

Nutrition Plan with Carbohydrates and Allergens

Nutri CENSS26 Central Spring Summer Menu 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
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00	34.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
All Day Veggie Breakfast	PRIV249	PRIV249	211.52	27.08g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Tomatoes	PRISD34	PRISD34	49.50	1.49g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Banana Mousse	PRID269	PRID269	53.70	10.12g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Beef Bolognaise (APP)	PRIB48	PRIB48	121.50	7.71g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Bidfood Chicken Sausage 8's Halal - Code 3	PRIC137	PRIC137	49.28	9.61g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Bidfood Pork Sausage 16's - Code 70263	PRIP25	PRIP25	56.00	4.20g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower	PRISD27	PRISD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Crackers	PRID56	PRID56	41.00	11.18g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58	30.35g	○	●	○	○	○	○	●	○	○	○	○	○	○	○

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Cheesy Bean Puffs	PRIV191	PRIV191	102.92	27.74g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
Cheesy Broccoli Frittata	PRIV336	PRIV336	139.88	3.83g	○	○	○	●	○	○	●	○	○	○	○	○	○	○	○
Chef's Special Chicken Korma	PRIC86	PRIC86	148.20	5.16g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
Chefs Pass Gravy	PRISD118	PRISD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chickpea and Spinach Curry	PRIV321	PRIV258, PRIV321	183.68	14.63g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○	○
Chinese Vegetable Noodles	PRIV337	PRIV337	278.50	53.26g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Courgette	PRISD29	PRISD29	44.00	0.79g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce	PRID2	PRID2	77.14	8.15g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
Devils Kitchen Plant Balls	PRIV237	PRIV237	51.00	7.14g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fish in Batter	PRIF3	PRIF3	60.00	9.78g	○	●	○	○	●	○	○	○	○	○	○	○	○	○	○
Freshly Chopped Fruit	PRID223	PRID223	43.20	3.36g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Medley	PRID224	PRID224	45.80	4.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Platter	PRID225	PRID225	41.10	2.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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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 Sweet Potato Curry	PRIV108	PRIV108	226.66	26.49g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○	○
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	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
Mashed Potato	PRISD1	PRISD1	92.08	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mexican Beef (APP)	PRIB49	PRIB49	194.50	10.40g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○	○
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	○	●	○	○	●	○	○	○	○	○	○	○	○	○	○
Oaty Cookies	PRID85	PRID85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Iced Sponge	PRID177	PRID177	52.28	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Orange Drizzle Cake	PRID182	PRID182	50.34	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Pineapple Upside Down Cake	PRID262	PRID262	75.16	21.24g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
Pasta (Shells)	PRISD11	PRISD11	101.50	33.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○

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Peaches	PRID166	PRID166	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Phat Mexican Bean Vegan Roll	PRIV161	PRIV161	90.00	27.63g	○	●	○	○	○	○	○	○	●	○	○	○	○	○
Phat Pasty Eat Better Pork Sausage Roll	PRIP24	PRIP24	90.00	24.57g	○	●	○	●	○	○	◐	○	○	○	○	○	○	○
Plant Based Lentil and Tomato Sauce	PRIV160	PRIV160	170.21	15.28g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Rainbow Slaw	PRISD92	PRISD92	52.25	1.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Cabbage	PRISD23	PRISD23	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Beef	PRIB4	PRIB4	34.00	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Thigh (Boneless)	PRIC5	PRIC5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Quorn Vegan Fillet	PRIV204	PRIV204	58.00	2.84g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Roast Turkey	PRIT1	PRIT1	40.80	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roasted Butternut Squash	PRISD31	PRISD31	50.00	3.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Smokey Baked Bean Hot Pot	PRIV307	PRIV307	206.96	25.16g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spaghetti	PRISD8	PRISD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

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Spicy Bean Burger	PRIV323	PRIV323	119.94	19.64g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Spinach & Cheese Whirl	PRIGR2	PRIGR2	139.56	26.71g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Swede	PRISD21	PRISD21	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn	PRISD19	PRISD19	43.50	6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn and Cucumber Salsa	PRISB37	PRISB37	21.18	2.48g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato Pasta Sauce	PRIV225	PRIV225	152.60	6.06g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
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 Chilli	PRIV309	PRIV309	185.96	12.35g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Vegetarian Wellington	PRIV232	PRIV232	112.74	24.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
William Whites Beef Burger (50%)	PRIB63	PRIB63	56.90	4.72g	○	○	○	○	○	○	○	○	○	○	○	○	○	○