

Nutrition Plan with Carbohydrates and Allergens

NutriKENTAW2526 Kent TKAT Autumn Winter 2025 2026

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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
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00	34.00g	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple Crumb Cake	PRID268	PRID268	50.24	21.42g	○	●	○	●	○	○	○	○	○	○	○	○	○
Baked Beans	PRISD22	PRISD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Potato	PRISD55	PRISD55	187.50	42.38g	○	○	○	○	○	○	○	○	○	○	○	○	○
Baked Seasoned Potatoes	PRIQB16	PRIQB16	70.90	10.43g	○	○	○	○	○	○	○	○	○	○	○	○	○
BBQ Chicken Fillet	PRIQB14	PRIQB14	46.40	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognese (APP)	PRIB48	PRIB48	121.50	7.71g	○	◐	○	○	○	○	○	○	○	○	○	○	○
Beef Lasagne APP	PRIB52	PRIB52	177.45	23.57g	○	●	○	○	○	○	●	○	○	○	○	○	◐
Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli	PRISD20	PRISD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○
Butcher Beef Meatballs	PRIB57	PRIB57	32.79	0.00g	*	*	*	*	*	*	*	*	*	*	*	*	*
Cabbage	PRISD35	PRISD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○
Caribbean Butterbean Stew	PRIV306	PRIV306	146.00	15.80g	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots	PRISD28	PRISD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Crackers	PRID56	PRID56	58.00	23.72g	○	●	○	○	○	○	●	○	○	○	○	○	○
Cheese and Pepper Whirl	PRIV27	PRIV160, PRIV27	92.88	16.50g	○	●	○	○	○	○	●	○	○	○	○	○	○
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58	30.35g	○	●	○	○	○	○	●	○	○	○	○	○	●

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Cheese Filling for Jacket Potato or Sandwich	PRIV85	PRIV85	20.00	0.02g													
Cheesy Bean Puffs	PRIV191	PRIV191	102.92	27.74g													
Chefs Pass Gravy	PRISD118	PRISD118	63.24	2.88g													
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g													
Chocolate Sauce	PRID3	PRID3	80.00	8.32g													
Cornflake Tart	PRID221	PRID221	50.75	29.04g													
Creamy Chickpea and Coconut Curry	PRIV303	PRIV303	186.46	21.19g													
Custard Sauce	PRID2	PRID2	77.14	8.15g													
Chicken 50% Enchilada Bake	PRIC125	PRIC125	175.63	31.24g													
Chicken Biryani	PRIC124	PRIC124	255.30	41.97g													
Freshly Chopped Fruit	PRID223	PRID223	43.20	3.36g													
Fruit Medley	PRID224	PRID224	45.80	4.38g													
Fruit Platter	PRID225	PRID225	41.10	2.98g													
Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08	8.08g													
Gingerbread Cookie	PRID267	PRID267	30.19	16.51g													
Green Beans	PRISD24	PRISD24	50.00	2.00g													
Gyros Turmeric Rice	PRIGR5	PRIGR5	165.42	33.64g													

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					Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya
Halal Chicken Sausages	PRIC6	PRIC6	49.28	9.61g	*	*	*	*	*	*	*	*	*	*	*	*	*
Homemade Beetroot Burger	PRIBB3	PRIBB3	110.90	18.37g	○	●	○	○	○	○	○	○	○	○	○	○	○
Jamaican Ginger Cake	PRID265	PRID265	49.47	20.17g	○	●	○	●	○	○	○	○	○	○	○	○	○
Kent BBQ Vegan Sausage Pasta	PRIV271	PRIV271	267.33	49.99g	○	●	○	○	○	○	○	○	○	○	○	○	○
Lemon and Herb Mini Quorn Fillet	PRIQB19	PRIQB19	60.30	2.89g	○	●	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese - No Mustard	PRIV318	PRIV318	164.00	42.19g	○	●	○	○	○	○	●	○	○	○	○	○	○
Mild Caribbean Chicken Thigh	PRIC102	PRIC102	67.38	1.23g	○	○	○	○	○	○	○	○	○	○	○	○	○
Mixed Peppers	PRISD26	PRISD26	50.00	1.70g	○	○	○	○	○	○	○	○	○	○	○	○	○
MSC Pollock Fish Fingers	PRIF6	PRIF6	65.25	13.05g	○	●	○	○	●	○	○	○	○	○	○	○	○
MSC Salmon Fish Fingers	PRIF1	PRIF1	65.23	13.51g	○	●	○	○	●	○	○	○	○	○	○	○	○
Oaty Cookies	PRID85	PRID85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Chocolate and Beetroot Brownie	PRID169	PRID169	53.55	17.51g	○	●	○	●	○	○	○	○	○	○	○	○	○
OBC Syrup Sponge	PRID197	PRID197	52.22	20.46g	○	●	○	●	○	○	○	○	○	○	○	○	○
Paprika Wedges	PRISD81	PRISD81	90.40	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○
Pasta Salad w/Tomato Sauce	PRISB9	PRISB9	29.50	8.07g	○	●	○	○	○	○	○	○	○	○	○	○	○
Pear Crumble	PRID236	PRID236, PRID237	78.00	26.84g	○	●	○	○	○	○	○	○	○	○	○	○	○
Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○

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Pork Sausage	PRIP3	PRIP3	56.00	4.20g	*	*	*	*	*	*	*	*	*	*	*	*	*
Potato & Courgette Layer Bake	PRIV10	PRIV10	268.95	31.64g	○	●	○	○	○	○	●	○	○	○	○	○	○
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○
Quorn Vegan Cumberland Sausage	PRIV167	PRIV167	50.00	6.50g	○	●	○	○	○	○	○	○	○	○	○	○	○
Red Pepper and Cheese Frittata	PRIV24	PRIV24	134.34	4.03g	○	○	○	●	○	○	●	○	○	○	○	○	○
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Thigh (Boneless)	PRIC5	PRIC5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○
Simple Lentil Curry	PRIV263	PRIV258, PRIV263	185.78	18.30g	○	◐	○	○	○	○	○	○	○	○	○	○	○
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○
Spaghetti	PRISD8	PRISD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○
Sticky Toffee Apple Crumble	PRID243	PRID237, PRID243	79.26	29.53g	○	●	○	○	○	○	○	○	○	○	○	○	○
Strawberry Jelly with Mandarins	PRID235	PRID235	169.43	5.49g	○	○	○	○	○	○	○	○	○	○	○	○	○
Stuffing	PRISD40	PRISD40	31.64	1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○
Swede	PRISD21	PRISD21	50.00	1.15g	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn	PRISD19	PRISD19	43.50	6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○
Sweetcorn Salsa	PRIQB3	PRIQB3	18.56	1.88g	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato & Vegetable Pasta	PRIV302	PRIV302	301.25	54.48g	○	●	○	○	○	○	○	○	○	○	○	○	○

[illegible]

Nutrition Plan		Allergens	
Food Item	Carbohydrates (g)	Allergens	Notes
Apple	25	None	
Banana	27	None	
Bread	49	Gluten, Wheat	
Butter	0	Dairy	
Cheese	0	Dairy	
Egg	0	Egg	
Fruit Salad	25	None	
Grain	49	Gluten, Wheat	
Milk	0	Dairy	
Nut Butter	0	Nuts	
Peanut Butter	0	Nuts	
Rice	49	None	
Salt	0	None	
Sugar	0	None	
Yogurt	0	Dairy	



Sulphur Dioxide and Sulphites





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