

Nutrition Plan with Carbohydrates and Allergens

Nutrit XMAS2025

Christmas Menu Options 2025

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.
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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% WM Cranberry Bread (made)	PRISD101	PRISD101	20.32	10.12g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00	34.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Bidfood Pork Sausage - Christmas	PRITD79	PRITD79	21.20	2.23g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Butchers Halal Chicken Sausage Chipolata 1	PRITD27	PRITD27	28.00	5.46g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Carrots	PRISD28	PRISD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chefs Pass Gravy	PRISD118	PRISD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Frosted Christmas Cake	PRITD42	PRITD42	66.62	36.94g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Christmas Plant Sausage	PRITD68	PRITD68	25.00	2.33g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Christmas Pudding	PRITD41	PRITD41	54.59	30.46g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Christmas Pudding Rice Crispy Cake	PRITD54	PRITD54	103.60	32.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Christmas Wellington	PRITD43	PRITD43	116.67	24.27g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Feta, Spinach and Cranberry Puff Pastry Rol	PRITD44	PRITD44	98.88	16.62g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Gingerbread Biscuits	PRITD15	PRITD15	58.08	41.24g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Lemon & Parsley Couscous	PRISD119	PRISD119	106.50	15.99g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
NGCI Cranberry Christmas Bread	PRINGCI69	PRINGCI69	21.06	8.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
NGCI GLUTEN FREE MandarinChocolate C.	PRINGCI31	PRINGCI31	66.00	21.99g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Chocolate, Orange & Cranberry Browni	PRITD49	PRITD49	55.58	19.13g	○	●	○	●	○	○	○	○	○	○	○	○	○	○

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Parsnip and Sweet Potato Loaf	PRITD56	PRITD56	118.25	18.54g														
Peas	PRISD18	PRISD18	50.00	5.60g														
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g														
Roast Chicken Thigh (Boneless)	PRIC5	PRIC5	62.25	0.00g														
Roast Potatoes - Peeled	PRISD7	PRISD7	75.56	16.97g														
Roast Turkey	PRIT1	PRIT1	40.80	0.00g														
Roasted Parsnips	PRISD62	PRISD62	50.10	6.45g														
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g														
Sprouts	PRISD64	PRISD64	50.00	1.75g														
Stuffing	PRISD40	PRISD40	31.64	1.82g														
Sweet Potato, Cranberry and Red Onion Tag	PRITD55	PRITD55	161.60	18.63g														