

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: OPL41

Non Halal Wk2

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 | |
|----------|---|-------------|------------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| PastaPot | Cheese Sauce Pasta Pot Large | R06286 | R06286 | 317.62 | 77.07g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ● | ○ | ○ | ○ | ◐ | ○ | |
| PastaPot | Cheese Sauce Pasta Pot Small | R06287 | R06287 | 238.21 | 57.80g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ◐ | ○ |
| PastaPot | Creamy Pesto Pasta | R08997 | R08997, R08998 | 297.82 | 78.07g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ◐ | ○ |
| PastaPot | Creamy Pesto Pasta 12oz 24 | R08999 | R08998, R08999 | 223.37 | 58.55g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ◐ | ○ |
| PastaPot | Tomato & Basil Pasta Pot Large | R06279 | R06279, R08243 | 312.45 | 70.49g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ◐ | ○ | ○ | ○ | ○ | ◐ | ○ |
| PastaPot | Tomato & Basil Pasta Pot Small | R06280 | R06280, R08243 | 234.81 | 52.99g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ◐ | ○ | ○ | ○ | ○ | ◐ | ○ |
| Street V | Chipotle Chicken Chimichanga 24 | R08598 | R08598 | 284.22 | 57.13g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Street V | Korean Fried Crispy Chicken Dakgangje | R08044 | R01551, R08044 | 274.18 | 76.45g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ● | ● | ● |
| Street V | Mie Goreng 24 | R08833 | R08833 | 373.12 | 62.14g | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ◐ | ◐ | ◐ | ● | ○ | |
| Street V | Teriyaki Chicken Wings with Chahan Rice | R02301 | R02301, R09493 | 315.90 | 57.94g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ● | ● |
| Monday | Apple Pie | R07617 | R07617 | 160.27 | 35.33g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Monday | Chicken & Tomato Pasta Bake 25 | R10098 | R08243, R10098 | 237.12 | 25.12g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ◐ | ○ |
| Monday | Pork & Beef Sausages & Mash | R08904 | R01508, R06362, R08904 | 468.55 | 61.42g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ● | ● |
| Monday | Vegan Sausage & Mash | R08906 | R01508, R06362, R08906 | 444.87 | 52.24g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ● |
| Tuesday | Cheesy Cauliflower Pasta Bake | R10012 | R10012 | 367.81 | 67.91g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ◐ | ○ |
| Tuesday | Garlic Chicken & Mushroom Pasta | R08976 | R06274, R08976 | 450.57 | 76.80g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ◐ | ○ |
| Tuesday | Peach & Pineapple Crumble | R08913 | R08913 | 123.98 | 39.69g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

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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 | |
|----------|--------------------------------------|-------------|--|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| Wednesd | Cheese, Leek & Potato Pie | R10016 | R08036, R08491, R10016 | 387.07 | 47.12g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ |
| Wednesd | Roast Turkey, Roasties & Gravy | R08937 | R01506, R06420, R07539, R08036, R08491, R08937 | 374.24 | 45.59g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Wednesd | Sticky Lemon Sponge & Custard | R07620 | R07620 | 142.41 | 51.92g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Thursday | Baked Churros | R08076 | R08076 | 106.29 | 25.87g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| Thursday | Chinese Veg Stirfry | R10014 | R10014, R10015 | 365.73 | 70.78g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ● | ○ |
| Thursday | Teriyaki Beef & Carrot Rice | R10019 | R10015, R10019 | 330.63 | 74.73g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ● | ○ |
| Friday | Battered Fish & Oven Chips | R06316 | R06274, R06275, R06316 | 315.07 | 52.84g | ○ | ● | ○ | ● | ● | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ |
| Friday | Margarita Pizza, Chips & Garden Peas | R07677 | R06275, R07677 | 296.67 | 65.45g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ◐ | ○ |
| Friday | Pork Sausages, Chips & Garden Peas | R07674 | R06275, R07674 | 309.87 | 49.89g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| Friday | Quorn Burger & Chips | R10043 | R01358, R06275, R10043 | 418.64 | 72.83g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ● | ○ | ○ | ○ | ◐ | ○ | ● |
| Friday | Salmon Fishcake, Chips & Peas | R06317 | R06274, R06275, R06317 | 328.79 | 58.78g | ○ | ● | ○ | ● | ● | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ |

Nutrition Plan with Carbohydrates and Allergens

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Non Halal Wk3

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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 | |
|----------|--|----------------|--|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| PastaPot | Cheese Sauce Pasta Pot Large | R06286 | R06286 | 317.62 | 77.07g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ |
| PastaPot | Cheese Sauce Pasta Pot Small | R06287 | R06287 | 238.21 | 57.80g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ |
| PastaPot | Creamy Pesto Pasta | R08997 | R08997, R08998 | 297.82 | 78.07g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ○ | ○ |
| PastaPot | Creamy Pesto Pasta 12oz 24 | R08999 | R08998, R08999 | 223.37 | 58.55g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ○ | ○ |
| PastaPot | Tomato & Basil Pasta Pot Large | R06279 | R06279, R08243 | 312.45 | 70.49g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ◐ | ○ | ○ | ○ | ○ | ○ | ○ |
| PastaPot | Tomato & Basil Pasta Pot Small | R06280 | R06280, R08243 | 234.81 | 52.99g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ◐ | ○ | ○ | ○ | ○ | ○ | ○ |
| Street V | Chicken Yakitori Japan 24 | R08599 | R08599 | 306.52 | 57.37g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ● | ○ |
| Street V | Chinese Style Vegan Noodles 24 | R08058 | R08058 | 341.19 | 70.46g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ● | ○ |
| Street V | Korean Fried Crispy Chicken Dakgangje R08044 | R01551, R08044 | R01551, R08044 | 274.18 | 76.45g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ● | ● | ● |
| Street V | Loaded Mediterranean Street Cart Wed R08889 | R08889, R08992 | R08889, R08992 | 331.16 | 56.06g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Monday | Asian Veg, Bean & Noodle Stirfry | R08950 | R08950 | 371.37 | 78.08g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ● |
| Monday | Banana Pudding & Custard | R10046 | R10046 | 138.36 | 47.30g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Monday | Kung Pao Chicken & Rice | R07611 | R01487, R01490, R01534, R06382, R07611 | 427.75 | 76.29g | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ● |
| Tuesday | Beef & Tomato Ragu with Pasta | R08969 | R01489, R06274, R06321, R08969 | 417.84 | 71.86g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ◐ | ○ | ○ | ○ | ○ | ○ | ○ |
| Tuesday | Blueberry Sponge | R08923 | R08923 | 104.35 | 28.68g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

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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 |
|----------|---------------------------------------|-------------|--|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| Tuesday | Vegetable Ragu, Wholegrain Pasta & Si | R07261 | R04301, R06321, R07261 | 376.14 | 70.77g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ◐ | ○ | ○ | ○ | ○ | ○ |
| Wednesd | Butternut Squah Mac & Cheese | R08135 | R00579, R06274, R08135 | 390.20 | 72.98g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ◐ | ● |
| Wednesd | Lemon & Thyme Roast Chicken | R09247 | R06418, R06420, R07539, R08938, R09247 | 520.50 | 41.16g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Wednesd | Roast Pork, Roasties & Gravy | R08947 | R06420, R07539, R08036, R08491, R08947 | 342.42 | 39.21g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Wednesd | Sticky Toffee Pudding | R09667 | R09667 | 160.39 | 58.46g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Thursday | Chicken Makhani Curry | R08120 | R08120, R08160 | 397.15 | 57.47g | ○ | ◐ | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Thursday | Egg Plant Katsu Curry | R07266 | R01483, R01487, R01551, R07266 | 431.63 | 78.93g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Thursday | Mixed Berry & Apple Crumble | R07615 | R07615 | 118.88 | 30.99g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Friday | Battered Fish & Oven Chips | R06316 | R06274, R06275, R06316 | 315.07 | 52.84g | ○ | ● | ○ | ● | ● | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ |
| Friday | Chickpea, Carrot & Sesame Burger | R10042 | R10042, R10124 | 319.87 | 80.98g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ◐ | ○ |
| Friday | Margarita Pizza, Chips & Garden Peas | R07677 | R06275, R07677 | 296.67 | 65.45g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ◐ |
| Friday | Pork Sausages, Chips & Garden Peas | R07674 | R06275, R07674 | 309.87 | 49.89g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Friday | Salmon Fishcake, Chips & Peas | R06317 | R06274, R06275, R06317 | 328.79 | 58.78g | ○ | ● | ○ | ● | ● | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ |