

Nutrition Plan with Carbohydrates and Allergens

Nutri KentSpr25 Kent TKAT Spring Summer 2025

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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 and Strawberry Crumble	PRID259	PRID237, PRID259	78.00	27.83g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple Flapjack	PRID171	PRID171	43.92	19.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Baked Beans	PRISD22	PRISD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Chicken Pizza	PRIC91	PRIC91	116.13	31.89g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Beef Bolognaise (APP)	PRIB48	PRIB48	121.50	7.71g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
BF MSC Breaded Pollock Fillets	PRIF7	PRIF7	80.00	17.20g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli	PRISD20	PRISD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cabbage	PRISD35	PRISD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots	PRISD28	PRISD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese & Tomato Quiche	PRIV113	PRIV113	118.28	16.58g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Cheese and Crackers	PRID56	PRID56	58.00	23.72g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58	28.26g	○	●	○	○	○	○	●	○	○	○	○	○	●	○
Cheesy Bean Puffs	PRIV191	PRIV191	102.92	27.74g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Chef's Special Chicken and Chickpea Korma	PRIC111	PRIC111	153.20	9.18g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Chefs Pass Gravy	PRISD118	PRISD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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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
Chefs Special Five Bean Jollof Rice	PRIV322	PRIV322	286.20	48.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chickpea and Spinach Curry	PRIV321	PRIV258, PRIV321	183.68	14.63g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Coleslaw	PRISD47	PRISD47	51.36	2.68g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Fish in Batter	PRIF3	PRIF3	80.00	16.80g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Freshly Chopped Fruit	PRID223	PRID223	43.20	3.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Platter	PRID225	PRID225	41.10	2.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Greek Macaroni Pastitsio	PRIGR6	PRIGR6	175.04	13.83g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Green Beans	PRISD24	PRISD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Thai Chicken Curry	PRIC114	PRIC114	122.43	6.37g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Hot Dog Bun	PRISD187	PRISD187	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Ice Cream	PRID13	PRID13	60.00	13.20g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Jam & Coconut Sponge	PRID233	PRID233	57.92	20.93g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Kerrymaid Double Cream	PRID229	PRID229	50.00	0.85g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Lentil and Sweet Potato Curry	PRIV108	PRIV108	226.66	26.49g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Vegetable Soya Roast	PRIV13	PRIV13	159.96	13.11g	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Macaroni Cheese - No Mustard	PRIV318	PRIV318	164.00	42.19g	○	●	○	○	○	○	●	○	○	○	○	○	○	○

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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	○	●	○	○	○	○	○	○	○	○	○	○	○	○
OBC Iced Sponge	PRID177	PRID177	52.28	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Lemon Drizzle Cake	PRID168	PRID168	56.28	21.11g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Pear and Chocolate Upside Down Cake	PRID207	PRID207	86.48	22.02g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Pasta (Shells)	PRISD11	PRISD11	101.50	33.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peaches	PRID166	PRID166	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pork Sausage	PRIP3	PRIP3	56.00	4.20g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Potato & Chive Salad	PRISD80	PRISD80	75.75	10.52g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Quorn Burger Patty	PRIV47	PRIV47	43.96	0.48g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Quorn Vegan Cumberland Sausage	PRIV167	PRIV167	50.00	6.50g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Roast Quorn Vegan Fillet	PRIV204	PRIV204	58.00	2.84g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Roast Turkey	PRIT1	PRIT1	40.80	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Savoury Cheese Scone	PRID254	PRID254	48.58	19.83g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Smokey Baked Bean Hot Pot - KCC	PRIV320	PRIV320	231.96	29.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Spaghetti	PRISD8	PRISD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Spinach & Cheese Whirl	PRIGR2	PRIGR2	139.56	26.71g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Strawberry Jelly with Mandarins	PRID235	PRID235	169.43	5.49g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Summer Mixed Salad	PRISD126	PRISD126	45.10	2.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn	PRISD19	PRISD19	43.50	6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tzatziki	PRIGR3	PRIGR3	10.52	0.76g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Unseeded 4" Bun	PRISD17	PRISD17	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vanilla Shortbread	PRID57	PRID57	28.23	16.30g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vegan Soya Bolognaise	PRIV233	PRIV233	143.17	8.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegan Soya Chilli	PRIV309	PRIV309	185.96	12.35g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Vegetable Medley	PRISD102	PRISD102	48.44	4.67g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegetarian Wellington	PRIV232	PRIV232	112.74	24.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○