

Nutrition Plan with Carbohydrates and Allergens

Nutri CenAW2526 Central Autumn Winter 2025/26 Menu

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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
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00	34.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple Crumb Cake	PRID268	PRID268	50.24	21.42g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Baked Beans	PRISD22	PRISD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Seasoned Potatoes	PRIQB16	PRIQB16	70.90	10.43g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Baked Beans	PRISD88	PRISD88	53.00	8.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Chicken Fillet	PRIQB14	PRIQB14	46.40	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Vegan Sausage Pasta	PRIV270	PRIV270	267.33	48.14g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognaise (APP)	PRIB48	PRIB48	121.50	7.71g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Beef Lasagne APP	PRIB52	PRIB52	177.45	23.57g	○	●	○	○	○	○	●	○	○	○	○	○	◐	○
BF MSC Breaded Pollock Fillets	PRIF7	PRIF7	60.00	12.90g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli	PRISD20	PRISD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Butcher Beef Meatballs	PRIB57	PRIB57	32.79	0.00g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Cabbage	PRISD35	PRISD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Caribbean Bean Stew	PRIV306	PRIV306	146.00	14.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Carrot & Cucumber Crudities	PRISD110	PRISD110	48.40	2.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots	PRISD28	PRISD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Cauliflower	PRISD27	PRISD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Crackers	PRID56	PRID56	58.00	23.72g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheese and Pepper Whirl	PRIV27	PRIV160, PRIV27	92.88	16.50g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58	30.35g	○	●	○	○	○	○	●	○	○	○	○	○	●	○
Cheese Filling for Jacket Potato or Sandwich	PRIV85	PRIV85	20.00	0.02g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Cheesy Bean Puffs	PRIV191	PRIV191	102.92	27.74g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheesy Coleslaw	PRISD87	PRISD87	83.50	4.12g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
Chefs Pass Gravy	PRISD118	PRISD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Biryani	PRIC124	PRIC124	255.30	41.97g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Enchilada Bake APP	PRIC125	PRIC125	164.38	25.18g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Sauce	PRID3	PRID3	80.00	8.32g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Coleslaw	PRISD47	PRISD47	51.36	2.68g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Cornflake Tart	PRID221	PRID221	50.75	29.04g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Courgette	PRISD29	PRISD29	44.00	0.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Creamy Chickpea and Coconut Curry	PRIV303	PRIV303	186.46	21.19g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Cucumber	PRISD30	PRISD30	46.00	0.55g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Custard Sauce	PRID2	PRID2	77.14	8.15g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Devils Kitchen Plant Balls	PRIV237	PRIV237	51.00	7.14g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devils Kitchen Plant Sausage 25g	PRIV238	PRIV238	50.00	4.65g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fresh Mixed Seasonal Vegetables	PRISD12	PRISD12	50.00	3.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Freshly Chopped Fruit	PRID223	PRID223	43.20	3.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Medley	PRID224	PRID224	45.80	4.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Platter	PRID225	PRID225	41.10	2.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08	8.08g	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Gingerbread Cookie	PRID267	PRID267	30.19	16.51g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Green Beans	PRISD24	PRISD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Gyros Turmeric Rice	PRIGR5	PRIGR5	165.42	33.64g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
HALAL Chicken Biryani	PRIC127	PRIC127	255.30	41.97g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Halal Chicken Sausages	PRIC6	PRIC6	49.28	9.61g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Homemade Beetroot Burger	PRIBB3	PRIBB3	110.90	18.37g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Jamaican Ginger Cake	PRID265	PRID265	49.47	20.17g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Lettuce	PRISD25	PRISD25	41.00	0.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese - No Mustard	PRIV318	PRIV318	164.00	42.19g	○	●	○	○	○	○	●	○	○	○	○	○	○	○

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Marinated BBQ Quorn Vegan Mini Fillet	PRIV311	PRIV311	68.00	6.44g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Mild Caribbean Chicken Thigh	PRIC102	PRIC102	67.38	1.23g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MILK FREE Vegan Sheese (Cheese alternat	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	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Mushy Peas	PRISD111	PRISD111	50.00	6.90g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Oaty Cookies	PRID85	PRID85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
OBC Chocolate and Beetroot Brownie	PRID169	PRID169	53.55	17.51g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Syrup Sponge	PRID197	PRID197	52.22	20.46g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Paprika Wedges	PRISD81	PRISD81	90.40	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pear Crumble	PRID236	PRID236, PRID237	78.00	26.84g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pork Sausage	PRIP3	PRIP3	56.00	4.20g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Rainbow Slaw	PRISD92	PRISD92	52.25	1.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Cabbage	PRISD23	PRISD23	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Red Pepper and Cheese Frittata	PRIV24	PRIV24	134.34	4.03g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Thigh (Boneless)	PRIC5	PRIC5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Autumn Vegetables	PRISD48	PRISD48	51.70	2.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Butternut Squash	PRISD31	PRISD31	50.00	3.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Onions	PRISD116	PRISD116	45.00	3.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Parsnips	PRISD62	PRISD62	50.10	6.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Summer Vegetables	PRISD49	PRISD49	52.71	2.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Simple Lentil Curry	PRIV263	PRIV258, PRIV263	185.78	18.30g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spaghetti	PRISD8	PRISD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Spring Greens	PRISD94	PRISD94	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sprouts	PRISD64	PRISD64	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sticky Toffee Apple Crumble	PRID243	PRID237, PRID243	79.26	29.53g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Swede	PRISD21	PRISD21	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn	PRISD19	PRISD19	43.50	6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn Salsa	PRIQB3	PRIQB3	18.56	1.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Tomato & Vegetable Pasta	PRIV302	PRIV302	301.25	54.48g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Tomato and Onion Salsa	PRISD56	PRISD56	50.40	2.71g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato Pasta Sauce	PRIV225	PRIV225	152.60	6.06g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tuna Mayonnaise Filling	PRIF11	PRIF11	47.60	1.36g	○	○	○	●	●	○	○	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○	○	○	○	○	○	●	○
Vegan Soya Chilli	PRIV309	PRIV309	185.96	12.35g	○	◐	○	○	○	○	○	○	○	○	○	○	●	○
Vegetable Lasagne	PRIV44	PRIV44	199.65	24.12g	○	●	○	○	○	○	●	○	○	○	○	○	◐	○
Vegetable Medley	PRISD102	PRISD102	48.44	4.67g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegetarian Wellington	PRIV232	PRIV232	112.74	24.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○