

## Nutrition Plan: SEPT25W1SW      September 25 Week 1 Southwold

|            |                                         |             |                  |                  | <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> |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|------------|-----------------------------------------|-------------|------------------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| 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    | Cheese & Tomato Pizza Round             | R00066      | R00066           | 82.33            | 19.21g                                                                                                                                                                                                          | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonMain    | Jacket Potato with Cheese               | R00059      | R00059           | 225.00           | 43.28g                                                                                                                                                                                                          | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonMain    | Jacket Potato with Tuna Mayonnaise      | R00049      | R00049           | 270.00           | 35.74g                                                                                                                                                                                                          | ○      | ○                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonMain    | Meat feast pizza 6                      | R00874      | R00874           | 97.00            | 19.04g                                                                                                                                                                                                          | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonVeg     | Carrot & Cucumber Sticks                | R00296      | R00296           | 60.00            | 2.82g                                                                                                                                                                                                           | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonVeg     | Coleslaw                                | R00080      | R00080           | 56.20            | 3.58g                                                                                                                                                                                                           | ○      | ○                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonCarb    | Homemade Garlic bread                   | R00537      | R00537           | 31.75            | 12.29g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonDessert | Jelly & fruit                           | R00022      | R00022           | 165.00           | 20.94g                                                                                                                                                                                                          | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesMain   | Hot Dog                                 | R00235      | R00235           | 90.00            | 25.89g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ●                             |
| TuesMain   | Veggie Balls In Tomato Sauce with Pasta | R00099      | R00099           | 222.90           | 42.70g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ●    | ○                             |
| TuesMain   | Veggie Hot Dog                          | R00236      | R00236           | 90.00            | 25.84g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ●                             |
| TuesVeg    | Baked Beans                             | R00062      | R00062           | 70.00            | 10.50g                                                                                                                                                                                                          | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesCarb   | Potato Wedges                           | R00006      | R00006           | 76.13            | 17.20g                                                                                                                                                                                                          | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| TueDessert | Jam Drop Biscuit                        | R00821      | R00821           | 39.00            | 22.57g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| WedMain    | Cheese & Tomato Panini                  | R00054      | R00054           | 140.00           | 49.73g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedMain    | Quorn Roast & Gravy                     | R00053      | R00053           | 54.33            | 3.98g                                                                                                                                                                                                           | ○      | ○                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedMain    | Roast Turkey with Gravy                 | R00084      | R00084           | 45.00            | 2.56g                                                                                                                                                                                                           | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

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| Group | Menu Item | Recipe Code | Sub Recipe Codes | Portion Size (g) | <div> <div> <div>●</div> Contains</div> <div>◐</div> May Contain</div> <div>○</div> Does Not Contain |
|-------|-----------|-------------|------------------|------------------|------------------------------------------------------------------------------------------------------|
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|         |                         |             |                                                              | Portion<br>Size (g) |                    |        |                           |             |      |      |       |      |          |         |      |         |        |                               |
|---------|-------------------------|-------------|--------------------------------------------------------------|---------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|-------------------------------|
| Group   | Menu Item               | Recipe Code | Sub Recipe Codes                                             |                     | Carbohydrate Count | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya                          |
|         |                         |             |                                                              |                     |                    |        |                           |             |      |      |       |      |          |         |      |         |        | Sulphur Dioxide and Sulphites |
| Veg     | seasonal vegetables     | R00610      | R00010, R00039, R00061,<br>R00068, R00299, R00500,<br>R00610 | 48.33               | 2.85g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○                             |
| Dessert | Fresh Fruit Salad       | R00011      | R00011                                                       | 84.40               | 6.70g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○                             |
| 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              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○                             |
| Sauce   | Tomato sauce            | R00166      | R00166                                                       | 5.00                | 1.20g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○                             |

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| ◐      | May Contain      |
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| *      | No Information   |