

**Nutrition Plan: Aut19 Autumn Menu 2019**

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- May Contain
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- \* No Information

| Group | Menu Item                                   | Recipe Code | Portion Size (g) | Carbohydrate Count | Celery                | Cereals containing Gluten        | Crustaceans           | Eggs                             | Fish                             | Lupin                 | Milk                             | Molluscs                         | Mustard                          | Nuts                  | Peanuts               | Sesame                | Soya                  | Sulphur Dioxide and Sulphites    |
|-------|---|-------------|------------------|--------------------|-----------------------|----------------------------------|-----------------------|----------------------------------|----------------------------------|-----------------------|----------------------------------|----------------------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|
|       | Apple Flapjack (V1)                         | *D171       | 46.00            | 19.60g             | <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"/>            |
|       | Apple, Cheese and Biscuits 50% Fruit (V1)   | *D4         | 71.60            | 14.73g             | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <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"/>            |
|       | Baked Beans (V1)                            | *SD22       | 100.00           | 14.25g             | <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"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Baked Tomatoes (V1)                         | *SD34       | 50.00            | 1.50g              | <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"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Beef Bolognaise (50% PB) (V1)               | *B37        | 155.93           | 10.78g             | <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"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Beef Bolognaise (V1)                        | *B2         | 139.85           | 5.19g              | <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"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Beef Lasagne (50% Plant based) (V2)         | *B39        | 236.53           | 21.19g             | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <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"/>            |
|       | Beef Lasagne (V3)                           | *B7         | 155.10           | 14.28g             | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <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"/>            |
|       | Breaded Fish (V1)                           | *F7         | 100.00           | 21.60g             | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <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"/>            |
|       | Broccoli (V1)                               | *SD20       | 28.00            | 0.90g              | <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"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Cabbage (V1)                                | *SD35       | 50.00            | 1.15g              | <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"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Carrots (V1)                                | *SD28       | 50.00            | 3.00g              | <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"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Cauliflower (V1)                            | *SD27       | 50.00            | 1.75g              | <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"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Cheese & Red Onion Quiche (V3)              | *V82        | 95.16            | 16.75g             | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>            | <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"/>            |
|       | Chicken & Apricots Tagine (V3)              | *C49        | 144.65           | 8.04g              | <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"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
|       | Chicken Arrabiata Pasta Sauce (V2)          | *C41        | 159.77           | 4.22g              | <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"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Chicken Pie (w/ Gravy) (Potato Top) (50% Pf | *C71        | 282.00           | 30.45g             | <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"/>            |

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|-------|---|-------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | Chicken Pie (with Gravy) (V1)                 | *C58        | 198.82           | 14.21g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Chips (Fryer or Oven) (V1)                    | *SD5        | 83.40            | 29.44g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Chocolate Shortbread (V1)                     | *D80        | 29.94            | 17.09g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Coleslaw (V4)                                 | *SD47       | 56.60            | 2.69g              | ○      | ○                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Cottage Pie / Beef and Onion Pie (V3)         | *B9         | 267.58           | 29.45g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Cottage Pie/ Beef and Onion Pie (50% PB) (V1) | *B38        | 271.20           | 34.83g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Creamy Vegetable Pie (Puff Pastry Top) (V4)   | *V19        | 272.46           | 32.62g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Custard Sauce (V4)                            | *D2         | 77.39            | 8.86g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Eves Pudding/ Apple Sponge (50% Fruit) (V4)   | *D18        | 99.98            | 25.98g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Fish in Batter (V1)                           | *F3         | 85.00            | 16.75g             | ○      | ○                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Five Bean Chilli (V2)                         | *V138       | 161.89           | 11.96g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Fresh Mixed Seasonal Vegetables (V1)          | *SD12       | 44.56            | 3.02g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Garlic Bread (made) (V1)                      | *SD50       | 17.08            | 8.19g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Gravy (Brakes Vegetarian Gravy Mix) (V2)      | *SD16       | 63.24            | 3.06g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Green Beans (V1)                              | *SD24       | 50.00            | 1.55g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Hot Dog Bun                                   | *SD33       | 50.00            | 25.75g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Lemon and Parsley Couscous (V2)               | *SD73       | 157.00           | 31.45g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

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|-------|--|-------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | Lentil and Sweet Potato Curry (Vegan) (V4) | *V108       | 249.06           | 26.79g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ●       | ○    | ○       | ○      | ○    | ○                             |
|       | Long Grain Rice (Boiled or Steamed) (V1)   | *SD4        | 110.80           | 35.68g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Macaroni Cheese (V3)                       | *V11        | 231.00           | 40.62g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Mixed Vegetable Loaf (V4)                  | *V39        | 111.25           | 18.73g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | MSC Fish Fingers (V2)                      | *F6         | 69.73            | 15.35g             | ○      | ○                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | New Potatoes (Steamed or Boiled) (V1)      | *SD2        | 130.00           | 19.37g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Oaty Cookies (V1)                          | *D85        | 32.67            | 18.00g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | OBC Banana Sponge (V1)                     | *D173       | 55.74            | 22.34g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | OBC Carrot and Courgette Cake (V1)         | *D174       | 55.72            | 21.60g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | OBC Chocolate and Mandarin Sponge (V2)     | *D178       | 78.37            | 23.86g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | OBC Orange Drizzle Cake (V1)               | *D182       | 50.59            | 22.46g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Pasta (Shells) (V2)                        | *SD11       | 123.00           | 35.67g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Pasta (Spaghetti) (V2)                     | *SD8        | 106.50           | 33.55g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Peas (V1)                                  | *SD18       | 50.00            | 5.60g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Peppers (V1)                               | *SD26       | 43.50            | 1.83g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Pork Sausage (V2)                          | *P3         | 42.56            | 4.17g              | *      | *                         | *           | *    | *    | *     | *    | *        | *       | *    | *       | *      | *    | *                             |
|       | Potato (Roasted-Peeled) (V1)               | *SD7        | 60.56            | 13.61g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

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|       | Potato (Roasted-Skin On) (V1)          | *SD82       | 60.56 13.61g     | ○                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Potato Wedges (Made & Oven Baked) (V3) | *SD6        | 75.04 16.97g     | ○                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Quorn Burger (No Bun) (V2)             | *V47        | 60.00 0.66g      | ○                  | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Quorn Roast (Made) (V4)                | *V95        | 145.08 11.91g    | ○                  | ○      | ○                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Quorn Vegetarian Sausages (V1)         | *V17        | 100.00 10.00g    | ○                  | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Red Pepper and Cheese Frittata (V1)    | *V24        | 124.64 4.09g     | ○                  | ○      | ○                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Rice Pudding with Mixed Berries (V3)   | *D31        | 91.67 17.91g     | ○                  | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Roast Beef (V2)                        | *B4         | 65.00 0.00g      | ○                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Roast Chicken Breast (V2)              | *C4         | 57.14 0.19g      | ○                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Roast Chicken Thigh (Boneless) (V2)    | *C5         | 75.00 0.00g      | ○                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Roast Gammon (V2)                      | *P5         | 54.43 0.00g      | ○                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Roast Pork (Loin Joint) (V1)           | *P10        | 55.56 0.00g      | ○                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Roast Turkey (V1)                      | *T1         | 75.00 0.00g      | ○                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Roasted Cauliflower Curry (V1)         | *V148       | 193.50 15.88g    | ○                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ●       | ○    | ○       | ○      | ○    | ○                             |
|       | Roasted Quorn Fillet (V1)              | *V150       | 52.00 0.57g      | ○                  | ○      | ○                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Roasted Vegetables (V2)                | *SD48       | 94.70 5.78g      | ○                  | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Salmon (Processed) Fish Fingers (V2)   | *F1         | 75.00 11.40g     | ○                  | ●      | ○                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |





**Nutrition Plan with Carbohydrates and Allergens**

**Nutrition Plan: Aut19 Autumn Menu 2019**

1: All kitchens are responsible for checking allergens on packaging and making sure that allergen information given is correct.

2: All allergens listed are based on Brakes products and are subject to change without notice. All allergen champions must cross check deliveries against FS13's to ensure information is correct. All products showing as \* "No Information" will need to be checked and allergens written on a blank FS13 and kept on site.

3: Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7, as that is the database uploaded on our nutrition software Saffron. Please be aware that these may differ than those given in 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

| Group | Menu Item                                  | Recipe Code | Size (g) | Portion | Carbohydrate Count | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites |
|-------|--|-------------|----------|---------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | Shepherdess Pie (V3)                       | *V58        | 272.40   | 36.20g  |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Soya Vegetarian Bolognese (V3)             | *V18        | 207.10   | 14.47g  |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Stuffing (V2)                              | *SD40       | 31.64    | 1.82g   |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Sweetcorn (V1)                             | *SD19       | 50.00    | 4.75g   |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Tomato & Onion Slaw (V1)                   | *SD56       | 76.40    | 4.11g   |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Unseeded 4" Bun (V1)                       | *SD17       | 40.00    | 19.52g  |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Vegetable and Apricot Tagine (V3)          | *V140       | 176.15   | 23.11g  |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Vegetable Lasagne (V3)                     | *V44        | 202.27   | 27.78g  |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Vegetarian Wellington (V5)                 | *V12        | 124.20   | 22.18g  |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Wholemeal Apple Crumble (Tinned Apple) (V) | *D130       | 96.20    | 31.92g  |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Wholemeal Cheese and Tomato Pizza (V1)     | *V142       | 79.83    | 27.47g  |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Wholemeal Pear Crumble (50% Fruit) (V1)    | *D113       | 96.00    | 30.48g  |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|       | Wholemeal Vegetable Pasta Bake (V4)        | *V16        | 257.96   | 39.57g  |                    |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |