

Nutrition Plan with Carbohydrates and Allergens

Nutri SSKTKAT24 Spring Summer 2024 Kent/TKAT Menu

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| 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 |
|--|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| 50/50 Long Grain & Wholemeal Rice | PRISD84 | PRISD84 | 106.00 | 34.00g | | | | | | | | | | | | | | |
| Apple Crumble | PRID242 | PRID237, PRID242 | 78.00 | 28.08g | | | | | | | | | | | | | | |
| Baked Beans | PRISD22 | PRISD22 | 50.00 | 6.75g | | | | | | | | | | | | | | |
| Beef & Bean Burger | PRIBB1 | PRIBB1 | 56.00 | 4.70g | | | | | | | | | | | | | | |
| Beef Bolognaise (APP) | PRIB48 | PRIB48 | 121.50 | 7.71g | | | | | | | | | | | | | | |
| Beef Burger Patty | PRIB5 | PRIB5 | 35.33 | 0.00g | | | | | | | | | | | | | | |
| Beef Lasagne APP | PRIB52 | PRIB52 | 177.45 | 23.57g | | | | | | | | | | | | | | |
| Bidfood Tomato Ketchup | PRISD14 | PRISD14 | 10.00 | 2.86g | | | | | | | | | | | | | | |
| Broccoli | PRISD20 | PRISD20 | 50.00 | 1.40g | | | | | | | | | | | | | | |
| Cabbage | PRISD35 | PRISD35 | 50.00 | 1.60g | | | | | | | | | | | | | | |
| Carbonara | PRIPK2 | PRIPK2 | 177.38 | 11.06g | | | | | | | | | | | | | | |
| Carrots | PRISD28 | PRISD28 | 50.00 | 3.00g | | | | | | | | | | | | | | |
| Cauliflower | PRISD27 | PRISD27 | 50.00 | 1.75g | | | | | | | | | | | | | | |
| Cheese and Tomato Pizza | PRIV231 | PRIV231 | 102.58 | 28.26g | | | | | | | | | | | | | | |
| Cheese Filling for Jacket Potato or Sandwich | PRIV85 | PRIV85 | 20.00 | 0.02g | | | | | | | | | | | | | | |
| Cheesy Bean Puffs | PRIV191 | PRIV191 | 102.92 | 27.74g | | | | | | | | | | | | | | |
| Chefs Pass Gravy | PRISD118 | PRISD118 | 63.24 | 2.88g | | | | | | | | | | | | | | |

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|----------------------------------|-------------|------------------|------------------|--------------------|-----------------------|----------------------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|----------------------------------|
| Chicken Fajitas | PRIC92 | PRIC92 | 164.90 | 35.25g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chicken Paella | PRIFE1 | PRIFE1 | 182.46 | 35.84g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| Chips (Fryer or Oven) | PRISD5 | PRISD5 | 83.40 | 29.44g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chocolate Brownie | PRID249 | PRID249 | 0.00 | 0.00 | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chocolate Shortbread | PRID80 | PRID80 | 29.94 | 17.03g | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Coleslaw | PRISD47 | PRISD47 | 51.36 | 2.68g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Courgette | PRISD29 | PRISD29 | 44.00 | 0.79g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cucumber | PRISD30 | PRISD30 | 46.00 | 0.55g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Devils Kitchen Plant Sausage 25g | PRIV238 | PRIV238 | 50.00 | 4.30g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Five Bean Chilli | PRIV239 | PRIV239 | 177.60 | 12.29g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Fruit Platter | PRID225 | PRID225 | 41.10 | 2.98g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garlic and Herb Croutons | PRIPK3 | PRIPK3 | 12.06 | 4.80g | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garlic Flavoured Bread (Made) | PRISD50 | PRISD50 | 17.08 | 7.52g | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Golden Syrup Snap | PRID219 | PRID219 | 27.75 | 15.19g | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Greek Chicken Pitta | PRIGR1 | PRIGR1 | 81.90 | 16.55g | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| Greek Salad | PRIGR4 | PRIGR4 | 19.64 | 0.56g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| Green Beans | PRISD24 | PRISD24 | 50.00 | 2.00g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |

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| Gyros Turmeric Rice | PRIGR5 | PRIGR5 | 165.42 | 33.64g | | | | | | | | | | | | | | |
| Halal Chicken Sausages | PRIC6 | PRIC6 | 49.28 | 9.61g | | | | | | | | | | | | | | |
| Homemade Beetroot Burger | PRIBB3 | PRIBB3 | 110.90 | 18.37g | | | | | | | | | | | | | | |
| Ice Cream | PRID13 | PRID13 | 60.00 | 13.20g | | | | | | | | | | | | | | |
| Iced Biscuit | PRID250 | PRID250 | 0.00 | 0.00 | | | | | | | | | | | | | | |
| Kerrymaid Double Cream | PRID229 | PRID229 | 50.00 | 0.85g | | | | | | | | | | | | | | |
| Lentil and Sweet Potato Curry | PRIV108 | PRIV108 | 226.66 | 26.49g | | | | | | | | | | | | | | |
| Lettuce | PRISD25 | PRISD25 | 41.00 | 0.57g | | | | | | | | | | | | | | |
| Macaroni Cheese | PRIV11 | PRIV11 | 165.50 | 42.33g | | | | | | | | | | | | | | |
| Mandarins | PRID167 | PRID167 | 50.00 | 3.85g | | | | | | | | | | | | | | |
| Marinated BBQ Quorn Vegan Fillet | PRIV205 | PRIV205 | 78.90 | 6.98g | | | | | | | | | | | | | | |
| Mashed Potato | PRISD1 | PRISD1 | 92.08 | 20.34g | | | | | | | | | | | | | | |
| Mixed Peppers | PRISD26 | PRISD26 | 50.00 | 1.70g | | | | | | | | | | | | | | |
| MSC Pollock Fish Fingers | PRIF6 | PRIF6 | 65.25 | 13.05g | | | | | | | | | | | | | | |
| MSC Salmon Fish Fingers | PRIF1 | PRIF1 | 65.23 | 13.51g | | | | | | | | | | | | | | |
| New Potatoes (Steamed or Boiled) | PRISD2 | PRISD2 | 120.00 | 17.88g | | | | | | | | | | | | | | |
| Oaty Cookies | PRID85 | PRID85 | 32.67 | 18.00g | | | | | | | | | | | | | | |

