

Nutrition Plan: FEB26W1SW February 2026 Week 1 Southwold

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 | |
|------------|-------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| MonMain | Cheese & tomato Pizza round 8 | R00067 | R00067 | 50.00 | 14.16g | ○ | ● | ○ | ◐ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| MonMain | Jacket Potato with Beans | R00060 | R00060 | 320.00 | 53.75g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| MonMain | Veggie Pizza 8 | R01020 | R01020 | 99.00 | 16.02g | ○ | ● | ○ | ◐ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| MonVeg | Baked Beans | R00062 | R00062 | 70.00 | 10.50g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| MonCarb | Chips | R00007 | R00007 | 100.00 | 22.00g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| MonDessert | Ice Cream & Fruit | R00168 | R00168 | 64.80 | 12.44g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Cheese Sandwich 50/50 | R00112 | R00112 | 116.00 | 32.67g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Chicken Pie Shortcrust Pastry | R00867 | R00867 | 210.00 | 25.33g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Vegan Quorn Sausage | R00317 | R00317 | 50.00 | 2.85g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesVeg | Vegetable Medley | R00072 | R00072 | 50.00 | 2.21g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesCarb | Mashed Potatoes | R00005 | R00005 | 125.00 | 20.67g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| TueDessert | chocolate oaty cookie | R00453 | R00453 | 51.21 | 29.36g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Cheese & Tomato Panini | R00054 | R00054 | 140.00 | 49.73g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Quorn Roast | R00997 | R00997 | 50.44 | 1.06g | ○ | ○ | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Roast Turkey | R00943 | R00943 | 45.00 | 0.00g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedVeg | Broccoli | R00061 | R00061 | 100.00 | 1.45g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedVeg | Carrots | R00068 | R00068 | 60.00 | 4.74g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

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|------------|--|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| WedCarb | Mashed Potatoes | R00005 | R00005 | 125.00 | 20.67g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| WedCarb | Yorkshire Pudding | R00106 | R00106 | 14.00 | 5.18g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedDessert | Chocolate Berry Sponge | R00982 | R00982 | 65.25 | 25.25g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedDessert | Custard | R00027 | R00027 | 93.50 | 10.96g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| ThursMain | Beef Chilli | R00086 | R00086 | 184.40 | 9.19g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| ThursMain | Pizza Pasta | R00830 | R00830 | 214.00 | 39.92g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ◐ | ○ |
| ThursMain | Vegan Chilli | R00283 | R00283 | 182.20 | 10.35g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ |
| Thurs Veg | Sweetcorn | R00039 | R00039 | 50.00 | 4.05g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| ThursCarb | Baguette Slice | R00070 | R00070 | 25.00 | 12.00g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| ThursCarb | Rice | R00081 | R00081 | 40.00 | 31.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| ThDesserts | Iced Mandarin Sponge | R00633 | R00633 | 86.17 | 39.20g | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriMain | Fish Fingers MSC | R00096 | R00096 | 75.00 | 15.00g | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriMain | Grn Cuis Vegan Fishless Fingers 6x12x 134767 | | | 2,016.02 | 504.00g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriMain | Jacket Potato with Cheese | R00059 | R00059 | 225.00 | 43.28g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriMain | Jacket Potato with Tuna Mayonnaise | R00049 | R00049 | 270.00 | 35.74g | ○ | ○ | ○ | ● | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriVeg | Peas | R00010 | R00010 | 50.00 | 5.50g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriCarb | Diced Potatoes roasted | R00008 | R00008 | 100.00 | 17.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

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|------------|-------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| FriDessert | Melting Moments cookie | R00983 | R00983 | 55.25 | 30.69g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Veg | Mixed Salad | R00040 | R00040 | 101.20 | 2.05g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Carb | extra bread | R00602 | R00602 | 16.67 | 6.33g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Fresh Fruit Salad | R00011 | R00011 | 84.40 | 6.70g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Fruit | R00556 | R00556 | 133.33 | 13.43g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Strawberry Yoghurt B | R00648 | R00648 | 80.00 | 8.00g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Yeo valley Yoghurt pots | R00513 | R00513 | 80.00 | 8.48g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Sauce | Gravy | R00069 | R00069 | 53.75 | 2.81g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Sauce | Tomato sauce | R00166 | R00166 | 5.00 | 1.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |