





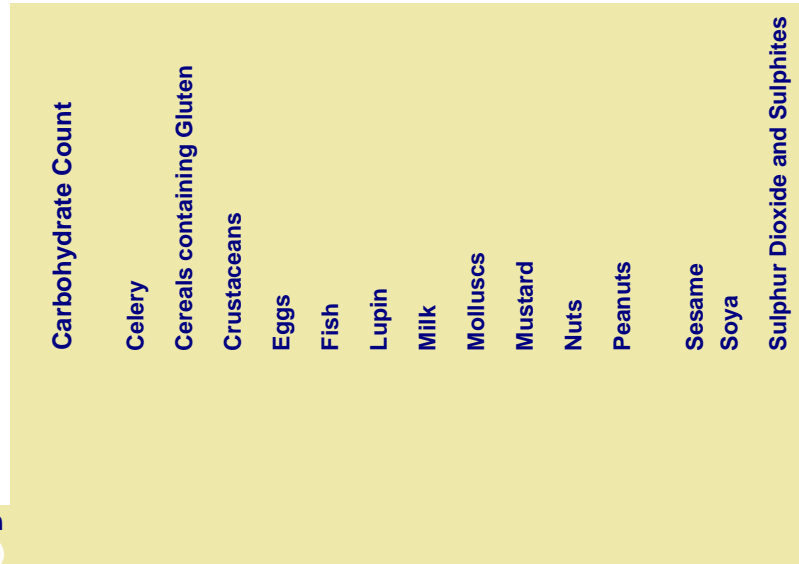
Nutrition PI WkngAut18

Wokingham Menu Autumn 2018

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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 & Raisin Strudel (50% Fruit) (V2)	*D59	87.75 23.45g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Apple, Cheese and Biscuits 50% Fruit (V1)	*D4	71.60 14.73g	○	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	Baked Beans (V1)	*SD22	50.00 6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Bolognese (V1)	*B2	139.85 5.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Lasagne (V2)	*B7	155.02 14.27g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Beef Meatballs in Tomato Sauce (Brakes) (V1)-72nc	*B33	163.32 4.42g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Breaded Fish (V1)	*F7	100.00 21.60g	○	○	●	○	○	●	○	○	○	○	○	○	○	○	○	○
	Broccoli (V1)	*SD20	28.00 0.90g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cabbage (V1)	*SD35	50.00 1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Carrot & Sultana Cake (V3)	*D26	63.17 23.21g	○	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	Carrots (V1)	*SD28	50.00 3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cauliflower (V1)	*SD27	50.00 1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chicken & Broccoli Pasta Bake (V4)	*C3	275.23 98.22g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chicken Ginger Stir Fry (V5)	*C16	93.71 6.70g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chicken Tikka Masala (V4)	*C35	170.96 6.56g	○	○	○	○	○	○	○	○	○	●	○	○	○	○	○	○
	Chips (Fryer or Oven) (V1)	*SD5	83.40 29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chocolate and Banana Oaty Square (V2)	*D141	41.10 19.17g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○

