

Nutrition Plan with Carbohydrates and Allergens

Nutri PLSS26 Packed Lunch Spring Summer 2026

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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% Wholemeal Rustic Bread (made)	PRISD51	PRISD51	16.77	8.05g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple	PRIPL18	PRIPL18	65.20	7.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple Flapjack	PRID171	PRID171	43.92	19.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Banana	PRIPL16	PRIPL16	63.00	12.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Brown Baguette	PRIPL2	PRIPL2	62.50	31.50g	○	●	○	○	○	○	○	○	○	○	○	◐	○	○
Carrot Sticks	PRIPL13	PRIPL13	30.00	1.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Crunchy Rainbow Slaw Filling	PRIV172	PRISD92, PRIV172	30.40	0.42g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Cheese and Onion Filling	PRIV174	PRIV174	24.50	0.38g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Cheese Filling for Jacket Potato or Sandwich	PRIV85	PRIV85	20.00	0.02g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Chicken and Cheese Filling	PRIC75	PRIC75	35.00	0.01g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Chicken and Cheesy Coleslaw Filling	PRIC76	PRIC76, PRISD87	66.70	2.06g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
Chicken Filling	PRIC74	PRIC74	50.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate and Banana Oaty Square	PRID141	PRID141	40.68	19.78g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Cocoa Cookies	PRID40	PRID40	33.08	17.18g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Shortbread	PRID80	PRID80	29.94	17.03g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cream Cheese and Cucumber Filling	PRIV177	PRIV177	24.60	1.06g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Cream Cheese Filling	PRIV176	PRIV176	20.00	1.00g	○	○	○	○	○	○	●	○	○	○	○	○	○	○

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Cucumber - salad filling	PRIPL11	PRIPL11	11.00	0.13g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cucumber Sticks	PRIPL14	PRIPL14	27.60	0.33g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Egg Mayonnaise Filling	PRIV57	PRIV57	64.90	0.82g	○	○	○	●	○	○	○	○	○	○	○	○	○	○	○
Falafel and Houmous Filling	PRIV179	PRIV134, PRIV179	60.40	8.41g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	●
Falafel Filling	PRIV178	PRIV178	60.00	9.54g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Finger Roll	PRIPL21	PRIPL21	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Five Bean Salad and Salsa Filling	PRIV175	PRISD56, PRIV175	71.40	7.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Flour Tortilla Wraps (10")	PRIPL6	PRIPL6	45.00	24.26g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Medley	PRID224	PRID224	45.80	4.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ham and Cheese Filling	PRIP21	PRIP21	35.00	0.26g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
Ham Filling	PRIP20	PRIP20	50.00	0.50g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Homemade Houmous and Grated Carrot Filling	PRIV173	PRISB6, PRIV134, PRIV173	61.00	5.73g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Homemade Houmous Filling (Requires a blend)	PRIV134	PRIV134	51.00	5.13g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Hovis Sliced White Bread	PRIPL3	PRIPL3	80.00	36.88g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Hovis Sliced Wholemeal Bread	PRIPL4	PRIPL4	80.00	33.60g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Lettuce - salad filling	PRIPL12	PRIPL12	8.00	0.11g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MILK FREE Vegan Sheese (Cheese alternative)	PRIV216	PRIV216	20.00	5.08g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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NGCI GLUTEN FREE & VEGAN White Loaf	PRIPL20	PRIPL20	76.00	35.14g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI GLUTEN FREE Chocolate Cake Free	PRINGCI12	PRINGCI12	53.00	20.99g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI GLUTEN FREE Vanilla Cake Free for	PRINGCI11	PRINGCI11	52.00	20.82g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Oaty Cookies	PRID85	PRID85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Banana Sponge	PRID173	PRID173	64.81	23.36g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Carrot and Courgette Cake	PRID174	PRID174	61.19	20.45g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Chocolate Sponge	PRID163	PRID163	54.31	20.32g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Iced Sponge	PRID177	PRID177	52.28	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Lemon Drizzle Cake	PRID168	PRID168	56.28	21.11g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
Orange and Lemon Shortbread	PRID194	PRID194	38.56	17.08g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Pitta Bread	PRIPL5	PRIPL5	60.00	33.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Plain Tuna Filling (Jacket Potato/Sandwich)	PRIF17	PRIF17	31.00	0.00g	○	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Sandwich Bap/Roll	PRIPL7	PRIPL7	50.00	25.75g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Spanish Cinnamon Cookie	PRID84	PRID84	31.26	18.21g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato - salad filling	PRIPL10	PRIPL10	14.00	0.45g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tuna and Sweetcorn Mayonnaise Filling	PRIF12	PRIF12	56.30	2.57g	○	○	○	●	●	○	○	○	○	○	○	○	○	○	○
Tuna Mayonnaise and Cheese Filling	PRIF19	PRIF19	33.80	0.69g	○	○	○	●	●	○	●	○	○	○	○	○	○	○	○

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Vanilla Shortbread	PRID57	PRID57	28.23	16.30g	<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"/>
White Baguette	PRIPL1	PRIPL1	62.50	34.31g	<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"/>

