## Nutrition Plan: SEP26W1SF September 2026 Week 1 Soya Free

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- ○ Does Not Contain
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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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 Muffin | R00148 | R00148 | 55.00 | 23.61g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Pasta with Tomato & Basil Sauce SF | R01125 | R01125 | 206.95 | 38.39g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Raita- Yoghurt Dip | R00250 | R00250 | 11.70 | 0.60g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Salt & Pepper Chicken | R01025 | R01025 | 81.00 | 1.68g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Samosa Pie VEGAN | R00818 | R00818 | 248.58 | 43.38g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ◒ | ○ | ○ | ○ | ○ | ● |
| TuesCarb | Baguette Slice | R00070 | R00070 | 25.00 | 12.00g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesCarb | Flatbread | R00083 | R00083 | 23.75 | 12.35g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesCarb | Rice | R00081 | R00081 | 40.00 | 32.80g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TueDessert | Chocolate Marble Cake | R00419 | R00419 | 52.72 | 21.79g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TueDessert | Custard | R00027 | R00027 | 93.50 | 10.96g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Chicken Mayo & sweetcorn wrap | R01098 | R01098 | 128.00 | 22.71g | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Gravy | R00069 | R00069 | 53.75 | 2.81g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| WedMain | Sausages | R00104 | R00104 | 62.50 | 6.44g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| WedMain | Veggie Sausage | R00105 | R00105 | 50.00 | 3.05g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedCarb | Mashed Potatoes | R00005 | R00005 | 125.00 | 20.67g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| WedCarb | Yorkshire Pudding | R00106 | R00106 | 15.00 | 5.55g | ○ | ● | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedDessert | Oaty Cookie | R00013 | R00013 | 50.63 | 28.76g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 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 SF | R01126 | R01126 | 220.00 | 45.99g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| ThursMain | Mince Beef Pie | R00150 | R00150 | 112.00 | 20.93g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| ThursCarb | Baguette Slice | R00070 | R00070 | 25.00 | 12.00g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 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 | 62.63 | 14.18g | ○ | ● | ○ | ◒ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriMain | Tuna Mayo Pasta | R00658 | R00658 | 140.00 | 35.65g | ○ | ● | ○ | ● | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriVeg | Baked Beans | R00062 | R00062 | 70.00 | 10.50g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriCarb | Baguette Slice | R00070 | R00070 | 25.00 | 12.00g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriCarb | Diced Potatoes roasted | R00008 | R00008 | 103.00 | 17.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 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 | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Sauce | Tomato sauce | R00166 | R00166 | 5.00 | 1.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |