

Nutrition Plan: Sept25SF2

September 25 DSA Week 2 Allergens

Legend

- Contains
- ◐ 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 | |
|------------|---------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
| FriCarb | Chips | R00007 | R00007 | 100.00 | 22.00g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| FriDessert | Carrot & Pineapple Muffin | R00154 | R00154 | 50.00 | 19.13g | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Veg | Mixed Salad | R00040 | R00040 | 101.20 | 2.05g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Dessert | Fresh Fruit Salad | R00011 | R00011 | 84.40 | 6.70g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Drinks | Milk | R00033 | R00033 | 150.00 | 7.05g | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Bread | extra bread | R00602 | R00602 | 16.67 | 6.33g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● |
| Bread | Flatbread | R00083 | R00083 | 23.75 | 12.35g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Sauce | Tomato sauce | R00166 | R00166 | 5.00 | 1.20g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |