## Nutrition Plan: Sep26W3Hay September 26 Wk3 Dairy Egg Soya Pea protein Lentil

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 | Vegan Fishless fingers | R00805 | R00805 | 78.12 | 21.00g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| MonCarb | Diced Potatoes roasted | R00008 | R00008 | 103.00 | 17.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| MonDessert | Jelly & fruit | R00022 | R00022 | 165.00 | 20.94g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Cheese Baguette DF | R01118 | R01118 | 95.00 | 35.25g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesMain | Chicken Punjabi curry | R00212 | R00212 | 116.32 | 3.93g | ○ | ◒ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesCarb | Flatbread | R00083 | R00083 | 23.75 | 12.35g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TuesCarb | Rice | R00081 | R00081 | 40.00 | 32.80g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| TueDessert | Fruit | R00556 | R00237, R00556 | 133.38 | 11.55g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Cheese & Tomato Panini Dairy Free | R00138 | R00138 | 145.00 | 64.65g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Gravy | R00069 | R00069 | 53.75 | 2.81g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedMain | Roast Chicken | R00109 | R00109 | 56.25 | 0.00g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedVeg | Vegetable Medley | R00072 | R00072 | 50.00 | 2.21g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WedCarb | Mashed Potatoes | R00005 | R00005 | 125.00 | 20.67g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| WedDessert | Oaty Cookie | R00013 | R00013 | 50.63 | 28.76g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| ThursMain | Cheese Snack DF | R00940 | R00940 | 76.81 | 25.71g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| ThursMain | Sausages | R00104 | R00104 | 62.50 | 6.44g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| Thurs Veg | Sweetcorn | R00039 | R00039 | 50.00 | 4.05g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ThursCarb | Potato Wedges | R00006 | R00006 | 51.77 | 26.50g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| ThDesserts | Melting Moments cookie | R00983 | R00983 | 55.25 | 30.69g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriMain | Cheese & Tomato Panini Dairy Free | R00138 | R00138 | 145.00 | 64.65g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriVeg | Carrot Sticks | R00063 | R00063 | 50.00 | 3.95g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriCarb | Homemade Garlic bread | R00537 | R00537 | 31.75 | 14.04g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 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 | 133.38 | 11.55g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Sauce | Tomato sauce | R00166 | R00166 | 5.00 | 1.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |