

Nutrition Plan with Carbohydrates and Allergens

Nutri CenSS25

Central Spring Summer 2025 Menu

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Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00
All Day Veggie Breakfast	PRIV249	PRIV249	211.52
Apple and Strawberry Crumble	PRID259	PRID237, PRID259	78.00
Apple Flapjack	PRID171	PRID171	43.92
Baked Beans	PRISD22	PRISD22	50.00
BBQ Chicken Pizza	PRIC91	PRIC91	116.13
Beef Bolognese (APP)	PRIB48	PRIB48	121.50
BF MSC Breaded Pollock Fillets	PRIF7	PRIF7	80.00
Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00
Broccoli	PRISD20	PRISD20	50.00
Cabbage	PRISD35	PRISD35	50.00
Carrots	PRISD28	PRISD28	50.00
Cauliflower	PRISD27	PRISD27	50.00
Cheese & Tomato Quiche	PRIV113	PRIV113	118.28
Cheese and Crackers	PRID56	PRID56	58.00
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58
Cheese Filling for Jacket Potato or Sandwich	PRIV85	PRIV85	20.00

Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
34.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
26.90g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
27.83g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
19.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
31.89g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
7.71g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
17.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
16.58g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
23.72g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
28.26g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
0.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
Cheesy Bean Puffs	PRIV191	PRIV191	102.92
Chef's Special Chicken and Chickpea Korma	PRIC111	PRIC111	153.20
Chefs Pass Gravy	PRISD118	PRISD118	63.24
Chefs Special Five Bean Jollof Rice	PRIV322	PRIV322	286.20
Chickpea and Spinach Curry	PRIV321	PRIV258, PRIV321	183.68
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40
Courgette	PRISD29	PRISD29	44.00
Cucumber	PRISD30	PRISD30	46.00
Custard Sauce	PRID2	PRID2	77.14
Devils Kitchen Plant Balls	PRIV237	PRIV237	51.00
Devils Kitchen Plant Sausage 50g	PRIV244	PRIV244	50.00
Fish in Batter	PRIF3	PRIF3	80.00
Freshly Chopped Fruit	PRID223	PRID223	43.20
Fruit Medley	PRID224	PRID224	45.80
Fruit Platter	PRID225	PRID225	41.10
Garlic and Herb Croutons	PRIPK3	PRIPK3	12.06
Greek Macaroni Pastitsio	PRIGR6	PRIGR6	218.17

Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
27.74g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
9.18g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
48.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
14.63g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
0.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
0.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
8.15g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
7.14g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
4.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
16.80g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
3.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
4.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
2.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
4.80g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
46.43g	○	●	○	○	○	○	●	○	○	○	○	○	○	○

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Greek Salad	PRIGR4	PRIGR4	18.84	0.56g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Beans	PRISD24	PRISD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Thai Chicken Curry	PRIC114	PRIC114	109.93	6.37g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Halal Chicken Sausages	PRIC6	PRIC6	49.28	9.61g	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Hot Dog Bun	PRISD187	PRISD187	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Ice Cream	PRID13	PRID13	60.00	13.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Jam & Coconut Sponge	PRID233	PRID233	57.92	20.93g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
Lentil and Sweet Potato Curry	PRIV108	PRIV108	226.66	26.49g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Vegetable Soya Roast	PRIV13	PRIV13	159.96	13.11g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Lettuce	PRISD25	PRISD25	41.00	0.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese - No Mustard	PRIV318	PRIV318	164.00	42.19g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
MILK FREE Vegan Sheese (Cheese alternati	PRIV216	PRIV216	20.00	5.08g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Peppers	PRISD26	PRISD26	50.00	1.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Pollock Fish Fingers	PRIF6	PRIF6	65.25	13.05g	○	●	○	○	●	○	○	○	○	○	○	○	○	○	○
MSC Salmon Fish Fingers	PRIF1	PRIF1	65.23	13.51g	○	●	○	○	●	○	○	○	○	○	○	○	○	○	○
Oaty Cookies	PRID85	PRID85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Iced Sponge	PRID177	PRID177	52.28	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○

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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
OBC Lemon Drizzle Cake	PRID168	PRID168	56.28	21.11g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Pear and Chocolate Upside Down Cake	PRID207	PRID207	86.48	22.02g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Pasta (Shells)	PRISD11	PRISD11	101.50	33.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peaches	PRID166	PRID166	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peri Peri Nacho Bits	PRIPK4	PRIPK4	10.04	5.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Plant Based Lentil and Tomato Sauce	PRIV160	PRIV160	170.21	15.28g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Pork Sausage	PRIP3	PRIP3	56.00	4.20g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Power Salad - Sweet Potato & Coriander Sal	PRISB8	PRISB8	23.22	5.84g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Rainbow Slaw	PRISD92	PRISD92	52.25	1.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Cabbage	PRISD23	PRISD23	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Beef	PRIB4	PRIB4	34.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Thigh (Boneless)	PRIC5	PRIC5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Gammon	PRIP5	PRIP5	42.60	0.00g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Roast Quorn Vegan Fillet	PRIV204	PRIV204	58.00	2.84g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

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Roast Turkey	PRIT1	PRIT1	40.80	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Butternut Squash	PRISD31	PRISD31	50.00	3.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Savoury Cheese Scone	PRID254	PRID254	48.58	19.83g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spaghetti	PRISD8	PRISD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Spicy Bean Burger	PRIV323	PRIV323	119.94	19.64g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spinach & Cheese Whirl	PRIGR2	PRIGR2	139.56	26.71g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
Strawberry Jelly with Mandarins	PRID235	PRID235	169.43	5.49g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Stuffing	PRISD40	PRISD40	31.64	1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Summer Mixed Salad	PRISD126	PRISD126	45.10	2.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Swede	PRISD21	PRISD21	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn	PRISD19	PRISD19	43.50	6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato Pasta Sauce	PRIV225	PRIV225	152.60	6.06g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tzatziki	PRIGR3	PRIGR3	10.52	0.76g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
Unseeded 4" Bun	PRISD17	PRISD17	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Vanilla Shortbread	PRID57	PRID57	28.23	16.30g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegan Soya Bolognaise	PRIV233	PRIV233	143.17	8.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	●	○

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Vegan Soya Chilli	PRIV309	PRIV309	185.96	12.35g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegetarian Wellington	PRIV232	PRIV232	112.74	24.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Wholemeal Fusilli Pasta	PRISD9	PRISD9	119.00	32.73g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○

