

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.
3. All allergens listed are based on **BIDFOOD** purchased products only and are subject to change without notice.
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	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 Roll	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 Mandarin Chocolate C	PRINGCI31	PRINGCI31	66.00	21.99g														
OBC Chocolate, Orange & Cranberry Brownie	PRITD49	PRITD49	55.58	19.13g														

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