





Nutriti KMSAut21

Kent Medway Sussex Autumn Menu 2021

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Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
20% PB Tomato Sauce Base (V3)	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
50/50 Long Grain & Wholemeal Rice (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple Flapjack (V1)	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple, Cheese and Biscuits (V1)	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Baked Beans (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Quorn Fillet (V1)	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Beef Lasagne (APP) (V2)	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Beefburger (No Bun) (V1)	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Bidfood Tomato Ketchup (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cabbage	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese & Tomato Pizza 50/50 (V5)	○	●	○	○	○	○	●	○	○	○	○	○	●	○
Chips (Fryer or Oven) (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Sauce (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Shortbread (V1)	○	●	○	○	○	○	○	○	○	○	○	○	○	○

G Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count
20% PB Tomato Sauce Base (V3)	#V160	#V160	170.21	15.28g
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33.94g
Apple Flapjack (V1)	#D171	#D171	43.92	19.39g
Apple, Cheese and Biscuits (V1)	#D4	#D4	52.00	13.06g
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g
BBQ Quorn Fillet (V1)	#V183	#V183	160.58	10.33g
Beef Lasagne (APP) (V2)	#B39	#B39	235.88	25.88g
Beefburger (No Bun) (V1)	#B5	#B5	35.33	0.00g
Bidfood Tomato Ketchup (V1)	#SD14	#SD14	10.00	2.86g
Broccoli (V1)	#SD20	#SD20	50.00	1.40g
Cabbage	#SD35	#SD35	50.00	1.60g
Carrots (V1)	#SD28	#SD28	50.00	3.00g
Cauliflower (V1)	#SD27	#SD27	50.00	1.75g
Cheese & Tomato Pizza 50/50 (V5)	#V31	#V160, #V31	101.25	27.72g
Chips (Fryer or Oven) (V1)	#SD5	#SD5	83.40	29.44g
Chocolate Sauce (V1)	#D3	#D3	65.00	8.85g
Chocolate Shortbread (V1)	#D80	#D80	29.94	17.03g

Nutrition Plan with Carbohydrates and Allergens

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G Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Allergens														
					Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites	
Coleslaw (V4)	#SD47	#SD47	51.36	2.68g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Crushed Potatoes (V1)	#SD108	#SD108	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce (V4)	#D2	#D2	77.14	8.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devil's Kitchen Moroccan Style Veggie Balls	#V163	#V163	57.00	7.41g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fish in Batter (V1)	#F3	#F3	70.40	10.98g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Jelly with Mandarins (V5)	#D12	#D12	161.18	23.82g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Garlic Flavoured Bread (made) (V1)	#SD50	#SD50	17.08	7.52g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Beans (V1)	#SD24	#SD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Homity Pie (Potato, Spinach & Cheese Tart)	#V151	#V151	130.13	21.16g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Ice Cream (V3)	#D13	#D13	60.00	13.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Knorr Gravy Granules (V1)	#SD107	#SD107	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese (V3)	#V11	#V11	165.50	42.33g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Pastitsio (V2))	#B1	#B1	184.00	42.87g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Minced Beef & Onion Pie (Puff Pastry top) (V	#B29	#B29	131.88	15.10g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Fish Fingers (V1)	#F6	#F6	65.25	13.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Salmon Fish Fingers (V1)	#F1	#F1	65.23	13.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
New Potatoes (Steamed or Boiled) (V1)	#SD2	#SD2	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count	Allergens														
					Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites	
Oaty Cookies (V1)	#D85	#D85	32.67 18.00g		○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Chocolate Sponge (V1)	#D163	#D163	54.31 20.32g		○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Eves Pudding (V1)	#D189	#D189	81.22 23.45g		○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Peach Upside Down Cake (V2)	#D176	#D176	90.31 23.76g		○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Pasta (Shells) (V2)	#SD11	#SD11	111.00 36.52g		○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Peaches (V1)	#D166	#D166	50.00 4.85g		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pear Crumble (V2)	#D73	#D196, #D73	107.50 36.81g		○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas (V1)	#SD18	#SD18	50.00 5.60g		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peppers (V1)	#SD26	#SD26	50.00 1.70g		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Phat Naked Sausage Roll 4 inch (V1)	#P19	#P19	90.00 24.30g		○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Portuguese Chicken and Bean Stew (APP) (V1)	#C78	#C78	135.20 6.55g		○	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Potato Wedges (Made & Oven Baked) (V3)	#SD6	#SD6	93.78 21.19g		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Quorn Burger (No Bun) (V2)	#V47	#V47	43.96 0.48g		○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Quorn Vegan Cumberland Sausage (V1)	#V167	#V167	50.00 6.50g		○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Rice Pudding with Mixed Berries (V3)	#D31	#D31	91.67 18.81g		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Beef (V2)	#B4	#B4	34.00 0.00g		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Roast Chicken Thigh (Boneless) (V2)	#C5	#C5	62.25 0.00g		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Roast Potatoes - Peeled (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Turkey (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Cauliflower Curry (V1)	○	○	○	○	○	○	○	○	●	○	○	○	○	○
Roasted Potato - Skin On (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Quorn Fillet (V1)	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Shepherdess Pie (V5)	○	◐	○	○	○	○	○	○	○	○	○	○	●	○
Spaghetti (V2)	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Sticky Toffee Apple Crumble (50% Fruit) (V2)	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Stuffing (V2)	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tuna & Chickpea Pasta (V1)	○	●	○	○	●	○	●	○	○	○	○	○	○	○
Unseeded 4" Bun (V1)	○	●	○	○	○	○	○	○	○	○	○	◐	○	○
Vanilla Shortbread (V1)	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vegetable and Bean Fajitas (V3)	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vegetable Lasagne (V3)	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Vegetable Medley (V1)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegetarian Tortilla Stack (V2)	○	●	○	○	○	○	●	○	○	○	○	○	○	○

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Roast Potatoes - Peeled (V1)	#SD7	#SD7	86.80 19.51g
Roast Turkey (V1)	#T1	#T1	60.00 0.00g
Roasted Cauliflower Curry (V1)	#V148	#V148	176.50 12.75g
Roasted Potato - Skin On (V1)	#SD82	#SD82	86.80 19.51g
Roasted Quorn Fillet (V1)	#V150	#V150	45.70 0.50g
Shepherdess Pie (V5)	#V58	#V58	272.40 38.21g
Spaghetti (V2)	#SD8	#SD8	124.00 39.06g
Sticky Toffee Apple Crumble (50% Fruit) (V2)	#D72	#D72	90.13 32.20g
Stuffing (V2)	#SD40	#SD40	31.64 1.82g
Sweetcorn (V1)	#SD19	#SD19	43.50 6.05g
Tuna & Chickpea Pasta (V1)	#F25	#F25	263.00 46.00g
Unseeded 4" Bun (V1)	#SD17	#SD17	50.00 25.75g
Vanilla Shortbread (V1)	#D57	#D57	28.23 16.30g
Vegetable and Bean Fajitas (V3)	#V63	#V63	189.94 26.95g
Vegetable Lasagne (V3)	#V44	#V44	199.65 34.12g
Vegetable Medley (V1)	#SD102	#SD102	47.92 4.91g
Vegetarian Tortilla Stack (V2)	#V105	#V105	191.68 21.57g

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

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