

Nutrition Plan: Feb26WH3

February 26 Week 3 Walter Halls

**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    | Cheese Sandwich 50/50              | R00112      | R00112           | 116.00           | 32.67g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
| MonMain    | Pork Meatball Pizza                | R01015      | R01015           | 101.67           | 20.79g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ◐                             | ● |
| MonVeg     | Carrot & Cucumber Sticks           | R00296      | R00296           | 60.00            | 2.82g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| MonCarb    | Chips                              | R00007      | R00007           | 100.00           | 22.00g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| MonDessert | Jelly & fruit                      | R00022      | R00022           | 165.00           | 20.94g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| TuesMain   | Cajun Chicken                      | R00279      | R00279           | 73.00            | 1.25g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| TuesMain   | Cajun Quorn                        | R00311      | R00311           | 63.00            | 2.40g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ○                             | ○ |
| TuesMain   | Jacket Potato with Cheese          | R00059      | R00059           | 225.00           | 43.28g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| TuesMain   | Jacket Potato with Tuna Mayonnaise | R00049      | R00049           | 270.00           | 35.74g             | ○      | ○                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| TuesVeg    | Vegetable Medley                   | R00072      | R00072           | 50.00            | 2.21g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| TuesCarb   | Rice                               | R00081      | R00081           | 40.00            | 31.20g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| TueDessert | Flapjack & Raisins                 | R00163      | R00163           | 56.50            | 35.07g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| WedMain    | Linda McCartney Vegan Roast        | R00968      | R00968           | 50.00            | 1.75g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
| WedMain    | Roast Chicken                      | R00109      | R00109           | 56.25            | 0.00g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| WedMain    | Salmon Pasta Bake                  | R00990      | R00990           | 255.00           | 48.06g             | ○      | ●                         | ○           | ○    | ●    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ○                             | ○ |
| WedVeg     | Broccoli                           | R00061      | R00061           | 100.00           | 1.45g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

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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 |
|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| 4.74g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 12.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 20.67g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| 5.18g              | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 10.96g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 31.24g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 12.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 27.84g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ●    | ○                             |
| 53.77g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 29.82g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ●    | ○                             |
| 4.05g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 25.32g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 14.00g             | ○      | ●                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 49.73g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 21.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 5.50g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| 17.20g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |

| Group      | Menu Item                           | Recipe Code | Sub Recipe Codes | Portion Size (g) |
|------------|-------------------------------------|-------------|------------------|------------------|
| WedVeg     | Carrots                             | R00068      | R00068           | 60.00            |
| WedCarb    | Baguette Slice                      | R00070      | R00070           | 25.00            |
| WedCarb    | Mashed Potatoes                     | R00005      | R00005           | 125.00           |
| WedCarb    | Yorkshire Pudding                   | R00106      | R00106           | 14.00            |
| WedDessert | Custard                             | R00027      | R00027           | 93.50            |
| WedDessert | Lemon Drizzle Cake                  | R00223      | R00223           | 66.20            |
| ThursMain  | Baguette Slice                      | R00070      | R00070           | 25.00            |
| ThursMain  | Beef Lasagne                        | R00306      | R00306           | 274.50           |
| ThursMain  | Jacket Potato with Beans and Cheese | R00161      | R00161           | 340.00           |
| ThursMain  | Veggie Mince Lasagne                | R00176      | R00176           | 275.00           |
| Thurs Veg  | Sweetcorn                           | R00039      | R00039           | 50.00            |
| ThDesserts | Cardamom Shortbread Biscuit         | R00972      | R00972           | 45.13            |
| FriMain    | Breaded Fish portion MSC            | R00788      | R00788           | 70.00            |
| FriMain    | Cheese & Tomato Panini              | R00054      | R00054           | 140.00           |
| FriMain    | Vegan Fishless fingers              | R00805      | R00805           | 84.00            |
| FriVeg     | Peas                                | R00010      | R00010           | 50.00            |
| FriCarb    | Diced Potatoes roasted              | R00008      | R00008           | 100.00           |

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|------------|-------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| FriDessert | Chocolate Custard       | R00032      | R00032           | 94.00            | 11.08g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| FriDessert | Chocolate sponge        | R00031      | R00031           | 56.33            | 24.50g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
| 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              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |