

Nutrition Plan with Carbohydrates and Allergens

ab529t

Nutrition Plan: Oct22 d w2

October 22 Desserts week 2

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	
	Autumn Feast Muffin	S4/49	S4/49	48.50	17.57g	○	●	○	●	○	○	●	○	◐	◐	◐	◐	◐	◐	
	Banana Muffin	S4/36c	S4/36c	76.75	29.32g	○	●	○	●	○	○	●	○	○	○	○	○	○	◐	○
	Choc crunch Finger (p)	S8/04A(P)	S8/04A(P)	34.63	19.90g	○	●	○	○	○	○	○	○	○	○	○	○	○	◐	○
	Fruit Jelly	S2/08	S2/08	42.50	4.57g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Platter	S1/19A	S1/19A	74.45	11.62g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Yogurt	S1/10C	S1/10C	80.00	8.48g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○