

Nutrition Plan: PLAut19 Packed Lunch Autumn Menu 2019

1: All kitchens are responsible for checking allergens on packaging and making sure that allergen information given is correct.

2: All allergens listed are based on Brakes products and are subject to change without notice. All allergen champions must cross check deliveries against FS13's to ensure information is correct. All products showing as * "No Information" will need to be checked and allergens written on a blank FS13 and kept on site.

3: Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7, as that is the database uploaded on our nutrition software Saffron. Please be aware that these may differ than those given in the Carbs & Cals book. All portion sizes are given, so you can make an informed choice based on the data you normally use. All pasta bakes contain 50g of uncooked pasta per portion.

- Contains
- ◐ May Contain
- Does Not Contain
- * No Information

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 (V1)	*PL33	89.00	8.90g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Banana (V1)	*PL35	66.00	8.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Carrot Sticks (V1)	*PL31	30.00	1.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cheese Brown Baguette (V2)	*PL6	99.50	32.03g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Cheese Brown Sandwich (V2)	*PL26	92.00	25.29g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Cheese Pitta (V2)	*PL11	90.00	33.09g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Cheese White Baguette (V2)	*PL1	102.00	39.30g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Cheese White Sandwich (V2)	*PL21	92.00	27.69g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Cheese Wrap (V2)	*PL16	88.00	30.21g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Cucumber Sticks (V1)	*PL32	29.10	0.35g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Egg Mayonnaise Brown Baguette (V4)	*PL7	109.50	32.82g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Egg Mayonnaise Brown Sandwich (V4)	*PL27	102.00	26.08g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Egg Mayonnaise Pitta (V4)	*PL12	100.00	33.88g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Egg Mayonnaise White Baguette (V4)	*PL2	112.00	40.09g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Egg Mayonnaise White Sandwich (V4)	*PL22	102.00	28.48g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Egg Mayonnaise Wrap (V4)	*PL17	98.00	31.00g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Fish Finger and Chilli Mayo Wrap (V1)	*KS10	136.50	46.41g	○	●	○	●	●	○	○	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutrition Plan: PLAut19 Packed Lunch Autumn Menu 2019

1: All kitchens are responsible for checking allergens on packaging and making sure that allergen information given is correct.

2: All allergens listed are based on Brakes products and are subject to change without notice. All allergen champions must cross check deliveries against FS13's to ensure information is correct. All products showing as * "No Information" will need to be checked and allergens written on a blank FS13 and kept on site.

3: Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7, as that is the database uploaded on our nutrition software Saffron. Please be aware that these may differ than those given in the Carbs & Cals book. All portion sizes are given, so you can make an informed choice based on the data you normally use. All pasta bakes contain 50g of uncooked pasta per portion.

- Contains
- ◐ May Contain
- Does Not Contain
- * No Information

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
	Ham Brown Baguette (V2)	*PL10	129.50	32.60g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Ham Brown Sandwich (V2)	*PL30	122.00	25.86g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Ham Pitta (V2)	*PL15	120.00	33.66g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Ham White Baguette (V2)	*PL5	132.00	39.87g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Ham White Sandwich (V2)	*PL25	122.00	28.26g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Ham Wrap (V2)	*PL20	118.00	30.78g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot Roast Beef Baguette (V1)	*KS8	145.00	39.27g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot Roast Beef Baguette Wholemeal (V1)	*KS22	142.50	32.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot Roast Chicken Breast Baguette (V2)	*KS28	123.70	32.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot Roast Pork Baguette (V1)	*KS9	145.00	39.27g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot Roast Pork Baguette Wholemeal (V1)	*KS23	142.50	32.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot Roast Quorn Baguette (V1)	*KS25	120.00	39.82g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Hot Roast Quorn Baguette Wholemeal (V1)	*KS24	117.50	32.55g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
	Hot Roast Turkey Baguette (V1)	*KS7	145.00	39.27g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot Roast Turkey Baguette (Wholemeal) (V1)	*KS21	142.50	32.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Houmous and Roasted Vegetable Brown Bag	*PL44	165.57	41.35g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Houmous and Roasted Vegetable Brown Sar	*PL47	158.06	34.61g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

Nutrition Plan: PLAut19 Packed Lunch Autumn Menu 2019

1: All kitchens are responsible for checking allergens on packaging and making sure that allergen information given is correct.

2: All allergens listed are based on Brakes products and are subject to change without notice. All allergen champions must cross check deliveries against FS13's to ensure information is correct. All products showing as * "No Information" will need to be checked and allergens written on a blank FS13 and kept on site.

3: Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7, as that is the database uploaded on our nutrition software Saffron. Please be aware that these may differ than those given in the Carbs & Cals book. All portion sizes are given, so you can make an informed choice based on the data you normally use. All pasta bakes contain 50g of uncooked pasta per portion.

- Contains
- ◐ May Contain
- Does Not Contain
- * No Information

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	
	Houmous and Roasted Vegetable Pitta (V1)	*PL45	158.06	42.41g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Houmous and Roasted Vegetable White Bag	*PL43	168.06	48.62g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Houmous and Roasted Vegetable White San	*PL46	158.06	37.01g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Houmous and Roasted Vegetable Wrap (V1)	*PL42	154.06	39.54g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Satsuma (V1)	*PL34	47.30	2.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna Brown Baguette (V2)	*PL9	118.10	32.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna Brown Sandwich (V2)	*PL29	110.60	25.26g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna Mayonnaise Brown Baguette (V4)	*PL8	138.10	33.64g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna Mayonnaise Brown Sandwich (V4)	*PL28	130.60	26.90g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna Mayonnaise Pitta (V4)	*PL13	128.60	34.70g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna Mayonnaise White Baguette (V4)	*PL3	140.60	40.91g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna Mayonnaise White Sandwich (V4)	*PL23	130.60	29.30g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna Mayonnaise Wrap (V4)	*PL18	126.60	31.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna Pitta Bread (V2)	*PL14	108.60	33.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna White Baguette (V2)	*PL4	120.60	39.27g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna White Sandwich (V2)	*PL24	110.60	27.66g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuna Wrap (V2)	*PL19	106.60	30.18g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○

