ŝ σ

Nutrit KentTKAW24 Kent and TKAT Menu Autumn Winter 2024 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

 \bigcirc

ж

May Contain

Does Not Contain

No Information

			Portion	arbor	Celery	ustac	Sg	٩	oin	×	Ilusc	starc ts	Peanuts	Sesame Soya Sulphur	
G Menu Item	Recipe Code	Sub Recipe Codes	Size (g)	Ca	Cel	รีวี	Eggs	Fish	Lupin	Milk	Moll	Must	Pe	So. So	
50/50 Long Grain & Wholemeal Rice	PRISD84	PRISD84	106.00 34.0)0g	ОC	$) \bigcirc$	Ο	Ο	\bigcirc	\bigcirc (\bigcirc) O (С	00 0	
Apple and Blackberry Crumble	PRID74	PRID237, PRID74	78.00 27.6	65g	\bigcirc	$) \bigcirc$	Ο	Ο	\bigcirc	\bigcirc (O() O (С	000	
Baked Beans	PRISD22	PRISD22	50.00 6.75	5g	O C	$) \bigcirc$	Ο	Ο	\bigcirc	\bigcirc (\bigcirc (OO(С	000	
Beef Bolognaise (APP)	PRIB48	PRIB48	121.50 7.71	lg	0 -	• ()	Ο	Ο	\bigcirc	\bigcirc (\bigcirc	OO(С	000	
Beef Tortilla Stack (APP)	PRIB40	PRIB40	141.57 13.8	39g	\bigcirc	$) \bigcirc$	Ο	Ο	\bigcirc		\bigcirc (OO(С	000	
BF MSC Breaded Pollock Fillets	PRIF7	PRIF7	80.00 17.2	20g	\bigcirc	$) \bigcirc$	Ο		\bigcirc	\bigcirc (\bigcirc (OO(С	000	
Bidfood Tomato Ketchup	PRISD14	PRISD14	10.00 2.86	Sg	ОC	$) \bigcirc$	Ο	Ο	\bigcirc	\bigcirc (\bigcirc	OO(С	000	
Broccoli	PRISD20	PRISD20	50.00 1.40)g	ОC	$) \bigcirc$	Ο	Ο	\bigcirc	\bigcirc (\bigcirc (OO(С	000	
Cabbage	PRISD35	PRISD35	50.00 1.60)g	ОC	$) \bigcirc$	Ο	Ο	\bigcirc	\bigcirc (\bigcirc	OO(С	000	
Carrots	PRISD28	PRISD28	50.00 3.00)g	ОC	$) \bigcirc$	Ο	Ο	\bigcirc	\bigcirc (\bigcirc	OO(С	000	
Cheese and Broccoli Pasta	PRIV304	PRIV304	295.17 51.5	57g	\bigcirc	$) \bigcirc$	Ο	Ο	\bigcirc		O() O (С	000	
Cheese and Pepper Whirl	PRIV27	PRIV160, PRIV27	92.88 16.5	50g	\bigcirc	$) \bigcirc$	Ο	Ο	\bigcirc		\bigcirc	OO(С	000	
Cheese and Tomato Pizza	PRIV231	PRIV231	102.58 28.2	26g	\bigcirc	$) \bigcirc$	Ο	Ο	\bigcirc		\bigcirc (OO(С	$\bigcirc \bigcirc \bigcirc$	
Cheesy Bean Puffs	PRIV191	PRIV191	102.92 27.7	74g	\bigcirc	$) \bigcirc$	Ο	Ο	\bigcirc		O	$) \cap ($	С	00 0	
Chefs Pass Gravy	PRISD118	PRISD118	63.24 2.88	3g	ОC	$) \bigcirc$	Ο	Ο	\bigcirc	\bigcirc (\bigcirc	OO(С	000	
Chicken Meatballs in Tomato Sauce	PRIC103	PRIC103	127.58 6.74	1g	ОС	$) \bigcirc$	Ο	Ο	\bigcirc	\bigcirc (O() O (С	000	
Chicken Pasta Bake	PRIC101	PRIC101	268.38 44.4	18g	\bigcirc	$) \bigcirc$	Ο	Ο	\bigcirc		\bigcirc ($) \cap ($	С	00 0	
PlanCarbsAll: Nutrition Plan with Carbohydrat	as and Allergen	2		-										##	¢.

Gluten

containing

ceans

Ndrate Count

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

Dioxide and Sulphites

ŝ - 75

Nutrit KentTKAW24 Kent and TKAT Menu Autumn Winter 2024 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

 \bigcirc

ж

Does Not Contain

No Information

			Portion	arboh	Celery	Cereals	Crustac	Eggs	Ę	Lupin	≚	Mollusc	Istarc	nuts Peanuts	same	Sulphur	
G Menu Item	Recipe Code	Sub Recipe Codes	Size (g) ບຶ	ပီ	မီ	ົວ	Еg	Fish	Ľ	Milk	Ĕ	Must	Pean	Sesal	Sulpt	
Chicken Tikka Masala (APP)	PRIC45	PRIC45	123.92	7.24g	Q	•	Q	Õ	Q	Q		Õ	Q (Q (QQ) (
Chinese Vegetable Noodles	PRIV215	PRIV215	265.58	54.54g	Ο		Ο		Ο	\bigcirc	\bigcirc	О	ОC	O(\bigcirc		
Chips (Fryer or Oven)	PRISD5	PRISD5	83.40	29.44g	\bigcirc	Ο	Ο	\bigcirc	Ο	\bigcirc	\bigcirc	\bigcirc	O C	O(00	O(
Chocolate Cocoa Cookies	PRID40	PRID40	33.08	17.18g	\bigcirc		Ο	\bigcirc	Ο	\bigcirc	\bigcirc	\bigcirc	O C	O(OC	O(
Chocolate Orange Cookie	PRID230	PRID230	29.50	13.65g	\circ		Ο	0	Ο	\bigcirc	\bigcirc	О	O C	O(00	O(
Chocolate Sauce	PRID3	PRID3	80.00	8.32g	\bigcirc	Ο	Ο	\bigcirc	Ο	\bigcirc		\bigcirc	O C	O(OC	O(
Coleslaw	PRISD47	PRISD47	51.36	2.68g	\bigcirc	Ο	Ο		Ο	\bigcirc	\bigcirc	\bigcirc	O C	O(OC	O(
Custard Sauce	PRID2	PRID2	77.14	8.15g	\circ	Ο	Ο	0	Ο	\bigcirc		О	O C	O(00	O(
Fruit Platter	PRID225	PRID225	41.10	2.98g	\bigcirc	Ο	Ο	\bigcirc	Ο	\bigcirc	\bigcirc	\bigcirc	O C	O(OC	O(
Garlic Flavoured Bread (Made)	PRISD50	PRISD50	17.08	7.52g	\bigcirc		Ο	\bigcirc	Ο	\bigcirc	\bigcirc	\bigcirc	O C	O(\bigcirc		
Green Beans	PRISD24	PRISD24	50.00	2.00g	\circ	Ο	Ο	0	0	\bigcirc	\bigcirc	О	O C	O(00	\sim	
Halal Chicken Sausages	PRIC6	PRIC6	49.28	9.61g	*	*	*	*	*	*	*	*	* *	* *	**	*	
Homity Pie (Potato, Spinach & Cheese Tart)	PRIV151	PRIV151	129.63	21.16g	\circ		Ο		0	\bigcirc		О	O C	O(00	O(
Kerrymaid Double Cream	PRID229	PRID229	50.00	0.85g	\circ	Ο	Ο	0	0	\bigcirc		О	O C	O(00	O(
Lentil and Sweet Potato Curry	PRIV108	PRIV108	226.66	26.49g	\bigcirc		Ο	\bigcirc	Ο	\bigcirc	\bigcirc	\bigcirc	O C	O(OC	O(
Macaroni Cheese	PRIV11	PRIV11	165.50	42.33g	\circ		Ο	0	Ο	\bigcirc		О	• (O(00	O(
Melting Moment Biscuit	PRID231	PRID231	28.96	16.11g	Ο		Ο		Ο	\bigcirc	\bigcirc	О	O C	O(00	O(
PlanCarbsAll: Nutrition Plan with Carbohydrate	es and Allergen	s		•												##	

Gluten

containing

eans

nydrate Count

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

Dioxide and Sulphites



S

Nutrit KentTKAW24 Kent and TKAT Menu Autumn Winter 2024 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

Ť

Does Not Contain \bigcirc

No Information

				ō	~	- Hereit	ă			~		<u>s</u>	aŭ	rt		Ĕ Z	
			Portior	arbol	Celery	Cereal	Crusta	Eggs	ų	upin	≚	Mollu	Mustar	Nuts Pean		Sesam Soya Sulphu	
G Menu Item	Recipe Code	Sub Recipe Codes	Size (g) ပီ	ပဳ	ပဳ	ັບ	Ш	Fish	2	Milk	ž	ž	Pe NL		Sc Su Su	
Mild Caribbean Chicken Thigh	PRIC102	PRIC102	67.38	1.23g	Ο	Ο	Ο	Ο	Ο	\bigcirc	Ο	Ο	\bigcirc	$O \subset$)	OOO	
MSC Pollock Fish Fingers	PRIF6	PRIF6	65.25	13.05g	Ο		Ο	Ο		Ο	0	Ο	\bigcirc	ОС)	00 O	
MSC Salmon Fish Fingers	PRIF1	PRIF1	65.23	13.51g	Ο		\bigcirc	\bigcirc		Ο	Ο	\bigcirc	\bigcirc	ОС)	OOO	
New Potatoes (Steamed or Boiled)	PRISD2	PRISD2	120.00	17.88g	Ο	\bigcirc	\bigcirc	\bigcirc	\bigcirc	Ο	Ο	\bigcirc	\bigcirc	ОС)	OO O	
Oaty Cookies	PRID85	PRID85	32.67	18.00g	Ο		\bigcirc	Ο	Ο	Ο	0	\bigcirc	\bigcirc	ЭС)	00 O	
OBC Chocolate and Beetroot Brownie	PRID169	PRID169	53.55	17.51g	Ο		\bigcirc		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	ОС)	00 0	
OBC Chocolate Drizzle Cake	PRID198	PRID198	55.46	19.85g	Ο		\bigcirc		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	ОС)	00 0	
OBC Marble Sponge	PRID199	PRID199	50.04	18.90g	Ο		\bigcirc		Ο	Ο	0	\bigcirc	\bigcirc	ЭС)	00 O	
OBC Peach Upside Down Cake	PRID176	PRID176	90.31	23.76g	Ο		\bigcirc		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	ОС)	00 0	
Peaches	PRID166	PRID166	50.00	4.85g	Ο	Ο	\bigcirc	ОС)	00 0							
Peas	PRISD18	PRISD18	50.00	5.60g	Ο	Ο	Ο	Ο	Ο	Ο	0	\bigcirc	\bigcirc	ОС)	00 O	
Pork Sausage	PRIP3	PRIP3	56.00	4.20g	*	*	*	*	*	*	*	*	*:	* *	;	** *	
Potato Wedges (Made & Oven Baked)	PRISD6	PRISD6	90.04	20.34g	Ο	Ο	Ο	Ο	Ο	Ο	Ο	Ο	\bigcirc	ОС)	00 O	
Quorn Vegan Cumberland Sausage	PRIV167	PRIV167	50.00	6.50g	Ο		\bigcirc	Ο	Ο	Ο	0	\bigcirc	\bigcirc	ЭС)	00 O	
Red Pepper and Cheese Frittata	PRIV24	PRIV24	134.34	4.03g	Q	Q	Q		Q	Q		Q	Q (ÕÕ)	QQ Q	
Rice and Peas	PRISD188	PRISD188	132.30	37.85g	Q	Q	Q	Q	Q	Q	Õ	Q	Q (ОÇ)	QQ Q	
Rice Pudding with Mixed Berries	PRID31	PRID31	91.67	18.81g	Ο	Ο	\bigcirc	Ο	Ο	Ο		\bigcirc	\bigcirc	ЭС)	00 0	
PlanCarbsAll: Nutrition Plan with Carbobydr	tes and Allergen	2														##	H

Gluten

containing

ceans

S σ

hydrate Count

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

Dioxide and Sulphites

5



S σ

ŝ

Gluten

containing

ceans

hydrate Count

Nutrit KentTKAW24 Kent and TKAT Menu Autumn Winter 2024 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

 \bigcirc

ж

May Contain

Does Not Contain

No Information

			Portion log	Celery	Cereals	ustat. gs	ء	ui -	k Ilusc	stard	anut	Sesame Soya Sulphui	
G Menu Item	Recipe Code	Sub Recipe Codes	Size (g) Ü	Cel	S C	Eggs	Fish	Lupin		Must Nuts	Pean	Se: Soj Sul	
Roast Chicken Fillet	PRIC4	PRIC4	45.40 0.04g	Ο	ОC	$) \bigcirc$	Ο	O(C	$) \bigcirc \bigcirc$	0	00 0	
Roast Quorn Vegan Fillet	PRIV204	PRIV204	58.00 2.84g	Ο	• C) ()	Ο	O(С	OO	Ο	00 0	
Roast Turkey	PRIT1	PRIT1	40.80 0.00g	Ο	ОC	$) \bigcirc$	Ο	O(DС	OO	Ο	000	
Skin On Roast Potatoes	PRISD82	PRISD82	68.04 15.27g	Ο	ОC	$) \bigcirc$	\bigcirc	O	ЭC	OO	Ο	00 0	
Smokey Baked Bean Hot Pot	PRIV307	PRIV307	206.96 24.99g	Ο	ОC) ()	Ο	O(С	OO	Ο	00 0	
Spaghetti	PRISD8	PRISD8	124.00 39.06g	Ο	• C	$) \bigcirc$	Ο	O(DС	OO	Ο	000	
Sticky Toffee Apple Crumble	PRID243	PRID237, PRID243	79.26 29.53g	Ο	• C	$) \bigcirc$	\bigcirc	O	ЭC	OO	Ο	00 0	
Strawberry Jelly with Mandarins	PRID235	PRID235	149.60 5.80g	Ο	ОC) ()	Ο	O(DС	OO	Ο	00 0	
Strawberry Mousse	PRID248	PRID248	111.67 2.77g	Ο	ОC	$) \bigcirc$	Ο	\bigcirc	DC	OO	Ο	000	
Stuffing	PRISD40	PRISD40	31.64 1.82g	Ο	• C	$) \bigcirc$	\bigcirc	O	ЭC	OO	Ο	00 0	
Sweetcorn	PRISD19	PRISD19	43.50 6.05g	Ο	ОC) ()	Ο	O(DС	OO	Ο	00 0	
Tomato & Vegetable Pasta	PRIV302	PRIV302	301.25 54.48g	Ο	• C	$) \bigcirc$	\bigcirc	\bigcirc	ЭC	OO	Ο	00 0	
Vanilla Shortbread	PRID57	PRID57	28.23 16.30g	Ο	• C) ()	\bigcirc	O	С	OO	Ο	00 0	
Vegan Cottage Pie	PRIV241	PRIV241	243.67 34.94g	Ο	ОC) ()	Ο	O(DС	OO	Ο	$\bigcirc \bigcirc \bigcirc$	
Vegan Soya Chilli	PRIV309	PRIV309	185.96 12.35g	Ο	- C	$) \bigcirc$	Ο	O(DС	OO	Ο	$\bigcirc \bigcirc \bigcirc$	
Vegetable Fajitas with Wheat Tortilla	PRIV308	PRIV308	137.67 27.22g	Ο	• C) ()	\bigcirc	O	С	OO	Ο	00 0	
Vegetable Medley	PRISD102	PRISD102	48.44 4.67g	Ο	ОC	DО	Ο	O(DС	OO	Ο	00 0	
PlanCarbsAll: Nutrition Plan with Carbohyd	Irates and Allergen	e	•									##	

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens

16:50

satti

Nutrit KentTKAW24 Kent an 1.This allergen matrix is ONLY VALID if you are SHEETS.		J Autumn Winter 2 shown on the Caterlink RE		5								
 If you are using different products, you MUST of 3.All allergens listed are based on BIDFOOD pur notice. 			ge without									
4.All allergen champions must regularly check delives 5.All products showing as "No Information" MUST and kept on site.	0											
6.Our carbohydrate counts are guidelines, based of that these may differ than those used in other meth given, so you can make an informed choice based 50g of uncooked pasta per portion.	nods e.g. the Carbs	& Cals book. All portion si	zes are	Ĭ	Gluten							l Sulphites
 Contains May Contain Does Not Contain No Information 				Carbohydrate Count	containing	eans			s	T	S	e r Dioxide and
G Menu Item	Recipe Code	Sub Recipe Codes	Portion Size (g)	Carbo	Celery Cereals	Crustao	Eggs Fish	Lupin	Milk Mollusc	Mustard	Nuts Peanuts	Sesame Soya Sulphur
Vegetarian Wellington	PRIV232	PRIV232		24.34g	Õ 🌢	Õ (δŌ	Ō	ΞŌ	Ō	5 Ō	ÖÖ Ö

PlanCarbsAll: Nutrition Plan with Carbohydrates and Allergens