

## Nutrition Plan with Carbohydrates and Allergens

### Nutri GENSS26 General Dishes Spring Summer 2026

- 1.This allergen matrix is **ONLY VALID** if you are using the products shown on the Caterlink **RECIPE SHEETS**.
- 2.If you are using different products, you **MUST** complete a blank FS13 sheet.
- 3.All allergens listed are based on **BIDFOOD** purchased products only and are subject to change without notice.
- 4.All allergen champions must regularly check deliveries against FS13's to ensure information is correct.
- 5.All products showing as "No Information" **MUST** be checked and allergens written on a blank FS13 sheet and kept on site.
- 6.Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7. Please be aware that these may differ than those used in other methods e.g. the Carbs & Cals book. All portion sizes are given, so you can make an informed choice based on the data you normally use. All pasta bakes contain 50g of uncooked pasta per portion.

- Contains
- May Contain
- Does Not Contain
- No Information

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% Wholemeal Rustic Bread (made)	PRISD51	PRISD51	16.77	8.05g														
50% WM Beetroot and Apple Bread (made)	PRISD41	PRISD41	19.51	8.45g														
50% WM Cheese and Turmeric Bread (made)	PRISD42	PRISD42	20.15	8.05g														
50% WM Cinnamon and Raisin Bread (made)	PRISD43	PRISD43	20.23	9.91g														
50% WM Cranberry Bread (made)	PRISD101	PRISD101	20.32	10.12g														
50% WM Curry Bread (made)	PRISD91	PRISD91	16.37	8.10g														
50% WM Honey Bread (made)	PRISD89	PRISD89	18.33	9.56g														
50% WM Pizza Bread (made)	PRISD45	PRISD45	19.11	8.22g														
50% WM Roasted Vegetable & Olive Bread (made)	PRISD46	PRISD46	21.39	8.23g														
50% WM Sweetcorn Bread (made)	PRISD90	PRISD90	18.64	8.39g														
Apple & Raisin Salad	PRISB12	PRISB12	19.08	3.92g														
Baked Beans	PRISD22	PRISD22	50.00	6.75g														
Baked Potato	PRISD55	PRISD55	187.50	42.38g														
Beetroot & Orange Salad	PRISB15	PRISB15	16.93	1.51g														
Carrot & Cucumber Sticks (Crudites)	PRISB10	PRISB10	20.57	0.76g														
Cheese Filling for Jacket Potato or Sandwich	PRIV85	PRIV85	20.00	0.02g														
Cheesy Coleslaw	PRISD87	PRISD87	83.50	4.12g														

**Nutrition Plan with Carbohydrates and Allergens**

**Nutri GENSS26 General Dishes Spring Summer 2026**

- 1.This allergen matrix is **ONLY VALID** if you are using the products shown on the Caterlink **RECIPE SHEETS**.
- 2.If you are using different products, you **MUST** complete a blank FS13 sheet.
- 3.All allergens listed are based on **BIDFOOD** purchased products only and are subject to change without notice.
- 4.All allergen champions must regularly check deliveries against FS13's to ensure information is correct.
- 5.All products showing as "No Information" **MUST** be checked and allergens written on a blank FS13 sheet and kept on site.
- 6.Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7. Please be aware that these may differ than those used in other methods e.g. the Carbs & Cals book. All portion sizes are given, so you can make an informed choice based on the data you normally use. All pasta bakes contain 50g of uncooked pasta per portion.

- Contains
- ◐ May Contain
- Does Not Contain
- \* No Information

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
Chocolate Yoghurt	PRID138	PRID138	112.00	14.48g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Coleslaw	PRISB2	PRISB2	20.26	1.06g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Cucumber	PRISB1	PRISB1	18.40	0.22g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Egg Mayonnaise Filling	PRIV57	PRIV57	64.90	0.82g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08	8.08g	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Grated Carrot & Raisin	PRISB7	PRISB7	20.00	4.37g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Grated Carrot Salad	PRISB6	PRISB6	20.00	1.20g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Bean Salad	PRISB13	PRISB13	17.43	1.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Homemade Houmous Filling (Requires a ble	PRIV134	PRIV134	51.00	5.13g	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Honey Yoghurt	PRID140	PRID140	106.00	12.38g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Lettuce	PRISB4	PRISB4	16.40	0.23g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MILK FREE Vegan Sheese (Cheese alternat	PRIV216	PRIV216	20.00	5.08g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Bean Salad	PRISB11	PRISB11	13.91	1.77g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pasta Salad w/Tomato Sauce	PRISB9	PRISB9	29.50	8.07g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Plain Tuna Filling (Jacket Potato/Sandwich)	PRIF17	PRIF17	31.00	0.00g	○	○	○	○	●	○	○	○	○	○	○	○	○	○
Potato & Chive Salad	PRISD80	PRISD80	75.75	10.52g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Power Salad - Roasted Vegetables & Lentils	PRISB20	PRISB20	22.04	1.27g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○



