

Nutrition Plan with Carbohydrates and Allergens

Nutri KENTSS26 Kent TKAT Spring Summer 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	Sulphur Dioxide and Sulphites
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00	34.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple and Strawberry Crumble	PRID259	PRID237, PRID259	78.00	27.83g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Apple Flapjack	PRID171	PRID171	43.92	19.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Baked Beans	PRISD22	PRISD22	50.00	6.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Banana Mousse	PRID269	PRID269	53.70	10.12g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Beef Bolognaise (APP)	PRIB48	PRIB48	121.50	7.71g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Bidfood Pork Sausage 16's - Code 70263	PRIP25	PRIP25	56.00	4.20g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00	2.86g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli	PRISD20	PRISD20	50.00	1.40g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cabbage	PRISD35	PRISD35	50.00	1.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots	PRISD28	PRISD28	50.00	3.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Crackers	PRID56	PRID56	41.00	11.18g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58	30.35g	○	●	○	○	○	○	●	○	○	○	○	○	●	○
Cheesy Bean Puffs	PRIV191	PRIV191	102.92	27.74g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
Cheesy Broccoli Frittata	PRIV336	PRIV336	139.88	3.83g	○	○	○	●	○	○	●	○	○	○	○	○	○	○
Chef's Special Chicken Korma	PRIC86	PRIC86	148.20	5.16g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Chefs Pass Gravy	PRISD118	PRISD118	63.24	2.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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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	Sulphur Dioxide and Sulphites
Chickpea and Spinach Curry	PRIV321	PRIV258, PRIV321	183.68	14.63g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Chinese Vegetable Noodles	PRIV337	PRIV337	278.50	53.26g	○	●	○	●	○	○	○	○	○	○	○	○	●	○
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Coleslaw	PRISD47	PRISD47	51.36	2.68g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Coleslaw with VEGAN Mayonnaise	PRISB33	PRISB33	42.27	1.94g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce	PRID2	PRID2	77.14	8.15g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Fish in Batter	PRIF3	PRIF3	60.00	9.78g	○	●	○	○	●	○	○	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Greek Chicken Pitta	PRIGR1	PRIGR1	81.90	16.55g	○	●	○	○	○	○	○	○	○	○	○	○	○	●
Green Beans	PRISD24	PRISD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Herby Rice	PRISD195	PRISD195	167.04	33.68g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ice Cream	PRID13	PRID13	60.00	13.20g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
Jam & Coconut Sponge	PRID233	PRID233	57.92	20.93g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
KCC Vegetable Pasty	PRIV341	PRIV341	123.96	33.76g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Kerrymaid Double Cream	PRID229	PRID229	50.00	0.85g	○	○	○	○	○	○	●	○	○	○	○	○	○	○

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Lentil and Mushroom Wellington	PRIV260	PRIV260	122.34	24.36g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Sweet Potato Curry	PRIV108	PRIV108	226.66	26.49g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○	○
Loaded Jackets	PRIV234	PRIV234	226.60	42.71g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
Macaroni Cheese - No Mustard	PRIV318	PRIV318	164.00	42.19g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
Mexican Beef (APP)	PRIB49	PRIB49	197.00	10.79g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○	○
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	○	●	○	○	●	○	○	○	○	○	○	○	○	○	○
New Potatoes (Steamed or Boiled)	PRISD2	PRISD2	120.00	17.88g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Oaty Cookies	PRID85	PRID85	32.67	18.00g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
OBC Iced Sponge	PRID177	PRID177	52.28	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Orange Drizzle Cake	PRID182	PRID182	50.34	21.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Pineapple Upside Down Cake	PRID262	PRID262	75.16	21.24g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
Pasta (Shells)	PRISD11	PRISD11	101.50	33.39g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Peaches	PRID166	PRID166	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Phat Pasty Eat Better Pork Sausage Roll	PRIP24	PRIP24	90.00	24.57g	○	●	○	●	○	○	◐	○	○	○	○	○	○	○	○

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Plant Based Lentil and Tomato Sauce	PRIV160	PRIV160	170.21	15.28g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Quorn Burger Patty	PRIV47	PRIV47	43.96	0.48g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
Quorn Vegan Cumberland Sausage	PRIV167	PRIV167	50.00	6.50g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Rainbow Slaw	PRISD92	PRISD92	52.25	1.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Fillet	PRIC4	PRIC4	45.40	0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Chicken Thigh (Boneless)	PRIC5	PRIC5	62.25	0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Roast Quorn Vegan Fillet	PRIV204	PRIV204	58.00	2.84g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Skin On Roast Potatoes	PRISD82	PRISD82	68.04	15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Smokey Baked Bean Hot Pot with Quorn Sat	PRIV320	PRIV320	231.96	29.34g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Spaghetti	PRISD8	PRISD8	124.00	39.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Spinach & Cheese Whirl	PRIGR2	PRIGR2	139.56	26.71g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Tomato Arrabiata and Butterbean Pasta Sau	PRIV188	PRIV188	160.97	10.95g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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