

Nutrit KentTKAW24 Kent and TKAT Menu Autumn Winter 2024 2025

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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	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apple and Blackberry Crumble	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Baked Beans	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beef Bolognese (APP)	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Beef Tortilla Stack (APP)	○	●	○	○	○	○	○	○	○	○	○	○	○	○
BF MSC Breaded Pollock Fillets	○	●	○	○	●	○	○	○	○	○	○	○	○	○
Bidfood Tomato Ketchup	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broccoli	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cabbage	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Carrots	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Broccoli Pasta	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Pepper Whirl	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Cheese and Tomato Pizza	○	●	○	○	○	○	○	○	○	○	○	○	●	○
Cheesy Bean Puffs	○	●	○	○	○	○	○	○	○	○	○	○	○	○
Chefs Pass Gravy	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Meatballs in Tomato Sauce	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chicken Pasta Bake	○	●	○	○	○	○	○	○	○	○	○	○	○	○

Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00 34.00g
Apple and Blackberry Crumble	PRID74	PRID237, PRID74	78.00 27.65g
Baked Beans	PRISD22	PRISD22	50.00 6.75g
Beef Bolognese (APP)	PRIB48	PRIB48	121.50 7.71g
Beef Tortilla Stack (APP)	PRIB40	PRIB40	141.57 13.89g
BF MSC Breaded Pollock Fillets	PRIF7	PRIF7	80.00 17.20g
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 Broccoli Pasta	PRIV304	PRIV304	295.17 51.57g
Cheese and Pepper Whirl	PRIV27	PRIV160, PRIV27	92.88 16.50g
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58 28.26g
Cheesy Bean Puffs	PRIV191	PRIV191	102.92 27.74g
Chefs Pass Gravy	PRISD118	PRISD118	63.24 2.88g
Chicken Meatballs in Tomato Sauce	PRIC103	PRIC103	127.58 6.74g
Chicken Pasta Bake	PRIC101	PRIC101	268.38 44.48g

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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
Chicken Tikka Masala (APP)	PRIC45	PRIC45	123.92	7.24g	○	◐	○	○	○	○	●	○	○	○	○	○	○	○
Chinese Vegetable Noodles	PRIV215	PRIV215	265.58	54.54g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Cocoa Cookies	PRID40	PRID40	33.08	17.18g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Orange Cookie	PRID230	PRID230	29.50	13.65g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Chocolate Sauce	PRID3	PRID3	80.00	8.32g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Coleslaw	PRISD47	PRISD47	51.36	2.68g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Custard Sauce	PRID2	PRID2	77.14	8.15g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fruit Platter	PRID225	PRID225	41.10	2.98g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08	7.52g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green Beans	PRISD24	PRISD24	50.00	2.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Halal Chicken Sausages	PRIC6	PRIC6	49.28	9.61g	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Homity Pie (Potato, Spinach & Cheese Tart)	PRIV151	PRIV151	129.63	21.16g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Kerrymaid Double Cream	PRID229	PRID229	50.00	0.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lentil and Sweet Potato Curry	PRIV108	PRIV108	226.66	26.49g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
Macaroni Cheese	PRIV11	PRIV11	165.50	42.33g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Melting Moment Biscuit	PRID231	PRID231	28.96	16.11g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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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	
Mild Caribbean Chicken Thigh	PRIC102	PRIC102	67.38	1.23g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
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 Chocolate and Beetroot Brownie	PRID169	PRID169	53.55	17.51g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Chocolate Drizzle Cake	PRID198	PRID198	55.46	19.85g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Marble Sponge	PRID199	PRID199	50.04	18.90g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
OBC Peach Upside Down Cake	PRID176	PRID176	90.31	23.76g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
Peaches	PRID166	PRID166	50.00	4.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Peas	PRISD18	PRISD18	50.00	5.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Pork Sausage	PRIP3	PRIP3	56.00	4.20g	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
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	○	○	○	●	○	○	●	○	○	○	○	○	○	○	○
Rice and Peas	PRISD188	PRISD188	132.30	37.85g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Rice Pudding with Mixed Berries	PRID31	PRID31	91.67	18.81g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○

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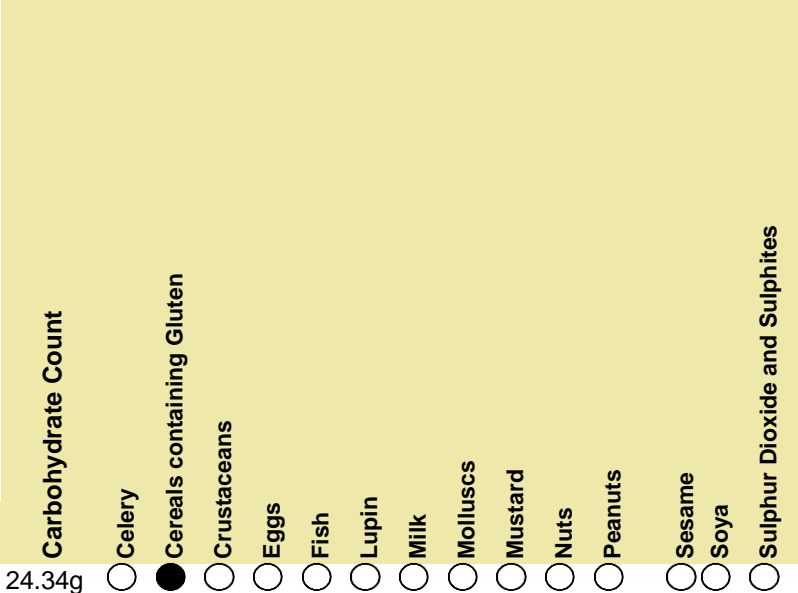
Carbohydrate Count	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites
45.40 0.04g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
58.00 2.84g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
40.80 0.00g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
68.04 15.27g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
206.96 24.99g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
124.00 39.06g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
79.26 29.53g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
149.60 5.80g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
111.67 2.77g	○	○	○	○	○	○	●	○	○	○	○	○	○	○
31.64 1.82g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
43.50 6.05g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
301.25 54.48g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
28.23 16.30g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
243.67 34.94g	○	○	○	○	○	○	○	○	○	○	○	○	○	○
185.96 12.35g	○	◐	○	○	○	○	○	○	○	○	○	○	○	○
137.67 27.22g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
48.44 4.67g	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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Roast Chicken Fillet	PRIC4	PRIC4	45.40
Roast Quorn Vegan Fillet	PRIV204	PRIV204	58.00
Roast Turkey	PRIT1	PRIT1	40.80
Skin On Roast Potatoes	PRISD82	PRISD82	68.04
Smokey Baked Bean Hot Pot	PRIV307	PRIV307	206.96
Spaghetti	PRISD8	PRISD8	124.00
Sticky Toffee Apple Crumble	PRID243	PRID237, PRID243	79.26
Strawberry Jelly with Mandarins	PRID235	PRID235	149.60
Strawberry Mousse	PRID248	PRID248	111.67
Stuffing	PRISD40	PRISD40	31.64
Sweetcorn	PRISD19	PRISD19	43.50
Tomato & Vegetable Pasta	PRIV302	PRIV302	301.25
Vanilla Shortbread	PRID57	PRID57	28.23
Vegan Cottage Pie	PRIV241	PRIV241	243.67
Vegan Soya Chilli	PRIV309	PRIV309	185.96
Vegetable Fajitas with Wheat Tortilla	PRIV308	PRIV308	137.67
Vegetable Medley	PRISD102	PRISD102	48.44

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Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)
Vegetarian Wellington	PRIV232	PRIV232	112.74

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