## Caterlink

# Nutrition Plan with Carbohydrates and Allergens

## Nutri CNY22 Chinese New Year Menu 2022

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. 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50/50 Long Grain & Wholemeal Rice (V1) | #SD84 | #SD84 | 97.00 | 33.94g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Broccoli (V1) | #SD20 | #SD20 | 50.00 | 1.40g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Chinese Chicken Curry (APP) (V3) | #C46 | #C46 | 222.84 | 16.36g | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ | ○ | ○ | ● | ○ |
| OBC Mandarin and Cinnamon Cake (V1) | #D165 | #D165 | 69.73 | 22.49g | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Peppers (V1) | #SD26 | #SD26 | 50.00 | 1.70g | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Quorn Chow Mein Noodle Bar (V2) | #KS17 | #KS17 | 318.00 | 48.62g | ○ | ● | ○ | ● | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ● | ○ |