

Nutrition Plan with Carbohydrates and Allergens

Nutriti WHFXmas21 WHF Christmas Menu 2021

- 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. 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

Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
2.23g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
30.46g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
8.15g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
19.13g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
17.91g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
19.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
19.51g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

G Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
Carrots (V1)	#SD28	#SD28	50.00
Christmas Chipolata Sausages Pork (1x16)	#TD26	#TD26	21.20
Christmas Pudding (V2)	#TD41	#TD41	54.59
Custard Sauce (V4)	#D2	#D2	77.14
Green Gourmet Turkey Breast Fillet (V1)	#TD45	#TD45	38.70
Knorr Gravy Granules (V1)	#SD107	#SD107	63.24
OBC Chocolate, Orange & Cranberry Brownie	#TD49	#TD49	55.58
Parsnip and Sweet Potato Loaf (V2)	#TD56	#TD56	66.88
Roast Potatoes - Peeled (V1)	#SD7	#SD7	86.80
Roasted Potato - Skin On (V1)	#SD82	#SD82	86.80
Sprouts (V1)	#SD64	#SD64	50.00
Stuffing (V2)	#SD40	#SD40	31.64