

Nutrition Plan with Carbohydrates and Allergens

Nutril NorthSS26 Northern Spring Summer 2026 Menu

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- Contains
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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
34.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
27.08g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
27.83g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
19.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
10.12g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
8.47g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
7.71g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
4.20g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
2.02g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
11.18g	○	●	○	○	○	○	●	○	○	○	○	○	○	○

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00
All Day Veggie Breakfast	PRIV249	PRIV249	211.52
Apple and Strawberry Crumble	PRID259	PRID237, PRID259	78.00
Apple Flapjack	PRID171	PRID171	43.92
Baked Beans	PRISD22	PRISD22	50.00
Banana Mousse	PRID269	PRID269	53.70
BBQ Baked Beans	PRISD88	PRISD88	53.00
Beef Bolognese (APP)	PRIB48	PRIB48	121.50
Bidfood Pork Sausage 16's - Code 70263	PRIP25	PRIP25	56.00
Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00
Broccoli	PRISD20	PRISD20	50.00
Cabbage	PRISD35	PRISD35	50.00
Cajun Wedges	PRISD38	PRISD38	90.23
Carrot & Cucumber Crudities	PRISD110	PRISD110	48.40
Carrots	PRISD28	PRISD28	50.00
Cauliflower	PRISD27	PRISD27	50.00
Cheese and Crackers	PRID56	PRID56	41.00

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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
Cheese and Tomato Pizza	○	●	○	○	○	○	●	○	○	○	○	○	●	○
Cheese Filling for Jacket Potato or Sandwich	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Cheesy Coleslaw	○	○	○	●	○	○	●	○	○	○	○	○	○	○
Chef's Special Chicken Korma	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Chefs Pass Gravy	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken and Sweetcorn Pizza	○	●	○	○	○	○	●	○	○	○	○	○	●	○
Chicken Arrabiata Pasta Sauce	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chinese Vegetable Noodles	○	●	○	●	○	○	○	○	○	○	○	○	●	○
Chips (Fryer or Oven)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Brownie	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Coleslaw	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Courgette	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cucumber	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Devils Kitchen Plant Balls	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fish in Batter	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Fresh Mixed Seasonal Vegetables	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Garlic Flavoured Bread (Made)	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Greek Chicken Pitta	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Greek Salad	○	○	○	○	○	○	○	○	○	○	○	○	○	●
Green Beans	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Herby Rice	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ice Cream	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Jam & Coconut Sponge	○	●	○	●	○	○	○	○	○	○	○	○	○	●
Lentil and Vegetable Soya Roast	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Lettuce	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese - No Mustard	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Marinated Peri Peri Quorn Vegan Mini Fillet	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Mashed Potato	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mexican Beef (APP)	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Minced Beef & Onion Pie with a Puff Pastry	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Peppers	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Pollock Fish Fingers	○	●	○	○	●	○	○	○	○	○	○	○	○	○
MSC Salmon Fish Fingers	○	●	○	○	●	○	○	○	○	○	○	○	○	○

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count
Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08	8.08g
Greek Chicken Pitta	PRIGR1	PRIGR1	81.90	16.55g
Greek Salad	PRIGR4	PRIGR4	18.84	0.56g
Green Beans	PRISD24	PRISD24	50.00	2.00g
Herby Rice	PRISD195	PRISD195	167.04	33.68g
Ice Cream	PRID13	PRID13	60.00	13.20g
Jam & Coconut Sponge	PRID233	PRID233	57.92	20.93g
Lentil and Vegetable Soya Roast	PRIV13	PRIV13	159.96	13.11g
Lettuce	PRISD25	PRISD25	41.00	0.57g
Macaroni Cheese - No Mustard	PRIV318	PRIV318	164.00	42.19g
Marinated Peri Peri Quorn Vegan Mini Fillet	PRIV310	PRIV310	59.50	2.84g
Mashed Potato	PRISD1	PRISD1	92.08	20.34g
Mexican Beef (APP)	PRIB49	PRIB49	197.00	10.79g
Minced Beef & Onion Pie with a Puff Pastry	PRIB29	PRIB29	127.81	15.10g
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

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6.90g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
22.58g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
23.45g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
24.25g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
33.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
27.63g	○	●	○	○	○	○	○	○	●	○	○	○	○	○
24.57g	○	●	○	●	○	○	◐	○	○	○	○	○	○	○
20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
50.00	○	○	○	○	○	○	○	○	○	○	○	○	○	○
0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
Mushy Peas	PRISD111	PRISD111	50.00
New Potatoes (Steamed or Boiled)	PRISD2	PRISD2	120.00
Oaty Cookies	PRID85	PRID85	32.67
OBC Chocolate Apple Sponge	PRID190	PRID190	98.03
OBC Eves Pudding	PRID189	PRID189	81.22
OBC Iced Sponge	PRID177	PRID177	52.28
OBC Orange Drizzle Cake	PRID182	PRID182	50.34
OBC Pear and Raisin Upside Down Cake	PRID186	PRID186	84.46
Pasta (Shells)	PRISD11	PRISD11	101.50
Peaches	PRID166	PRID166	50.00
Peas	PRISD18	PRISD18	50.00
Phat Mexican Bean Vegan Roll	PRIV161	PRIV161	90.00
Phat Pasty Eat Better Pork Sausage Roll	PRIP24	PRIP24	90.00
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04
Rainbow Slaw	PRISD92	PRISD92	52.25
Red Cabbage	PRISD23	PRISD23	50.00
Roast Chicken Fillet	PRIC4	PRIC4	45.40

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Roast Gammon	PRIP5	PRIP5	42.60	0.00g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Roast Quorn Vegan Fillet	PRIV204	PRIV204	58.00	2.84g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Autumn Vegetables	PRISD48	PRISD48	51.70	2.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Butternut Squash	PRISD31	PRISD31	50.00	3.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Onions	PRISD116	PRISD116	45.00	3.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Parsnips	PRISD62	PRISD62	50.10	6.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Summer Vegetables	PRISD49	PRISD49	52.71	2.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spaghetti	PRISD8	PRISD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Spanish Omelette	PRIV9	PRIV9	117.92	10.56g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
Spicy Bean Burger	PRIV323	PRIV323	119.94	19.64g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spinach & Cheese Whirl	PRIGR2	PRIGR2	139.56	26.71g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Spring Greens	PRISD94	PRISD94	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sprouts	PRISD64	PRISD64	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Strawberry Jelly with Mandarins	PRID235	PRID235	169.43	5.49g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Stuffing	PRISD40	PRISD40	31.64	1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Summer Mixed Salad	PRISD126	PRISD126	45.10	2.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Swede	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato and Onion Salsa	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato Pasta Sauce	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato, Lentil and Cheese Pasta	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Tuna Mayonnaise Filling	○	○	○	●	●	○	○	○	○	○	○	○	○	○
Tzatziki	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Unseeded 4" Bun	○	●	○	○	○	○	○	○	○	○	○	◐	○	○
Vanilla Shortbread	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Vegan Cottage Pie	○	○	○	○	○	○	○	○	○	○	○	○	●	○
Vegetable Medley	○	○	○	○	○	○	○	○	○	○	○	○	○	○
William Whites Beef Burger (50%)	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbohydrate Count
Swede	PRISD21	PRISD21	50.00	1.15g
Sweetcorn	PRISD19	PRISD19	43.50	6.05g
Tomato and Onion Salsa	PRISD56	PRISD56	50.40	2.71g
Tomato Pasta Sauce	PRIV225	PRIV225	152.60	6.06g
Tomato, Lentil and Cheese Pasta	PRIV208	PRIV208	291.71	48.70g
Tuna Mayonnaise Filling	PRIF11	PRIF11	47.60	1.36g
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 Cottage Pie	PRIV241	PRIV241	243.67	34.94g
Vegetable Medley	PRISD102	PRISD102	48.44	4.67g
William Whites Beef Burger (50%)	PRIB63	PRIB63	56.90	4.72g