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| OBC Chocolate and Beetroot Brownie | PRID169 | PRID169 | 53.55 | 17.51g | | | | | | | | | | | | | | |
| OBC Iced Sponge | PRID177 | PRID177 | 52.28 | 21.03g | | | | | | | | | | | | | | |
| OBC Lemon Drizzle Cake | PRID168 | PRID168 | 50.34 | 21.03g | | | | | | | | | | | | | | |
| Parsnip and Sweet Potato Loaf | PRITD56 | PRITD56 | 118.25 | 18.54g | | | | | | | | | | | | | | |
| Pasta (Shells) | PRISD11 | PRISD11 | 101.50 | 33.39g | | | | | | | | | | | | | | |
| Patatas Bravas | PRIFE4 | PRIFE4 | 108.20 | 17.25g | | | | | | | | | | | | | | |
| Peaches | PRID166 | PRID166 | 50.00 | 4.85g | | | | | | | | | | | | | | |
| Peas | PRISD18 | PRISD18 | 50.00 | 5.60g | | | | | | | | | | | | | | |
| Penne Pasta | PRISD125 | PRISD125 | 101.50 | 37.76g | | | | | | | | | | | | | | |
| Peri Peri Crispy Nacho Bits | PRIPK4 | PRIPK4 | 10.04 | 5.39g | | | | | | | | | | | | | | |
| Phat Mexican Bean Vegan Roll | PRIV161 | PRIV161 | 90.00 | 27.63g | | | | | | | | | | | | | | |
| Pork Sausage | PRIP3 | PRIP3 | 56.00 | 4.20g | | | | | | | | | | | | | | |
| Potato Wedges (Made & Oven Baked) | PRISD6 | PRISD6 | 90.04 | 20.34g | | | | | | | | | | | | | | |
| Quorn Vegan Cumberland Sausage | PRIV167 | PRIV167 | 50.00 | 6.50g | | | | | | | | | | | | | | |
| Red Cabbage | PRISD23 | PRISD23 | 50.00 | 1.15g | | | | | | | | | | | | | | |
| Roast Chicken Fillet | PRIC4 | PRIC4 | 45.40 | 0.04g | | | | | | | | | | | | | | |
| Roast Chicken Thigh (Boneless) | PRIC5 | PRIC5 | 62.25 | 0.00g | | | | | | | | | | | | | | |

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| Roast Gammon | PRIP5 | PRIP5 | 42.60 | 0.00g | * | * | * | * | * | * | * | * | * | * | * | * | * | * |
| Roasted Autumn Vegetables | PRISD48 | PRISD48 | 51.70 | 2.51g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Roasted Summer Vegetables | PRISD49 | PRISD49 | 52.71 | 2.57g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Skin On Roast Potatoes | PRISD82 | PRISD82 | 68.04 | 15.27g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Soya Mince Lasagne | PRIV242 | PRIV242 | 181.95 | 26.32g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Spaghetti | PRISD8 | PRISD8 | 124.00 | 39.06g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Spinach & Cheese Whirl | PRIGR2 | PRIGR2 | 139.56 | 26.71g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Strawberry Jelly with Mandarins | PRID235 | PRID235 | 149.60 | 5.80g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Strawberry Mousse | PRID248 | PRID248 | 111.67 | 2.77g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Stuffing | PRISD40 | PRISD40 | 31.64 | 1.82g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Swede | PRISD21 | PRISD21 | 50.00 | 1.15g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Sweetcorn | PRISD19 | PRISD19 | 43.50 | 6.05g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Tomato Pasta Sauce | PRIV225 | PRIV225 | 152.60 | 6.06g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Tricolour Pasta | PRISD121 | PRISD121 | 111.00 | 36.52g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Tzatziki | PRIGR3 | PRIGR3 | 10.52 | 0.76g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Unseeded 4" Bun | PRISD17 | PRISD17 | 50.00 | 25.75g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Vanilla Shortbread | PRID57 | PRID57 | 28.23 | 16.30g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

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| 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 |
|---|-------------|------------------|------------------|--------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-------------------------------|
| Vegan Sheese (Cheese alternative) Topping | PRIV216 | PRIV216 | 20.00 | 4.34g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Vegan Soya Bolognaise | PRIV233 | PRIV233 | 143.17 | 8.80g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Vegetable Fajitas | PRIV211 | PRIV211 | 138.17 | 22.72g | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Vegetable Medley | PRISD102 | PRISD102 | 48.44 | 4.67g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Vegetarian Tortilla Stack | PRIV250 | PRIV250 | 150.03 | 20.50g | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Vegetarian Wellington | PRIV232 | PRIV232 | 112.74 | 24.34g | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Wholemeal Fusilli Pasta | PRISD9 | PRISD9 | 119.00 | 32.73g | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |