

Nutrition Plan: FEB26W1RP February 26 Week 1 Rise Park

Legend

- 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 |
|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| 14.16g | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 29.45g | ○ | ● | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| 16.02g | ○ | ● | ○ | ◐ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 10.50g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 22.00g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 12.44g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 25.33g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 43.28g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 8.54g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ |
| 2.21g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 20.67g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| 29.70g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 32.84g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| 1.06g | ○ | ○ | ○ | ● | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 0.00g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 1.45g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| 4.74g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

| Group | Menu Item | Recipe Code | Sub Recipe Codes | Portion Size (g) |
|------------|-------------------------------|-------------|------------------|------------------|
| MonMain | Cheese & tomato Pizza round 8 | R00067 | R00067 | 50.00 |
| MonMain | Sausage & Bean Melt | R00546 | R00546 | 130.00 |
| MonMain | Veggie Pizza 8 | R01020 | R01020 | 99.00 |
| MonVeg | Baked Beans | R00062 | R00062 | 70.00 |
| MonCarb | Chips | R00007 | R00007 | 100.00 |
| MonDessert | Ice Cream & Fruit | R00168 | R00168 | 64.80 |
| TuesMain | Chicken Pie Shortcrust Pastry | R00867 | R00867 | 210.00 |
| TuesMain | Jacket Potato with Cheese | R00059 | R00059 | 225.00 |
| TuesMain | Savoury Veggie Mince | R00494 | R00494 | 83.50 |
| TuesVeg | Vegetable Medley | R00072 | R00072 | 50.00 |
| TuesCarb | Mashed Potatoes | R00005 | R00005 | 125.00 |
| TueDessert | chocolate oaty cookie | R00453 | R00453 | 51.63 |
| WedMain | Ham sandwich 50/50 | R00113 | R00113 | 126.00 |
| WedMain | Quorn Roast | R00997 | R00997 | 50.44 |
| WedMain | Roast Turkey | R00943 | R00943 | 45.00 |
| WedVeg | Broccoli | R00061 | R00061 | 100.00 |
| WedVeg | Carrots | R00068 | R00068 | 60.00 |

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|---------|-------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| Veg | Mixed Salad | R00040 | R00040 | 101.20 | 2.05g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Carb | extra bread | R00602 | R00602 | 16.67 | 6.33g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Fresh Fruit Salad | R00011 | R00011 | 84.40 | 6.70g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Fruit | R00556 | R00556 | 133.33 | 13.43g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Strawberry Yoghurt B | R00648 | R00648 | 80.00 | 8.00g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Yeo valley Yoghurt pots | R00513 | R00513 | 80.00 | 8.48g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Sauce | Gravy | R00069 | R00069 | 53.75 | 2.81g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Sauce | Tomato sauce | R00166 | R00166 | 5.00 | 1.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |