

Nutrition Plan: Sep26W1BJ

September 26 Week 1 Berridge J

|            |                                   |             |                                                        |                  | <div><div><div><div><div></div><div>Contains</div></div><div><div></div><div>May Contain</div></div><div><div></div><div>Does Not Contain</div></div><div><div>*</div><div>No Information</div></div></div></div></div> |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|------------|-----------------------------------|-------------|--------------------------------------------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| 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 |
| MonMain    | Fish Fingers MSC                  | R00096      | R00096                                                 | 69.75            | 15.00g                                                                                                                                                                                                                  | ○      | ●                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonMain    | Open cheese & Tomato panini slice | R01042      | R01042                                                 | 82.50            | 25.30g                                                                                                                                                                                                                  | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonMain    | Vegan Fishless fingers            | R00805      | R00805                                                 | 78.12            | 21.00g                                                                                                                                                                                                                  | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonVeg     | Peas                              | R00010      | R00010                                                 | 50.00            | 5.50g                                                                                                                                                                                                                   | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonCarb    | Chips                             | R00007      | R00007                                                 | 55.00            | 22.00g                                                                                                                                                                                                                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonDessert | Chocolate and Beetroot Muffin     | R01101      | R01101                                                 | 74.19            | 26.80g                                                                                                                                                                                                                  | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesMain   | Pasta with Tomato & Basil Sauce   | R00047      | R00047                                                 | 206.95           | 38.39g                                                                                                                                                                                                                  | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
| TuesMain   | Raita- Yoghurt Dip                | R00250      | R00250                                                 | 11.60            | 0.60g                                                                                                                                                                                                                   | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesMain   | Salt & Pepper Chicken             | R01025      | R01025                                                 | 81.00            | 1.68g                                                                                                                                                                                                                   | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesMain   | Samosa Pie VEGAN                  | R00818      | R00818                                                 | 149.15           | 26.03g                                                                                                                                                                                                                  | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ●                             |
| TuesVeg    | seasonal vegetables               | R00610      | R00010, R00039, R00061, R00068, R00299, R00500, R00610 | 58.33            | 3.02g                                                                                                                                                                                                                   | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesCarb   | Baguette Slice                    | R00070      | R00070                                                 | 25.00            | 12.00g                                                                                                                                                                                                                  | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesCarb   | Flatbread                         | R00083      | R00083                                                 | 23.75            | 12.35g                                                                                                                                                                                                                  | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesCarb   | Rice                              | R00081      | R00081                                                 | 40.00            | 31.20g                                                                                                                                                                                                                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TueDessert | Chocolate Marble Cake             | R00419      | R00419                                                 | 52.72            | 21.79g                                                                                                                                                                                                                  | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

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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 |
|------------|------------------------------------|-------------|--------------------------------------------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| WedMain    | Cheese Wrap                        | R00255      | R00255                                                 | 76.00            | 20.43g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedMain    | Gravy                              | R00069      | R00069                                                 | 53.75            | 2.81g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedMain    | Sausages                           | R00104      | R00104                                                 | 62.50            | 6.44g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| WedMain    | Veggie Sausage                     | R00105      | R00105                                                 | 45.00            | 2.75g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedVeg     | seasonal vegetables                | R00610      | R00010, R00039, R00061, R00068, R00299, R00500, R00610 | 58.33            | 3.02g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedCarb    | Mashed Potatoes                    | R00005      | R00005                                                 | 125.00           | 20.67g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| WedCarb    | Yorkshire Pudding                  | R00106      | R00106                                                 | 14.00            | 5.18g              | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedDessert | Oaty Cookie                        | R00013      | R00013                                                 | 50.63            | 28.76g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursMain  | Beef Lasagne                       | R00306      | R00306                                                 | 274.50           | 27.84g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ●    | ○                             |
| ThursMain  | Jacket Potato with Cheese          | R00059      | R00059                                                 | 225.00           | 43.28g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursMain  | Jacket Potato with Tuna Mayonnaise | R00049      | R00049                                                 | 270.00           | 35.74g             | ○      | ○                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursMain  | Macaroni Cheese                    | R00058      | R00058                                                 | 220.00           | 45.99g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
| Thurs Veg  | seasonal vegetables                | R00610      | R00010, R00039, R00061, R00068, R00299, R00500, R00610 | 58.33            | 3.02g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursCarb  | Baguette Slice                     | R00070      | R00070                                                 | 25.00            | 12.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

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|------------|-------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| ThursCarb  | Mashed Potatoes         | R00005      | R00005           | 125.00           | 20.67g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| ThDesserts | Lemon Shortcake Slice   | R00020      | R00020           | 64.50            | 38.50g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriMain    | Cheese & tomato Pizza 8 | R00067      | R00067           | 62.75            | 14.18g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriMain    | Veggie Pizza 8          | R01020      | R01020           | 100.25           | 16.04g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriVeg     | Baked Beans             | R00062      | R00062           | 70.00            | 10.50g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriCarb    | Baguette Slice          | R00070      | R00070           | 25.00            | 12.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriCarb    | Potato Wedges           | R00006      | R00006           | 101.50           | 17.20g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| FriDessert | Fruit                   | R00556      | R00237, R00556   | 127.00           | 11.32g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Veg        | Mixed Salad             | R00040      | R00040           | 101.20           | 2.05g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Dessert    | Fresh Fruit Salad       | R00011      | R00011           | 84.40            | 6.70g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Dessert    | Fruit                   | R00556      | R00237, R00556   | 127.00           | 11.32g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Dessert    | Yeo Valley Yogurt       | R00219      | R00219           | 80.00            | 8.48g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Drinks     | Milk                    | R00033      | R00033           | 150.00           | 7.05g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Bread      | extra bread             | R00602      | R00602           | 16.67            | 6.33g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             |
| Sauce      | Tomato sauce            | R00166      | R00166           | 5.00             | 1.20g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|            | Tuna Mayo Pasta         | R00658      | R00658           | 140.00           | 35.65g             | ○      | ●                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |