

Nutrition Plan with Carbohydrates and Allergens

Nutri GCCSpSu23 GCC Spring Summer 2023

- 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
50/50 Long Grain & Wholemeal Rice (V1)	#SD84	#SD84	97.00	33.94g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple Flapjack (V1)	#D171	#D171	43.92	19.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple, Cheese and Biscuits (V1)	#D4	#D4	68.00	14.96g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Baked Beans (V1)	#SD22	#SD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Potato (V2)	#SD55	#SD55	187.50	42.38g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognese (APP) (V2)	#B37	#B37	147.06	9.05g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Beef Lasagne (APP) (V4)	#B39	#B39	235.88	25.88g	○	●	○	○	○	○	●	○	○	○	○	○	◐	○
Bidfood Tomato Ketchup (V1)	#SD14	#SD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli (V1)	#SD20	#SD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots (V1)	#SD28	#SD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cauliflower (V1)	#SD27	#SD27	50.00	1.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese & Tomato Pizza 50/50 (V5)	#V31	#V160, #V31	101.25	27.72g	○	●	○	○	○	○	●	○	○	○	○	○	●	○
Cheese and Tomato Pinwheel (V1)	#V40	#V40	51.96	13.42g	○	●	○	○	○	○	●	○	○	○	○	○	●	○
Cheese Filling for Jacket Potato or Sandwich	#V85	#V85	20.00	0.02g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Chef's Special Chicken Korma (V1)	#C86	#C86	148.20	5.79g	○	○	○	○	○	○	●	○	●	○	○	○	○	○
Chefs Pass Gravy (V1)	#SD118	#SD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Enchiladas (V3)	#C14	#C14	175.72	20.53g	○	●	○	○	○	○	●	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutri GCCSpSu23 GCC Spring Summer 2023

- 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
Chinese Vegetable Noodles (V1)	#V215	#V215	265.58	54.54g	○	●	○	●	○	○	○	○	○	○	○	○	●	○
Chips (Fryer or Oven) (V1)	#SD5	#SD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Shortbread (V1)	#D80	#D80	29.94	17.03g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce (V4)	#D2	#D2	77.14	8.15g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Devil's Kitchen Moroccan Style Veggie Balls	#V163	#V163	57.00	7.41g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Devil's Kitchen Plant Sausage (V1)	#V182	#V182	56.00	4.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Five Bean Chilli (V2)	#V138	#V138	141.80	8.99g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Jelly with Mandarins (V1)	#D217	#D217	99.81	11.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruity Shortbread (V1)	#D96	#D96	35.42	21.35g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Garlic Flavoured Bread (Made) (V1)	#SD50	#SD50	17.08	7.52g	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Green Beans (V1)	#SD24	#SD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ice Cream (V3)	#D13	#D13	60.00	13.20g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Jollof Rice with Five Beans (V1)	#QB7	#QB7	189.85	41.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Sweet Potato Curry (V5)	#V108	#V108	226.66	26.49g	○	◐	○	○	○	○	○	○	●	○	○	○	○	○
Macaroni Cheese (V3)	#V11	#V11	165.50	42.33g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Mashed Potato (V2)	#SD1	#SD1	102.50	22.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Minced Beef & Onion Pie (APP) (V1)	#B45	#B45	149.17	19.76g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutri GCCSpSu23 GCC Spring Summer 2023

- 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
Mixed Salad (V1)	#SD25	#SD25	41.00	0.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Pollock Fish Fingers (V3)	#F6	#F6	65.25	13.05g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
MSC Salmon Fish Fingers (V1)	#F1	#F1	65.23	13.51g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
New Potatoes (Steamed or Boiled) (V1)	#SD2	#SD2	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Oaty Cookies (V1)	#D85	#D85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
OBC Banana Sponge (V1)	#D173	#D173	64.81	23.36g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Lemon and Cucumber Sponge (V2)	#D184	#D184	51.41	19.98g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Marble Sponge (V1)	#D199	#D199	50.04	18.90g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Pear and Chocolate Upside Down Cake	#D207	#D207	86.48	22.02g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
OBC Vanilla Sponge (V1)	#D193	#D193	212.00	19.98g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Peach Crumble (V3)	#D19	#D19, #D196	93.50	36.05g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Peaches (V1)	#D166	#D166	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas (V1)	#SD18	#SD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pork Sausage (V4)	#P3	#P3	56.00	4.20g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Potato Wedges (Made & Oven Baked) (V3)	#SD6	#SD6	93.78	21.19g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Rainbow Slaw (V1)	#SD92	#SD92	52.67	2.42g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Red Cabbage (V1)	#SD23	#SD23	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Nutrition Plan with Carbohydrates and Allergens

Nutri GCCSpSu23 GCC Spring Summer 2023

- 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
Red Pepper and Cheese Frittata (V1)	#V24	#V24	141.14	4.09g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
Roast Chicken Breast (V2)	#C4	#C4	45.90	0.08g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Gammon (V2)	#P5	#P5	42.60	0.00g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Roast Potato - Skin On (V2)	#SD82	#SD82	75.56	16.97g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Potatoes - Peeled (V2)	#SD7	#SD7	75.56	16.97g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Quorn Vegan Fillet (V1)	#V204	#V204	68.90	3.38g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Roast Turkey (V1)	#T1	#T1	40.80	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Soya Vegetarian Bolognese (V1)	#V169	#V169	188.90	12.00g	○	○	○	○	○	○	○	○	○	○	○	○	●	○
Spaghetti (V2)	#SD8	#SD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Spanish Omelette (V2)	#V9	#V9	171.67	19.04g	○	○	○	●	○	○	○	○	○	○	○	○	○	○
Sticky Toffee Apple Crumble (50% Fruit) (V2)	#D72	#D72	90.13	32.20g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Stuffing (V2)	#SD40	#SD40	31.64	1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Sweet Potato & Spinach Flan (V1)	#V213	#V213	165.92	27.08g	○	●	○	●	○	○	●	○	○	○	○	○	○	●
Sweetcorn (V1)	#SD19	#SD19	43.50	6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato Pasta Sauce	#V225	#V225	152.60	6.06g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato Relish Topping (V1)	#BB16	#BB16	9.75	0.35g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tuna Mayonnaise Filling (V5)	#F11	#F11	66.60	1.36g	○	○	○	●	●	○	○	○	○	○	○	○	○	○

**Nutrition Plan with Carbohydrates and Allergens**

**Nutri GCCSpSu23 GCC Spring Summer 2023**

- 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

Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
16.30g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
18.02g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
24.36g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
40.97g	○	●	○	○	○	○	●	○	○	○	○	○	○	○

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
Vanilla Shortbread (V1)	#D57	#D57	28.23
Vegetable Burger (V1)	#BB3	#BB3	108.90
Vegetarian Wellington (V5)	#V12	#V12	122.34
Wholemeal Vegetable Pasta Bake (V4)	#V16	#V16	269.04

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

##