

**Nutrition Plan: Aut19 Autumn Menu 2019**

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Group	Menu Item	Recipe Code	Portion Size (g)	Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites	
	Apple Flapjack (V1)	*D171	46.00	19.60g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Apple, Cheese and Biscuits 50% Fruit (V1)	*D4	71.60	14.73g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Baked Beans (V1)	*SD22	100.00	14.25g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Baked Tomatoes (V1)	*SD34	50.00	1.50g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Bolognaise (50% PB) (V1)	*B37	155.93	10.78g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Bolognaise (V1)	*B2	139.85	5.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Lasagne (50% Plant based) (V2)	*B39	236.53	21.19g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Lasagne (V3)	*B7	155.10	14.28g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Breaded Fish (V1)	*F7	100.00	21.60g	○	○	○	○	●	○	○	○	○	○	○	○	○	○	○
	Broccoli (V1)	*SD20	28.00	0.90g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cabbage (V1)	*SD35	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Carrots (V1)	*SD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cauliflower (V1)	*SD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cheese & Red Onion Quiche (V3)	*V82	95.16	16.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chicken & Apricots Tagine (V3)	*C49	144.65	8.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chicken Arrabiata Pasta Sauce (V2)	*C41	159.77	4.22g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chicken Pie (w/ Gravy) (Potato Top) (50% Pl	*C71	282.00	30.45g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○

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	Chicken Pie (with Gravy) (V1)	*C58	198.82	14.21g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Chips (Fryer or Oven) (V1)	*SD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chocolate Shortbread (V1)	*D80	29.94	17.09g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Coleslaw (V4)	*SD47	56.60	2.69g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
	Cottage Pie / Beef and Onion Pie (V3)	*B9	267.58	29.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cottage Pie/ Beef and Onion Pie (50% PB) (V1)	*B38	271.20	34.83g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Creamy Vegetable Pie (Puff Pastry Top) (V4)	*V19	272.46	32.62g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Custard Sauce (V4)	*D2	77.39	8.86g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
	Eves Pudding/ Apple Sponge (50% Fruit) (V4)	*D18	99.98	25.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fish in Batter (V1)	*F3	85.00	16.75g	○	○	○	○	●	○	○	○	○	○	○	○	○	○
	Five Bean Chilli (V2)	*V138	161.89	11.96g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fresh Mixed Seasonal Vegetables (V1)	*SD12	44.56	3.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Garlic Bread (made) (V1)	*SD50	17.08	8.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Gravy (Brakes Vegetarian Gravy Mix) (V2)	*SD16	63.24	3.06g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Green Beans (V1)	*SD24	50.00	1.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Hot Dog Bun	*SD33	50.00	25.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Lemon and Parsley Couscous (V2)	*SD73	157.00	31.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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	Lentil and Sweet Potato Curry (Vegan) (V4)	*V108	249.06	26.79g	○	○	○	○	○	○	○	○	●	○	○	○	○	○
	Long Grain Rice (Boiled or Steamed) (V1)	*SD4	110.80	35.68g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Macaroni Cheese (V3)	*V11	231.00	40.62g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Mixed Vegetable Loaf (V4)	*V39	111.25	18.73g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	MSC Fish Fingers (V2)	*F6	69.73	15.35g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
	New Potatoes (Steamed or Boiled) (V1)	*SD2	130.00	19.37g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Oaty Cookies (V1)	*D85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	OBC Banana Sponge (V1)	*D173	55.74	22.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	OBC Carrot and Courgette Cake (V1)	*D174	55.72	21.60g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	OBC Chocolate and Mandarin Sponge (V2)	*D178	78.37	23.86g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	OBC Orange Drizzle Cake (V1)	*D182	50.59	22.46g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Pasta (Shells) (V2)	*SD11	123.00	35.67g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Pasta (Spaghetti) (V2)	*SD8	106.50	33.55g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Peas (V1)	*SD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Peppers (V1)	*SD26	43.50	1.83g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Pork Sausage (V2)	*P3	42.56	4.17g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
	Potato (Roasted-Peeled) (V1)	*SD7	60.56	13.61g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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	Potato (Roasted-Skin On) (V1)	*SD82	60.56	13.61g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Potato Wedges (Made & Oven Baked) (V3)	*SD6	75.04	16.97g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Quorn Burger (No Bun) (V2)	*V47	60.00	0.66g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Quorn Roast (Made) (V4)	*V95	145.08	11.91g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Quorn Vegetarian Sausages (V1)	*V17	100.00	10.00g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Red Pepper and Cheese Frittata (V1)	*V24	124.64	4.09g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Rice Pudding with Mixed Berries (V3)	*D31	91.67	17.91g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Beef (V2)	*B4	65.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Chicken Breast (V2)	*C4	57.14	0.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Chicken Thigh (Boneless) (V2)	*C5	75.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Gammon (V2)	*P5	54.43	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Pork (Loin Joint) (V1)	*P10	55.56	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Turkey (V1)	*T1	75.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roasted Cauliflower Curry (V1)	*V148	193.50	15.88g	○	○	○	○	○	○	○	○	●	○	○	○	○	○
	Roasted Quorn Fillet (V1)	*V150	52.00	0.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roasted Vegetables (V2)	*SD48	94.70	5.78g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Salmon (Processed) Fish Fingers (V2)	*F1	75.00	11.40g	○	●	○	○	●	○	○	○	○	○	○	○	○	○

**Nutrition Plan with Carbohydrates and Allergens**

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	Shepherdess Pie (V3)	*V58	272.40	36.20g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Soya Vegetarian Bolognese (V3)	*V18	207.10	14.47g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Stuffing (V2)	*SD40	31.64	1.82g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Sweetcorn (V1)	*SD19	50.00	4.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tomato & Onion Slaw (V1)	*SD56	76.40	4.11g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Unseeded 4" Bun (V1)	*SD17	40.00	19.52g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Vegetable and Apricot Tagine (V3)	*V140	176.15	23.11g	○	○	○	○	○	○	○	○	○	●	○	○	○	○	○
	Vegetable Lasagne (V3)	*V44	202.27	27.78g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Vegetarian Wellington (V5)	*V12	124.20	22.18g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Wholemeal Apple Crumble (Tinned Apple) (V)	*D130	96.20	31.92g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Wholemeal Cheese and Tomato Pizza (V1)	*V142	79.83	27.47g	○	○	○	○	◐	○	○	○	○	○	○	○	○	○	○
	Wholemeal Pear Crumble (50% Fruit) (V1)	*D113	96.00	30.48g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Wholemeal Vegetable Pasta Bake (V4)	*V16	257.96	39.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○