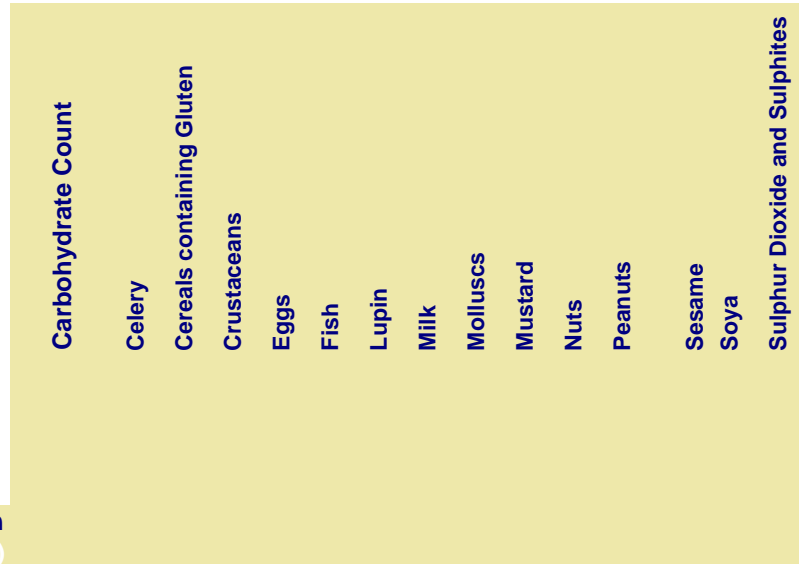
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	Chocolate Cocoa Cookies (V3)	*D40	33.08 17.27g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chocolate Sponge (with Chocolate Drizzle) (V4)	*D95	59.62 22.74g	○	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	Chocolate Yoghurt (V1)	*D138	112.00 16.13g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Coleslaw (V3)	*SD47	56.60 2.69g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cottage Pie / Beef and Onion Pie (V2)	*B9	298.62 36.83g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Custard Sauce (V4)	*D2	77.39 8.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Egg Noodles (V3)	*SD36	120.54 43.03g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Eves Pudding/ Apple Sponge (50% Fruit) (V4)	*D18	99.98 25.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fish in Batter(V1)	*F3	85.00 16.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	French Bread Cheese and Tomato Pizza (V2)	*V5	117.49 40.76g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Platter (V1)	*D37	89.65 8.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Salad (V4)	*D42	41.66 3.25g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruits of the Forest Yoghurt (V2)	*D104	125.00 13.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Garlic Bread (Homemade) (V1)	*SD50	17.08 8.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Gravy (Brakes Vegetarian Gravy Mix) (V2)	*SD16	63.24 3.06g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Gravy (MAGGI Gluten Free Vegetarian Gravy) (V4)	*SD54	63.24 3.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Green Beans (V1)	*SD24	50.00 1.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

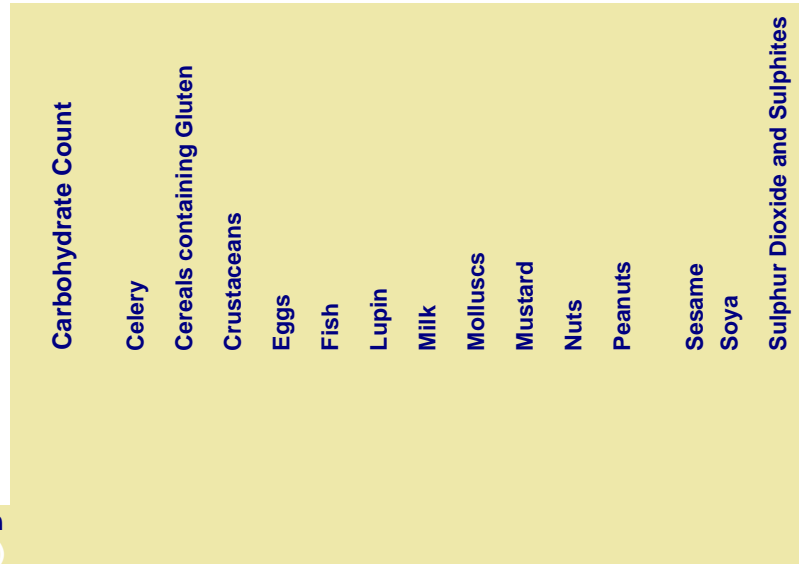
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	Honey Yoghurt (V1)	*D140	106.00 12.78g	○	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
	Iced Sponge (V4)	*D29	53.57 22.24g	○	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	Lentil and Vegetable Curry (V2)	*V3	226.98 23.23g	○	○	○	○	○	○	○	○	○	●	○	○	○	○	○	○
	Long Grain Rice (Boiled or Steamed) (V1)	*SD4	110.80 38.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Macaroni Cheese (V2)	*V11	233.77 101.13g	○	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	Mandarin & Cinnamon Upside Down Cake (V1)	*TD9	65.79 21.59g	○	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	Mixed Green Salad (V1)	*SD86	47.66 2.33g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Mixed Vegetable Loaf (V2)	*V39	113.17 18.75g	○	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	MSC Fish Fingers (V2)	*F6	69.73 15.35g	○	○	●	○	○	●	○	○	○	○	○	○	○	○	○	○
	MSC Salmon Fishcakes (Bought premade) (V1)	*F22	57.00 8.66g	○	○	●	○	○	●	○	○	○	○	○	○	○	○	○	○
	New Potatoes (Steamed or Boiled) (V1)	*SD2	130.00 19.37g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Oaty Peach Crumble (50% Fruit) (V1)	*D77	95.83 33.38g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Orange Tray Bake (V4)	*D46	55.13 20.82g	○	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	Pasta (Spaghetti) (V2)	*SD8	106.50 33.55g	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Peach Yoghurt (V1)	*D137	100.00 13.33g	○	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
	Peas (V1)	*SD18	50.00 5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Pineapple Loaf/ Sponge (V1)	*TD5	67.69 22.00g	○	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○

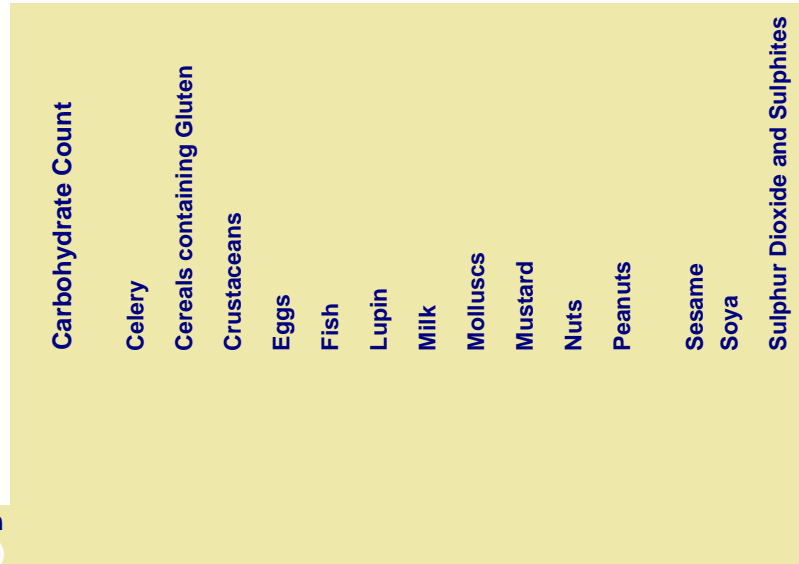
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	Potato & Courgette Layer Bake (V4)	*V10	281.70 33.51g	○	●	○	○	○	○	○	●	○	○	○	○	○	○	○	○
	Potato (Roasted-Peeled) (V1)	*SD7	80.56 18.13g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Potato Wedges (Made & Oven Baked) (V3)	*SD6	100.04 22.62g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Quorn Mince Lasagne (V2)	*V117	157.18 14.82g	○	●	○	●	○	○	○	●	○	○	○	○	○	○	○	○
	Quorn Mince Vegetarian Bolognese (V3)	*V66	209.80 12.26g	○	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Quorn Roast (Made) (V3)	*V95	145.08 11.91g	○	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Red Pepper and Cheese Frittata (V1)	*V24	124.64 4.09g	○	○	○	○	●	○	○	○	○	○	○	○	○	○	○	○
	Rice Pudding with Mixed Berry Sauce (V2)	*D31	113.79 37.14g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Chicken Breast (V2)	*C4	57.14 0.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Gammon (V2)	*P5	54.43 0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roast Turkey (V1)	*T1	75.00 0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Roasted Vegetables (V2)	*SD48	94.70 5.78g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Sausage Pasta Bake (Pork) (V3)	*P9	264.54 101.38g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Shepherdess Pie (V2)	*V58	297.40 42.24g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Stuffing (V2)	*SD40	31.64 1.82g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Sweet and Sour Quorn (V2)	*V110	160.88 13.97g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Sweetcorn (V1)	*SD19	50.00 4.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

