

Nutrition Plan: ES2512

Allergen Aware Week 3

| Legend |                  |  |  |
|--------|------------------|--|--|
| ●      | Contains         |  |  |
| ◐      | May Contain      |  |  |
| ○      | 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 |
|---------|----------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| Daily   | Jacket Potato with Baked Beans         | R02012      | R02012           | 350.00           | 59.40g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Daily   | Jacket Potato with Tuna Vegan Mayonn   | R08403      | R08403           | 300.00           | 43.76g             | ○      | ○                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Daily   | Jacket Potato with Vegan Cheese        | R08103      | R08103           | 300.00           | 54.25g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Monday  | AA Lemon Shortbread 24                 | R09323      | R09323           | 57.98            | 30.54g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| Monday  | AA Mild plant based chilli & wedges 25 | R10191      | R10191           | 262.05           | 31.35g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Monday  | Tomato, Cucumber & Lettuce Salad       | R10394      | R10394           | 53.20            | 1.18g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Monday  | Vegan cheese & tom pizza, wedges V G   | R08446      | R08446           | 159.25           | 42.48g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Tuesday | AA Apple Sponge 24                     | R09642      | R09642           | 85.00            | 48.57g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Tuesday | AA Plant based bolognaise with pasta 2 | R09846      | R09846           | 327.86           | 62.66g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             |
| Tuesday | Beef Bolognaise                        | R07662      | R07662           | 215.11           | 47.11g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             |
| Tuesday | Broccoli                               | R09730      | R09730           | 54.18            | 1.08g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Tuesday | Halal Beef Bolognaise                  | R07663      | R07663           | 215.11           | 47.11g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             |
| Wednesd | AA Plant based sausage & roast pots    | R10192      | R10192           | 270.47           | 33.91g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Wednesd | AA Wibble raspberry jelly primary 25   | R10474      | R10474           | 121.00           | 0.94g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Wednesd | Carrot, Broccoli & Courgette 25        | R10296      | R10296           | 57.00            | 3.41g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Wednesd | Halal Roast Chicken                    | R08930      | R08930           | 231.04           | 20.91g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Wednesd | Roast Chicken                          | R08929      | R08929           | 231.04           | 20.91g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

## Nutrition Plan with Carbohydrates and Allergens

IFGPlee

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|----------|----------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| Thursday | AA Chocolate beetroot cake 24    | R09845      | R09845           | 67.83            | 35.88g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Thursday | AA Vegetable keema curry 25      | R10473      | R06752, R10473   | 225.37           | 42.53g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Thursday | Creamy Chicken Korma             | R07400      | R05343, R07400   | 241.18           | 44.85g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Thursday | Garden Peas                      | R03607      | R03607           | 60.00            | 6.60g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Thursday | Halal Creamy Chicken Korma       | R10286      | R05343, R10286   | 241.18           | 44.85g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Friday   | AA Chocolate Brownie 24          | R09643      | R09643           | 66.66            | 34.44g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Friday   | AA Plant based sausage & chips   | R10237      | R10237           | 196.00           | 35.00g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Friday   | Baked Beans                      | R03609      | R03609           | 58.80            | 9.00g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Friday   | Fish Fingers & Chips GF EF MF SF | R05832      | R05832           | 219.98           | 43.50g             | ○      | ○                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |