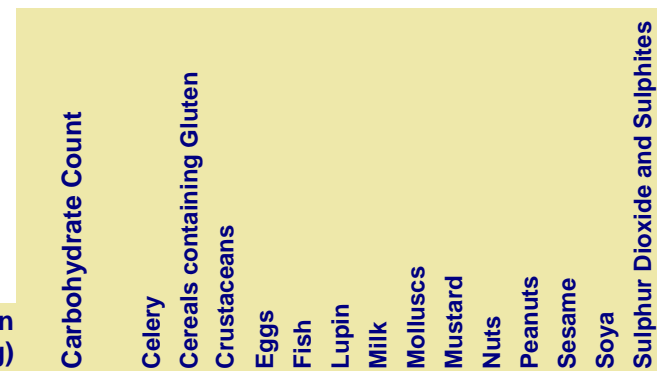


Nutrition Plan: GAYSEPT242 Gayton September 2024 Week 2

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 | |
|------------|------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| D1Main | Gravy | R00069 | R00069 | 53.75 | 2.81g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D1Main | Halal chicken Sausage | R00264 | R00264 | 64.00 | 6.66g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D1Main | Pasta with Tomato & Basil Sauce | R00047 | R00047 | 205.25 | 38.85g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ○ | ○ |
| D1Main | Sausages | R00104 | R00104 | 62.50 | 6.44g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D1Main | Veggie Cumberland Sausage | R00105 | R00105 | 50.00 | 4.05g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D1Carb | Baguette Slice | R00070 | R00070 | 25.00 | 12.00g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D1Carb | Mashed Potatoes | R00005 | R00005 | 125.00 | 20.67g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D1Desserts | Shortbread Biscuit | R00012 | R00012 | 45.10 | 25.30g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D2Main | Cheese & tomato Pizza round 8 | R00067 | R00067 | 50.00 | 14.91g | ○ | ● | ○ | ◐ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D2Main | Halal chicken punjabi | R00210 | R00210 | 114.45 | 3.93g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D2Main | Jacket Potato with Cheese | R00059 | R00059 | 225.00 | 43.03g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D2Main | Jacket Potato with Tuna Mayonnaise | R00049 | R00049 | 260.00 | 34.97g | ○ | ○ | ○ | ● | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D2Carb | Flatbread | R00083 | R00083 | 23.75 | 12.35g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D2Carb | Potato Wedges | R00006 | R00006 | 76.13 | 17.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D2Carb | Rice | R00081 | R00081 | 40.00 | 31.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D2Desserts | Lemon drizzle cup cakes | R00477 | R00477 | 66.20 | 31.24g | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D3Main | Gravy | R00069 | R00069 | 53.75 | 2.81g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

Nutrition Plan: GAYSEPT242 Gayton September 2024 Week 2

Legend

- Contains
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- 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 |
|------------|------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| D3Main | Quorn Roast & Gravy | R00053 | R00053 | 54.33 | 3.98g | ○ | ○ | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D3Main | Sliced Roast Chicken | R00110 | R00110 | 50.00 | 0.00g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D3Main | Tuna Mayo Bap | R00607 | R00607 | 123.50 | 34.24g | ○ | ● | ○ | ● | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D3Veg | Vegetable Medley | R00072 | R00072 | 50.00 | 2.21g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D3Carb | Mashed Potatoes | R00005 | R00005 | 125.00 | 20.67g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D3Carb | Stuffing | R00052 | R00052 | 14.00 | 9.80g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D3Desserts | Ice Cream & Fruit | R00168 | R00168 | 64.80 | 12.44g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D4Main | Beef bolognaise | R00055 | R00055 | 186.30 | 6.03g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D4Main | Cheese & Tomato Panini | R00054 | R00054 | 135.00 | 48.88g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D4Main | Cheese Bap | R00608 | R00608 | 89.30 | 33.56g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D4Main | Halal Beef Bolognaise | R00211 | R00211 | 174.90 | 5.65g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D4Main | Ham Bap | R00609 | R00609 | 114.00 | 33.78g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D4Main | Spaghetti | R00057 | R00057 | 45.00 | 32.40g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ◐ | ○ | ○ | ○ | ○ | ◐ |
| D4Carb | Mixed Salad | R00040 | R00040 | 101.20 | 2.05g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D4Desserts | Chocolate Custard | R00032 | R00032 | 94.00 | 11.08g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D4Desserts | Chocolate sponge | R00031 | R00031 | 67.60 | 29.40g | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D5Main | Fish Fingers MSC | R00096 | R00096 | 75.00 | 15.00g | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

Nutrition Plan: GAYSEPT242 Gayton September 2024 Week 2

Legend

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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 | |
|------------|-------------------------------------|-------------|--|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| D5Main | Jacket Potato with Beans and Cheese | R00161 | R00161 | 340.00 | 53.52g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D5Main | Quorn Fishless fingers | R00146 | R00146 | 40.00 | 11.68g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D5Desserts | Banana Loaf | R00170 | R00170 | 77.40 | 27.78g | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| D5Desserts | Milk | R00033 | R00033 | 150.00 | 7.05g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Veg | Salad Bar | R00603 | R00603 | 61.52 | 4.66g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Veg | seasonal vegetables | R00610 | R00010, R00039, R00061, R00068, R00299, R00500, R00610 | 48.33 | 2.85g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Carb | Chips | R00007 | R00007 | 100.00 | 21.00g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Cheese & Crackers | R00073 | R00073 | 34.17 | 12.33g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Fresh Fruit Salad | R00011 | R00011 | 94.79 | 10.87g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Fruit | R00556 | R00556 | 133.33 | 13.43g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Yeo valley Yoghurt pots | R00513 | R00513 | 80.00 | 8.48g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Bread | extra bread | R00602 | R00602 | 16.67 | 6.33g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |