Nutri SSKTKAT24 Spring Summer 2024 Kent/TKAT Menu

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Contains

May Contain

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Does Not Contain

DU	50	INO		ווונ
No	In	forn	nati	on

			Portion is Size (a)	Celery Cereals	Crustac	<u>s</u> _	ڃ.		Mustard	S	Peanuts Sesame Soya	In do
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Celery Cereal	Cr	Eggs Fish	Lupin	Σ ξ	Musta	Nuts	Pean Sesai Soya	Sulphi
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00 34.00g	\sim	0	\circ	0	0		O(00	\circ
Apple Crumble	PRID242	PRID237, PRID242	78.00 28.08g	\bigcirc $lacktrian$	\circ	\circ	\circ	O($) \bigcirc$	O(00	\circ
Baked Beans	PRISD22	PRISD22	50.00 6.75g	\circ	\circ	\circ	\circ	O($) \bigcirc$	O(000	\circ
Beef & Bean Burger	PRIBB1	PRIBB1	56.00 4.70g	\circ	\circ	\circ	\circ	O($) \bigcirc$	O(000	\circ
Beef Bolognaise (APP)	PRIB48	PRIB48	121.50 7.71g	\circ	\circ	\circ	\circ	O($) \bigcirc$	O(00	\circ
Beef Burger Patty	PRIB5	PRIB5	35.33 0.00g	* *	*	* *	*	* *	*	* *	* **	*
Beef Lasagne APP	PRIB52	PRIB52	177.45 23.57g	\bigcirc $lacktriangle$	\circ	\circ	\circ		$) \bigcirc$	O(\circ
Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00 2.86g	00	\circ	\circ	\circ	O(\circ	O(00	\circ
Broccoli	PRISD20	PRISD20	50.00 1.40g	Ŏ Ō	Ō	O O	Ō	O() ()	O(QQ (Ō
Cabbage	PRISD35	PRISD35	50.00 1.60g	O O	Ō	O O	Ō	O() ()	O() QQ	Q
Carbonara	PRIPK2	PRIPK2	177.38 11.06g	ΟŌ	Ō	O O	Ō) ()	O() QQ	Q
Carrots	PRISD28	PRISD28	50.00 3.00g	ΟŌ	Ō	O O	Ō	O(\circ	O() QQ	Ō
Cauliflower	PRISD27	PRISD27	50.00 1.75g	Ŏ Ō	Ō	O O	Ō	O() ()	O(QQ (Ō
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58 28.26g	\bigcirc	Ō	O O	Ō) ()	O(Q
Cheese Filling for Jacket Potato or Sandwic	h PRIV85	PRIV85	20.00 0.02g	Ŏ Ō	Ō	O O	Ō) Q	O() QQ	Ō
Cheesy Bean Puffs	PRIV191	PRIV191	102.92 27.74g	\bigcirc $lack$	Ō	O O	Ō) (\bigcirc	00	Ō
Chefs Pass Gravy	PRISD118	PRISD118	63.24 2.88g	\circ	\circ	\circ	\circ	O(\circ	O(000	\circ

containing Gluten

hydrate Count

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

r Dioxide and Sulphites

Dioxide and Sulphites

Nutrition Plan with Carbohydrates and Allergens

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Contains

May Contain

Does Not Contain

No Information

T				arbohy	_	<u>s</u>	ace				SCS	3	uts	ne	ב
			Portion	, Ĕ	Celery	reals	Crusta	ر ا	-upin	¥	Molluscs	Muts		Sesame Soya	Sulph
Menu Item	Recipe Code	Sub Recipe Codes	Size (g) ပိ	ပ္ပ	ပို	נו כ	Fish	3	Mik	ž		Pe	Se	Su
Chicken Fajitas	PRIC92	PRIC92	164.90	0	Q	\bigcirc) (\mathcal{O}	Q	Q	Ŏ () Q	· Q (QQ.	Q
Chicken Paella	PRIFE1	PRIFE1	182.46	35.84g	Ō	Ó () () ()	Ō	Ō	O C) Q	· Q (QQ	
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	Ō	O($) \subset$) Q	Ō	Ō	O C) Q) Q (QQ	Ō
Chocolate Brownie	PRID249	PRID249	0.00	0.00	Ō		\mathbf{C}) Q	Ō	Ō	O C) Q) Q (QQ	Ō
Chocolate Shortbread	PRID80	PRID80	29.94	17.03g	Ō) () Q	Ō	Ō	Q () Q) Q (QQ	Ō
Coleslaw	PRISD47	PRISD47	51.36	2.68g	\circ	O(\circ	\circ	\circ	$) \bigcirc$	· () (OO	0
Courgette	PRISD29	PRISD29	44.00	0.79g	\circ	O($) \subset$	\circ	\circ	\circ	\circ	\circ	0 (OO	0
Cucumber	PRISD30	PRISD30	46.00	0.55g	Ō	\bigcirc () () Q	Ō	Ō	O C) Q) Q (QQ.	Ō
Devils Kitchen Plant Sausage 25g	PRIV238	PRIV238	50.00	4.30g	Ō	\bigcirc () () Q	Ō	Ō	Q () Q) Q (QQ	Ō
Five Bean Chilli	PRIV239	PRIV239	177.60	12.29g	Ō	\bigcirc () () Q	Ō	Q	Q () Q	· Q (QQ	Ō
Fruit Platter	PRID225	PRID225	41.10	2.98g	\circ	O($) \subset$	\circ	\circ	\circ	\circ	$) \bigcirc$	· () (OO	0
Garlic and Herb Croutons	PRIPK3	PRIPK3	12.06	4.80g	Ō	igodot) () Q	Ō	Ō	O C) Q) Q ($\bigcirc \bullet$	Ō
Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08	7.52g	\circ		$) \subset$	\circ	\circ	\circ	\circ	\circ	0 (\circ
Golden Syrup Snap	PRID219	PRID219	27.75	15.19g	Ō) () Q	Ō	Q	Q () Q	· Q (QQ	Ō
Greek Chicken Pitta	PRIGR1	PRIGR1	81.90	16.55g	\circ		$) \subset$	\circ	\circ	\circ	\circ	$) \bigcirc$	· () (OO	
Greek Salad	PRIGR4	PRIGR4	19.64	0.56g	\circ	O($) \subset$	\circ	\circ	\circ	\circ	\circ		\bigcirc	
Green Beans	PRISD24	PRISD24	50.00	2.00g	\circ	O() (\circ	\circ	\circ	\circ	\circ	\circ	\bigcirc	\circ

containing Gluten

drate Count

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

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Contains

May Contain



Does Not Contain

No Information

•				, d	>	8	ace				SCS	<u>r</u>	ts.	шe	Ħ
			Portion	Carboh	Celery	Cereals	Crustac	Eggs	څ .	-upin	Mollu	Musta	Nuts Peanuts	sa Va	ndln
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)) ပိ	ပ္ပ	ပ္မ	င်	Eg	Fish .	Lup F	Ĕ	ž	Nuts	Se	ng
Gyros Turmeric Rice	PRIGR5	PRIGR5	165.42	33.64g	Ō	Ō	Ō	Ō () () C) Q	Q (Q Ç	QQ	/ Q
Halal Chicken Sausages	PRIC6	PRIC6	49.28	9.61g	*	*	*	*	* *	* *	*	* >	* *	**	*
Homemade Beetroot Burger	PRIBB3	PRIBB3	110.90	18.37g	\circ		\circ	0 () ($) \subset$	$) \bigcirc$	O(\circ	00	<i>,</i> O
Ice Cream	PRID13	PRID13	60.00	13.20g	Ō	Ō	Ō	Ō () C) () Q	Q (Q Q	ÕÕ) Q
Iced Biscuit	PRID250	PRID250	0.00	0.00	Ō		Ō	Ō () () () Q	Q (Q Ç	QQ	/ O
Kerrymaid Double Cream	PRID229	PRID229	50.00	0.85g	\circ	\circ	\circ	\bigcirc () (O(\circ	00	<i>,</i> O
Lentil and Sweet Potato Curry	PRIV108	PRIV108	226.66	26.49g	\circ		\circ	0 () ($) \subset$	$) \bigcirc$	O(\circ	00	<i>,</i> O
Lettuce	PRISD25	PRISD25	41.00	0.57g	Ō	Ō	Ō	Ō () C) () Q	Q (Q Q	ÕÕ) Q
Macaroni Cheese	PRIV11	PRIV11	165.50	42.33g	Ō		Ō	Ō () () () Q		Q Ç	QQ	/ O
Mandarins	PRID167	PRID167	50.00	3.85g	Ō	Ō	Ō	Ō () () () Q	Q (Q (QQ	<i>,</i> O
Marinated BBQ Quorn Vegan Fillet	PRIV205	PRIV205	78.90	6.98g	\circ		\circ	\bigcirc () ($) \subset$	$) \bigcirc$	O(\circ	00	<i>,</i> O
Mashed Potato	PRISD1	PRISD1	92.08	20.34g	\circ	\circ	\circ	0 () ($) \subset$	$) \bigcirc$	O(\circ	00	$^{\prime}$
Mixed Peppers	PRISD26	PRISD26	50.00	1.70g	\circ	\circ	\circ	0 () ($) \subset$	$) \bigcirc$	O(\circ	00	<i>,</i> O
MSC Pollock Fish Fingers	PRIF6	PRIF6	65.25	13.05g	\circ		\circ	\bigcirc ($) \ C$	$) \bigcirc$	O(\circ	00	<i>,</i> O
MSC Salmon Fish Fingers	PRIF1	PRIF1	65.23	13.51g	\circ		\circ	\bigcirc ($) \ C$	$) \bigcirc$	O(\circ	00	
New Potatoes (Steamed or Boiled)	PRISD2	PRISD2	120.00	17.88g	\circ	\circ	\circ	\bigcirc () ($) \subset$	$) \bigcirc$	\circ	\circ	00	
Oaty Cookies	PRID85	PRID85	32.67	18.00g	\circ		\circ	\bigcirc () ($) \subset$	$) \bigcirc$	O(\circ	00	, ()

containing Gluten

ydrate Count

Dioxide and Sulphites

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Does Not Contain

No Information

•				arboh	>	SIE	jace		_		SCS	Mustard	uts	ame a	Sulphur
			Portion	ᇣ	Celery	Cereals	Crustac	Eggs	rısı Lupin	. ¥	Mollus	ıst	nuts Peanuts	Sesal Soya	흑
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)) ပိ	ပ္	ပ္	င်	ш́i	בַ בַּ	Ξ	ž	ž	<u> </u>	တ္တ	S
OBC Chocolate and Beetroot Brownie	PRID169	PRID169	53.55	17.51g	Õ		<u>)</u> () (J	· Q	Õ	Ŏ () Q (ÕÕ.	Õ
OBC Iced Sponge	PRID177	PRID177	52.28	21.03g	\circ) ($) \circ$	-	\circ	\circ	$) \bigcirc ($	\circ	\circ
OBC Lemon Drizzle Cake	PRID168	PRID168	50.34	21.03g	\circ		\mathcal{C}		\circ	\circ	\circ	\circ	$) \bigcirc ($	\circ	0
Parsnip and Sweet Potato Loaf	PRITD56	PRITD56	118.25	18.54g	\circ	O() (\mathcal{C}	\circ	\circ	\circ	\circ	$) \bigcirc ($	\circ	0
Pasta (Shells)	PRISD11	PRISD11	101.50	33.39g	\circ) (\mathcal{C}	\circ	\circ	\circ	\circ	$) \bigcirc ($	\circ	0
Patatas Bravas	PRIFE4	PRIFE4	108.20	17.25g	\circ	\circ) (\mathcal{C}	\circ	\circ	\circ	\circ	$) \bigcirc $	\circ	0
Peaches	PRID166	PRID166	50.00	4.85g	\circ	O() () $($	\circ	\circ	\circ	\circ	$) \bigcirc ($	\circ	\circ
Peas	PRISD18	PRISD18	50.00	5.60g	\circ	O() () $($	\circ	\circ	\circ	\circ	$) \bigcirc ($	\circ	\circ
Penne Pasta	PRISD125	PRISD125	101.50	37.76g	\circ) () $($	\circ	\circ	\circ	\circ	$) \bigcirc ($	\circ	\circ
Peri Peri Crispy Nacho Bits	PRIPK4	PRIPK4	10.04	5.39g	\circ) (\mathcal{C}	\circ	\circ	\circ	\circ	$) \bigcirc $	\circ	0
Phat Mexican Bean Vegan Roll	PRIV161	PRIV161	90.00	27.63g	\circ) () $($	\circ	\circ	\circ		$) \bigcirc $	\circ	0
Pork Sausage	PRIP3	PRIP3	56.00	4.20g	*	* *	k :	* *	* *	*	*	* *	* *	**	*
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	\circ	O() () $($	\circ	\circ	\circ	\circ	$) \bigcirc ($	\circ	\circ
Quorn Vegan Cumberland Sausage	PRIV167	PRIV167	50.00	6.50g	\circ) () $($	\circ	\circ	\circ	\circ	$) \bigcirc $	\circ	0
Red Cabbage	PRISD23	PRISD23	50.00	1.15g	\circ	O() () $($	\circ	\circ	\circ	\circ	$) \bigcirc $	\circ	0
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	\circ	O() () (\circ	\circ	\circ	\circ	$) \bigcirc ($	\circ	\circ
Roast Chicken Thigh (Boneless)	PRIC5	PRIC5	62.25	0.00g	\circ	O() () (\circ	\circ	\circ	\circ	$) \bigcirc '$	\circ	\circ

containing Gluten

ydrate Count

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Dioxide and Sulphites

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Does Not Contain

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			Portion	arboh	Celery	Cereals	Crustac	Eggs	upin	_ ≚	Mollus	Musta Nuts	eanuts	sa ya	ulph
Menu Item	Recipe Code	Sub Recipe Codes	Size (g) ပိ		ပ္ပ	ပ်	E E	Lubi	Ξ	Ĕ		Pe	Se	Su
Roast Gammon	PRIP5	PRIP5	42.60	0.00g	*	*	*	* *	*	*	* *	k *	*	**	*
Roasted Autumn Vegetables	PRISD48	PRISD48	51.70	2.51g	\circ	\circ	\bigcirc	O($) \bigcirc$		\circ	$) \subset$	$) \bigcirc$	00	\circ
Roasted Summer Vegetables	PRISD49	PRISD49	52.71	2.57g	\circ	\circ	\circ	\circ	\circ		0 ($^{\circ}$	$) \bigcirc$	00	\circ
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	\circ	\circ	\circ	\circ	\circ		0 ($^{\circ}$	$) \bigcirc$	00	\circ
Soya Mince Lasagne	PRIV242	PRIV242	181.95	26.32g	Ō		Ō.	Ó C) Q		Q () Ç) Q	Q •	Ō
Spaghetti	PRISD8	PRISD8	124.00	39.06g	\circ		\bigcirc	O($) \bigcirc$		O($) \subset$	$) \bigcirc$	00	\circ
Spinach & Cheese Whirl	PRIGR2	PRIGR2	139.56	26.71g	\circ		\circ	\circ	\circ		O($^{\circ}$	$) \bigcirc$	00	\circ
Strawberry Jelly with Mandarins	PRID235	PRID235	149.60	5.80g	\circ	\circ	\circ	\circ	\circ		O($^{\circ}$	$) \bigcirc$	00	\circ
Strawberry Mousse	PRID248	PRID248	111.67	2.77g	Ō	Ō	Ō	Ó C) Q		Q () Ç) Q	QQ	Ō
Stuffing	PRISD40	PRISD40	31.64	1.82g	Ō		Q.	\bigcirc \bigcirc) Q	ı Q	Q () () Q	QQ	Ō
Swede	PRISD21	PRISD21	50.00	1.15g	\circ	\circ	\bigcirc	O($) \bigcirc$		O($) \subset$	$) \bigcirc$	00	\circ
Sweetcorn	PRISD19	PRISD19	43.50	6.05g	\circ	\circ	\circ	\circ	\circ		O($^{\circ}$	$) \bigcirc$	00	\circ
Tomato Pasta Sauce	PRIV225	PRIV225	152.60	6.06g	\circ	\circ	\circ	\circ	\circ		0 ($^{\circ}$	$) \bigcirc$	00	\circ
Tricolour Pasta	PRISD121	PRISD121	111.00	36.52g	\circ		\circ	O(\circ		0 ($) \subset$	$) \bigcirc$	00	0
Tzatziki	PRIGR3	PRIGR3	10.52	0.76g	\circ	\circ	\circ	O(\circ		0 ($) \subset$	$) \bigcirc$	00	0
Unseeded 4" Bun	PRISD17	PRISD17	50.00	25.75g	\circ		0	\circ	\circ		O($^{\circ}$	\bigcirc	ullet	\circ
Vanilla Shortbread	PRID57	PRID57	28.23	16.30g	\circ		\bigcirc	O(\circ		O($^{\circ}$	$) \bigcirc$	00	\circ

containing Gluten

ydrate Count

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

Dioxide and Sulphites

csandiford-watts@caterlinkItd.co.u

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			Portion		<u>e</u>	reg ust	gs	ᇣᇕ	. ≚	ist E	ţ	an sal	ya da	<u> </u>
Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	င္မ	ပိ	ပီ ပ်	Eg	E Til	Ξ	ĭ ĭ	Ž	Pe Se	S S	5
Vegan Sheese (Cheese alternative) Topping	PRIV216	PRIV216	20.00	4.34g	\bigcirc (\circ	0 (\circ	\circ	\circ		\circ	O)
Vegan Soya Bolognaise	PRIV233	PRIV233	143.17	8.80g	\bigcirc (\circ	\circ	\circ	\circ	\circ		\circ)
Vegetable Fajitas	PRIV211	PRIV211	138.17	22.72g	\bigcirc (O(\circ	\circ	\circ		\circ	O)
Vegetable Medley	PRISD102	PRISD102	48.44	4.67g	\bigcirc (\circ	O(\circ	\circ	\circ		\circ	O)
Vegetarian Tortilla Stack	PRIV250	PRIV250	150.03	20.50g	\bigcirc (\circ	O(\circ		\circ		\circ	O)
Vegetarian Wellington	PRIV232	PRIV232	112.74	24.34g	\bigcirc (O(\circ	\circ	\circ		\circ	O)
Wholemeal Fusilli Pasta	PRISD9	PRISD9	119.00	32.73g	\bigcirc (\circ	\circ	\circ	\circ		\circ	O)

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ohydrate Count

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