

Nutrition Plan: Sep26W3SW September 26 Week 3 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 | Jacket Potato with Beans and Cheese | R00161 | R00161 | 340.00 | 53.77g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| MonMain | Salmon Fish Fingers MSC | R00276 | R00276 | 75.00 | 15.00g | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| MonMain | Vegan Fishless fingers | R00805 | R00805 | 78.12 | 21.00g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| MonVeg | Baked Beans | R00062 | R00062 | 70.00 | 10.50g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| MonCarb | Diced Potatoes roasted | R00008 | R00008 | 103.00 | 17.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| MonDessert | Jelly & fruit | R00022 | R00022 | 165.00 | 20.94g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Cheese Sandwich 50/50 | R00112 | R00112 | 116.00 | 32.67g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Chicken Punjabi curry | R00212 | R00212 | 116.32 | 3.93g | ○ | ◐ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Veggie Mince Lasagne | R00176 | R00176 | 275.00 | 29.82g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ○ | ○ |
| 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 | Fruit | R00556 | R00237, R00556 | 127.00 | 11.32g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Cheese Panini | R00965 | R00965 | 130.00 | 48.03g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Gravy | R00069 | R00069 | 53.75 | 2.81g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Linda McCartney Vegan Roast | R00968 | R00968 | 50.00 | 1.75g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Roast Chicken | R00109 | R00109 | 56.25 | 0.00g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

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|------------|---------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| WedVeg | Vegetable Medley | R00072 | R00072 | 50.00 | 2.21g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedCarb | Mashed Potatoes | R00005 | R00005 | 125.00 | 20.67g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| WedCarb | Yorkshire Pudding | R00106 | R00106 | 14.00 | 5.18g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedDessert | Cornflake Tart | R00188 | R00188 | 67.70 | 37.97g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| ThursMain | Cheese Snack | R00094 | R00094 | 78.13 | 20.98g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| ThursMain | Pork Hot Dog | R00235 | R00235 | 90.00 | 25.89g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ● |
| ThursMain | Veggie Hot Dog | R00236 | R00236 | 90.00 | 25.24g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ |
| ThursCarb | Diced Potatoes roasted | R00008 | R00008 | 103.00 | 17.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| ThursCarb | Potato Wedges | R00006 | R00006 | 101.50 | 17.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| ThDesserts | Melting Moments cookie | R00983 | R00983 | 55.25 | 30.69g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriMain | Cheese & Tomato Pizza 6 | R00066 | R00066 | 83.67 | 18.90g | ○ | ● | ○ | ◐ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriMain | Ham & Tomato Pizza 6 | R00529 | R00529 | 102.00 | 19.31g | ○ | ● | ○ | ◐ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriMain | Pasta with Tomato & Basil Sauce | R00047 | R00047 | 206.95 | 38.39g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ◐ | ○ |
| FriVeg | Carrot Sticks | R00063 | R00063 | 50.00 | 3.95g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriCarb | Garlic & herb bread (B) | R01003 | R01003 | 24.00 | 7.92g | ○ | ● | ○ | ○ | ○ | ○ | ◐ | ○ | ○ | ○ | ○ | ○ | ○ | ◐ | ○ |
| FriDessert | Chocolate Brownie | R00144 | R00144 | 66.90 | 33.98g | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Veg | Mixed Salad | R00040 | R00040 | 101.20 | 2.05g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

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|---------|---------------------|-------------|--|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| Veg | seasonal vegetables | R00610 | R00010, R00039, R00061, R00068, R00299, R00500, R00610 | 58.33 | 3.02g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 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 | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |