

Nutrition Plan: SEP26W3WB

September 2026 Week 3 West Bridgford

| Legend |                  |  |  |
|--------|------------------|--|--|
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| ◐      | May Contain      |  |  |
| ○      | Does Not Contain |  |  |
| *      | No Information   |  |  |

| Group      | 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 |
|------------|-------------------------------------|-------------|--------------------------------------------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| MonMain    | Battered fish Msc                   | R00506      | R00506                                                 | 60.24            | 10.36g             | ○      | ●                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonMain    | Jacket Potato with Beans and Cheese | R00161      | R00161                                                 | 340.00           | 53.77g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonMain    | Vegan Fishless fingers              | R00805      | R00805                                                 | 84.00            | 21.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonVeg     | Baked Beans                         | R00062      | R00062                                                 | 70.00            | 10.50g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonCarb    | Diced Potatoes roasted              | R00008      | R00008                                                 | 103.00           | 17.20g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| MonDessert | Jelly & fruit                       | R00022      | R00022                                                 | 165.00           | 20.94g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesMain   | Chicken Punjabi curry               | R00212      | R00212                                                 | 116.32           | 3.93g              | ○      | ◐                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesMain   | Jacket Potato with Cheese           | R00059      | R00059                                                 | 225.00           | 43.28g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesMain   | Jacket Potato with Tuna Mayonnaise  | R00049      | R00049                                                 | 270.00           | 35.74g             | ○      | ○                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesMain   | Veggie Mince Bologanise             | R00521      | R00521                                                 | 159.50           | 8.70g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             |
| TuesVeg    | seasonal vegetables                 | R00610      | R00010, R00039, R00061, R00068, R00299, R00500, R00610 | 58.33            | 3.02g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesCarb   | Baguette Slice                      | R00070      | R00070                                                 | 25.00            | 12.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesCarb   | Flatbread                           | R00083      | R00083                                                 | 23.75            | 12.35g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesCarb   | Rice                                | R00081      | R00081                                                 | 40.00            | 31.20g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesCarb   | Spaghetti                           | R00057      | R00057                                                 | 45.00            | 32.40g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |

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|------------|------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| TueDessert | Fruit                              | R00556      | R00237, R00556   | 127.00           | 11.32g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedMain    | Gravy                              | R00069      | R00069           | 53.75            | 2.81g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedMain    | Jacket Potato with Cheese          | R00059      | R00059           | 225.00           | 43.28g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedMain    | Jacket Potato with Tuna Mayonnaise | R00049      | R00049           | 270.00           | 35.74g             | ○      | ○                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedMain    | Linda McCartney Vegan Roast        | R00968      | R00968           | 50.00            | 1.75g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             |
| WedMain    | Roast Chicken                      | R00109      | R00109           | 56.25            | 0.00g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedVeg     | Vegetable Medley                   | R00072      | R00072           | 50.00            | 2.21g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedCarb    | Mashed Potatoes                    | R00005      | R00005           | 125.00           | 20.67g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| WedCarb    | Yorkshire Pudding                  | R00106      | R00106           | 14.00            | 5.18g              | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedDessert | Cornflake Tart                     | R00188      | R00188           | 67.70            | 37.97g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursMain  | Jacket Potato with Cheese          | R00059      | R00059           | 225.00           | 43.28g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursMain  | Jacket Potato with Tuna Mayonnaise | R00049      | R00049           | 270.00           | 35.74g             | ○      | ○                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursMain  | Pork Hot Dog                       | R00235      | R00235           | 90.00            | 25.89g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ●                             |
| ThursMain  | Veggie Hot Dog                     | R00236      | R00236           | 90.00            | 25.24g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             |
| Thurs Veg  | Sweetcorn                          | R00039      | R00039           | 50.00            | 4.05g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursCarb  | Diced Potatoes roasted             | R00008      | R00008           | 103.00           | 17.20g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| ThDesserts | Melting Moments cookie             | R00983      | R00983           | 55.25            | 30.69g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

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|------------|------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| FriMain    | Cheese & tomato Pizza round 8      | R00067      | R00067           | 62.75            | 14.18g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriMain    | Ham & Tomato Pizza 6               | R00529      | R00529           | 102.00           | 19.31g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriMain    | Jacket Potato with Cheese          | R00059      | R00059           | 225.00           | 43.28g             | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriMain    | Jacket Potato with Tuna Mayonnaise | R00049      | R00049           | 270.00           | 35.74g             | ○      | ○                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriVeg     | Carrot Sticks                      | R00063      | R00063           | 50.00            | 3.95g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriCarb    | Garlic & herb bread (B)            | R01003      | R01003           | 24.00            | 7.92g              | ○      | ●                         | ○           | ○    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             |
| FriDessert | Chocolate Brownie                  | R00144      | R00144           | 66.90            | 33.96g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Veg        | Mixed Salad                        | R00040      | R00040           | 101.20           | 2.05g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Dessert    | Fresh Fruit Salad                  | R00011      | R00011           | 84.40            | 6.70g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Dessert    | Fruit                              | R00556      | R00237, R00556   | 127.00           | 11.32g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Drinks     | Milk                               | R00033      | R00033           | 150.00           | 7.05g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Bread      | extra bread                        | R00602      | R00602           | 16.67            | 6.33g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             |
| Sauce      | Tomato sauce                       | R00166      | R00166           | 5.00             | 1.20g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |