.57g																								
Desserts	Yogurt	S1/10C	S1/10C	80.00	4.64g																								
Main	Boiled Potatoes	P8/01	P8/01	88.89	15.29g																								
Main	Cheese & Onion Flan	P12/03	P12/03	112.20	16.85g																								
Main	Cheese and Roasted Veg Sub	P12/86(P)	P12/86(P)	147.96	36.78g																								
Main	Cheese Potato & Onion Pie	P12/001(p)	P12/001(p)	155.75	20.90g																								
Main	Chicken In a Sweet Pepper Sauce	P4/55(P)	P4/55(P)	94.05	1.76g																								
Main	Chicken in a Tomato Sauce	P7/22A(P)	P7/22A(P)	133.20	4.23g																								
Main	Chips - Primary	P8/02A	P8/02A	102.84	36.00g																								



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Nutrition Plan with Carbohydrates and Allergens

Nutrition Plan: East 17 w1

Easter 2017 week 1

			Carbohydrate Count													Legend												
Group	Menu Item	Recipe Code Sub Recipe Codes	Portion Size (g)																									
Main	Ham & Pineapple Pizza	P12/46A(C) P12/46A(C)	86.33	15.33g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Homemade cheese pizza	P12/46A P12/46A	81.60	14.76g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Homemade Garlic Bread	P1/9B P1/9B	12.03	5.34g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Hunters Chicken (P)-Fresh Meat	Test DC7 Test DC7	110.46	3.82g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Jacket Potato & Tuna & Sweetcorn(P)	P8/5NA P8/5NA	171.00	38.93g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Jacket Wedges	P8/FP2 P8/FP2	112.67	29.22g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Lasagne - fresh meat	P6/04A(P) P6/04A(P)	177.50	47.40g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Mac N Cheese loaded with Mexican Por	P4/49(P) P4/49(P)	221.96	49.95g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Mixed Veg.	P11/08 P11/08	0.00	0.00g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Omelette Popovers(mini omelettes)	P12/95 P12/95	27.33	3.95g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Organic Beefburger	P4/FF10 P4/FF10	0.00	3.31g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Pasta Italiane (v)	P6/29 P6/29	179.90	56.56g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Pork Stroganoff(P)	P4/19A(P) P4/19A(P)	132.35	9.77g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Primary Salad Bar	P9/18 P9/04, P9/06A, P9/07A, P9/18, P9/43, P9/44	86.86	4.97g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Pulled Pork In a Soft Tortilla Boat	P4/54(p) P4/54(p)	58.00	2.32g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Main	Quorn Burger	P12/FF15 P12/FF15	0.00	0.00g	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

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Nutrition Plan with Carbohydrates and Allergens

Nutrition Plan: East 17 w1 Easter 2017 week 1

Group	Menu Item	Recipe Code Sub Recipe Codes		Portion Size (g)	Carbohydrate Count	Allergens											
						Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame
Main	Quorn Stir Fry (P)	P12/13(P)	P12/13(P)	128.58	32.76g	●	●	○	●	○	○	○	○	○	○	○	○
Main	Rice & Cous Cous (P)	P8/07C	P8/07C	125.80	42.95g	●	●	○	○	○	○	○	○	○	○	○	○
Main	Salad Potatoes	P8/26	P8/26	98.89	15.92g	○	○	○	○	○	○	○	○	○	○	○	○
Main	Salmon Fish Fingers (Gluten Free)	P3/FF17	P3/FF17	60.00	10.14g	○	○	○	○	○	○	○	○	○	○	○	○
Main	Spaghetti Bolognaise- fresh meat	P6/18A(P)	P6/18A(P)	142.40	39.14g	○	●	○	○	○	○	○	○	○	○	○	○
Main	Tuna & Sweetcorn Pizza	P12/46A(B)	P12/46A(B)	85.48	15.79g	○	●	○	○	○	○	○	○	○	○	○	○
Main	Tuna Melt Hot Baguette(P)	P1/39	P1/39	136.30	36.13g	○	●	○	○	○	○	○	○	○	○	○	○
Main	Vegetarian Sausage Roll	P12/FF13	P12/FF13	72.00	18.79g	○	●	○	○	○	○	○	○	○	○	○	○

Legend

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- Does Not Contain
- * No Information

Cheshire East

Nutrition Plan with Carbohydrates and Allergens

Nutrition Plan: East 17 w2 Easter 2017 week 2

27-Mar-2017

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Legend			
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*	No Information		

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
Desserts	Apple - small	S1/11	S1/11	75.00	8.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Desserts	Chocolate Pudding with Mandarin	S7/29 (p)	S7/29 (p)	85.42	28.05g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Desserts	Flapjack Finger	S4/46	S4/46	49.38	31.86g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Desserts	Fresh Milk(P) Organic	S10/02E	S10/02E	153.85	6.92g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Desserts	Fruit Jelly	S2/08	S2/08	42.50	4.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Desserts	Fruit juice cordial	S10/02z	S10/02z	25.00	2.35g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Desserts	Ginger Biscuit	S4/15(P)	S4/15(P)	28.40	18.81g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Desserts	Raspberry Mousse Slice	S2/16	S2/16	40.00	9.12g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Desserts	Yogurt	S1/10C	S1/10C	80.00	4.64g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Main	Apple Sauce	P5/01	P5/01	50.00	9.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Main	Baked Beans	P11/01	P11/01	68.03	8.50g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Main	Boiled Potatoes	P8/01	P8/01	88.89	15.29g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Main	Bubble Coated Fish Fillet	P3/FF19(P)	P3/FF19(P)	60.00	12.96g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Main	Butter Chicken	P7/37(p)	P7/37(p)	81.50	1.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Main	Cheese & Beetroot Pasta Salad	P9/13	P9/13	107.40	39.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Main	Chicken Korma - fresh meat	P7/18A(P)	P7/18A(P)	168.60	11.99g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Main	Chicken Slider	P7/38(p)	P7/38(p)	93.50	12.68g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

Nutrition Plan with Carbohydrates and Allergens

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Nutrition Plan: East 17 w2 Easter 2017 week 2

Group	Menu Item	Recipe Code Sub Recipe Codes		Portion Size (g)	Carbohydrate Count	Cereals containing Gluten														Sulphur Dioxide and Sulphites																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	

Cheshire East

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Nutrition Plan with Carbohydrates and Allergens

Nutrition Plan: East 17 w2 Easter 2017 week 2

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	Does Not Contain
	No Information

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
Main	Quorn Milanaise	P12/37(P)	P12/37(P)	185.08	42.50g														
Main	Rice & Cous Cous (P)	P8/07C	P8/07C	125.80	42.95g														
Main	Savoury rice(pilau)Primary	P8/18AB	P8/18AB	159.25	46.36g														
Main	Southern Style Chicken Portion	P7/01a	P7/01a	69.10	7.34g														
Main	Spicy Lentil Pasta	P12/96(P)	P12/96(P)	139.30	30.51g														
Main	Stuffing	P5/09	P5/09	5.00	1.45g														
Main	Tortilla boat filled with beef chilli	P4/53(p)	P4/53(p)	128.15	3.48g														
Main	Tuna Pasta Salad (Primary)	P9/16 (P)	P9/16 (P)	119.30	34.10g														

Cheshire East

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Nutrition Plan with Carbohydrates and Allergens

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Nutrition Plan: East 17 w3 Easter 2017 week 3

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Group	Menu Item	Recipe Code Sub Recipe Codes		Portion Size (g)	Carbohydrate Count	Cereals containing Gluten										Sulphur Dioxide and Sulphites									
						Celery	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya									
Desserts	Apple & Rhubarb Flapjack Slice	S7/340(P)	S7/340(P)	76.30	20.71g	●	○	○	○	●	○	○	○	○	○	○									
Desserts	Apple - small	S1/11	S1/11	75.00	8.85g	○	○	○	○	○	○	○	○	○	○	○									
Desserts	Fresh Milk(P) Organic	S10/02E	S10/02E	153.85	6.92g	○	○	○	○	●	○	○	○	○	○	○									
Desserts	Fruit juice cordial	S10/02z	S10/02z	25.00	2.35g	○	○	○	○	○	○	○	○	○	○	○									
Desserts	Pineapple sponge with peaches	S7/28 (P)	S7/28 (P)	62.41	28.38g	○	●	○	○	●	○	○	○	○	○	○									
Desserts	Sultana Cookie	S4/38(P)	S4/38(P)	42.60	28.32g	○	○	○	○	○	○	○	○	○	○	○									
Desserts	Yogurt	S1/10C	S1/10C	80.00	4.64g	○	○	○	○	●	○	○	○	○	○	○									
Main	BBQ Chicken Soft Tortilla Boat	P4/33c(p)	P4/33c(p)	67.60	5.38g	●	○	●	○	○	○	○	○	○	○	○									
Main	Cheesy Pasta	P12/39A	P12/39A	174.72	45.40g	○	○	○	○	○	○	○	○	○	○	○									
Main	Chinese Chicken	P7/39(p)	P7/39(p)	52.00	0.06g	○	○	○	○	○	○	○	○	○	○	○									
Main	Chips - Primary	P8/02A	P8/02A	102.84	36.00g	○	○	○	○	○	○	○	○	○	○	○									
Main	Cocoa Beetroot Brownie	S8/48A(P)	S8/48A(P)	33.63	18.07g	○	●	○	○	●	○	○	○	○	○	○									
Main	Coleslaw	P9/07A	P9/07A	37.70	2.21g	○	○	○	○	○	○	○	○	○	○	○									
Main	Crispy Topped Vegetarian Pie	P12/DC 2	P12/DC 2	185.67	27.89g	○	○	○	○	○	○	○	○	○	○	○									
Main	Dry Roasted Potatoes	P8/25A	P8/25A	92.04	15.29g	○	○	○	○	○	○	○	○	○	○	○									
Main	Finger Roll	P1/004	P1/004	0.00	21.55g	○	○	○	○	○	○	○	○	○	○	○									
Main	Gravy (V)	P5/04A	P5/04A	6.00	4.33g	○	○	○	○	○	○	○	○	○	○	○									

Legend

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○ Does Not Contain

* No Information

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

Nutrition Plan with Carbohydrates and Allergens

Nutrition Plan: East 17 w3 Easter 2017 week 3

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
Main			Homemade Garlic Bread	P1/9B	P1/9B	12.03	5.34g															
Main			Jacket Potato & Tuna & Sweetcorn(P)	P8/5NA	P8/5NA	171.00	38.93g															
Main			Jacket Wedges	P8/FP2	P8/FP2	112.67	29.22g															
Main			Mixed Veg.	P11/08	P11/08	0.00	0.00g															
Main			Noodles - Primary	P8/13A	P8/13A	44.00	29.88g															
Main			Pizza with Hidden Veg Sauce	P12/46C(P)	P12/46C(P)	80.88	13.87g															
Main			Pork And Sweet Potato Pie	P4/52(P)	P4/52(P)	45.60	9.45g															
Main			Pork Sausage - fresh meat	P4/FF06A	P4/FF06A	56.00	4.93g															
Main			Pork Spaghetti Bolognese	P4/51(P)	P4/51(P)	92.30	39.11g															
Main			Primary Salad Bar	P9/18	P9/04, P9/06A, P9/07A, P9/18, P9/43, P9/44	86.86	4.97g															
Main			Quorn Korma	P12/33(P)	P12/33(P)	98.00	9.31g															
Main			Quorn Meatball Sub	P12/89(P/A)	P12/89(P/A)	176.10	44.02g															
Main			Quorn Sausage(v)	P12/FF12	P12/FF12	57.00	2.79g															
Main			Rice & Cous Cous (P)	P8/07C	P8/07C	125.80	42.95g															
Main			Spicy Sausage Pasta (fresh meat)	P6/36B	P4/FF06A, P6/36B	218.10	58.42g															
Main			Stuffing	P5/09	P5/09	5.00	1.45g															

Legend			
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Cheshire East

27-Mar-2017 12:06



Nutrition Plan with Carbohydrates and Allergens

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Nutrition Plan: East 17 w3 Easter 2017 week 3

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Group	Menu Item	Recipe Code Sub Recipe Codes		Portion Size (g)	Carbohydrate Count	Calery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites		
Main	Sweet & Sour Vegetables	P12/28 (P)	P12/28 (P)	149.06	18.49g	○	●	○	○	○	○	○	○	○	○	○	○	○	○		
Main	Tortilla Layer	P12/99B	P12/99B	166.67	26.77g	○	●	○	●	○	○	●	○	○	○	○	○	○	○		
Main	Tuna & Pasta Jumble	P6/03	P6/03	242.10	55.26g	○	●	○	○	●	○	●	○	○	○	○	○	○	○		
Main	Turkey Joint - fresh meat	P4/FF15EA	P4/FF15EA	75.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○		
Main	Vegetable Lasagne	P12/15	P12/15	289.40	36.32g	○	●	○	○	○	○	●	○	○	○	○	○	○	○		
Main	Vinegar Infused Goujons	P3/FF14(P)A	P3/FF14(P)A	48.00	8.81g	○	●	○	○	●	○	○	○	○	○	○	○	○	○		
	Tomato Ketchup	294801 B		0.00	0.00	○	○	○	○	○	○	○	○	○	○	○	○	○	○		