

## Introducing Our New Allergen Aware Menus

At Impact Food Group (IFG) our mission is to transform lives through the power of food. We want as many children as possible to have access to healthy food, including those with dietary needs. To do this in a way which is safe for both our young customers and our staff, we have created our Allergen Aware Menu which we're excited to share with you and tell you more about.

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### What is the Allergy Aware Menu?

Based on our new primary menu, the Allergy Aware Menu offers popular and nutritious meal options whilst also being suitable for children with allergies to gluten, milk, egg and soya. These allergens were identified as the most commonly reported in primary schools. If your child has an allergy outside of these four, we will provide full allergen information on our core recipes and ingredients, which can be used to make meal selections for your child from the main menu.

Please note, we do not add any nuts or peanuts, or any foods that may contain nuts or peanuts, into our primary menus, so if your child has an allergy to only nuts or peanuts then the main primary school menu is suitable.

### Menu Highlights

**Child-Friendly Choices:** Each day the Allergen Aware Menu offers three main meals to choose from, including a jacket potato option. In addition, there is access to a salad bar and the choice between a dessert, fresh fruit or jelly. Examples of main meals include salmon and pea pasta, vegan sausage and mash, fish fingers and chips, creamy chicken korma with rice and mild Mexican beef chilli with carrot rice, to name a few! Desserts range from shortbreads to brownies and sponges, including vegan friendly options.

**Sustainability in Action:** Our menu reflects our commitment to sustainability. New dishes like our Cauliflower Pasta Bake use the entire vegetable – in this case cauliflower leaves, stalks, and all – reducing waste while providing a delicious meal.

**Veggie Variety:** We've broadened our use of seasonal vegetables to go beyond sweetcorn and peas, using ingredients which rotate with the seasons and introduce children to a rainbow of fresh flavours.

**Pasta with Purpose:** A favourite for many children, our pasta dishes now feature a protein-enriched tomato sauce with blended lentils and vegetables, offering additional protein without compromising on taste.

### Allergen Buddies

To further support children with allergies or intolerances when it comes to school meals, IFG recently launched our Allergen Buddy scheme. The catering team at your school now has a dedicated expert on hand daily to provide clear and relevant allergen information to anyone eating with us. Wearing distinctive Allergen Buddy hats and aprons, they are easy to spot, making it simple to find someone to ask about the meals available each day.

If you have any questions or suggestions regarding our new Allergy Aware Menu please contact our Impact Safety Team at [impactsafety@impactfood.co.uk](mailto:impactsafety@impactfood.co.uk).

Thank you for your time and support.

**The Impact Safety Team**

Impact Food Group

22-Nov-2024  
13:15

saffron

IFGPlee

Nutrition Plan with Carbohydrates and Allergens

Nutrition Plan: PR1130 Primary Jan 25 Pick n Mix

**Legend**

- Contains
- May Contain
- Does Not Contain
- \* No Information

| Group | Menu Item            | Recipe Code | Sub Recipe Codes | Carbohydrate Count | Portion Size (g) | Celery                | Cereals containing Gluten        | Crustaceans           | Eggs                             | Fish                             | Lupin                 | Milk                             | Molluscs              | Mustard               | Nuts                  | Peanuts               | Sesame                | Soya                  | Sulphur Dioxide and Sulphites |                       |
|-------|----------------------|-------------|------------------|--------------------|------------------|-----------------------|----------------------------------|-----------------------|----------------------------------|----------------------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------------|-----------------------|
|       | Cheese Roll          | R03646      | R03646           | 26.51g             | 85.00            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>         | <input type="radio"/> |
|       | Chicken Roll         | R03649      | R03649           | 26.00g             | 95.00            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> |
|       | Egg Mayonnaise Roll  | R05607      | R05607           | 26.64g             | 97.21            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> |
|       | Halal Chicken Roll   | R02608      | R02608           | 26.20g             | 95.00            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> |
|       | Ham Roll             | R03643      | R03643           | 26.00g             | 75.50            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> |
|       | Tuna Mayonnaise Roll | R03647      | R03647           | 26.38g             | 91.00            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> |

Nutrition Plan: PR1130

Primary Jan 25 Pick n Mix

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|-------|----------------------|-------------|------------------|--------------------|------------------|-----------------------|----------------------------------|-----------------------|----------------------------------|----------------------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------------|-----------------------|
|       | Cheese Roll          | R03646      | R03646           | 26.51g             | 85.00            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>         | <input type="radio"/> |
|       | Chicken Roll         | R03649      | R03649           | 26.00g             | 95.00            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> |
|       | Egg Mayonnaise Roll  | R05607      | R05607           | 26.64g             | 97.21            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> |
|       | Halal Chicken Roll   | R02608      | R02608           | 26.20g             | 95.00            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> |
|       | Ham Roll             | R03643      | R03643           | 26.00g             | 75.50            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> |
|       | Tuna Mayonnaise Roll | R03647      | R03647           | 26.38g             | 91.00            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> |

Impact Food Group

Nutrition Plan with Carbohydrates and Allergens

22-Nov-2024  
13:15

saffron

IFGPlee

Nutrition Plan: PR1130

Primary Jan 25 Pick n Mix

**Legend**

- Contains
- May Contain
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- \* No Information

| Group | Menu Item            | Recipe Code | Sub Recipe Codes | Carbohydrate Count | Portion Size (g) | Celery                              | Cereals containing Gluten | Crustaceans                         | Eggs                     | Fish                                | Lupin                    | Milk                                | Molluscs                 | Mustard                  | Nuts                     | Peanuts                  | Sesame                   | Soya                     | Sulphur Dioxide and Sulphites |                          |
|-------|----------------------|-------------|------------------|--------------------|------------------|-------------------------------------|---------------------------|-------------------------------------|--------------------------|-------------------------------------|--------------------------|-------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-------------------------------|--------------------------|
|       | Cheese Roll          | R03646      | R03646           | 26.51g             | 85.00            | <input checked="" type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> |
|       | Chicken Roll         | R03649      | R03649           | 26.00g             | 95.00            | <input checked="" type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> |
|       | Egg Mayonnaise Roll  | R05607      | R05607           | 26.64g             | 97.21            | <input checked="" type="checkbox"/> | <input type="checkbox"/>  | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> |
|       | Halal Chicken Roll   | R02608      | R02608           | 26.20g             | 95.00            | <input checked="" type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> |
|       | Ham Roll             | R03643      | R03643           | 26.00g             | 75.50            | <input checked="" type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> |
|       | Tuna Mayonnaise Roll | R03647      | R03647           | 26.38g             | 91.00            | <input checked="" type="checkbox"/> | <input type="checkbox"/>  | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> |

Impact Food Group

Nutrition Plan with Carbohydrates and Allergens

22-Nov-2024 20:44 saffron

IFGPlce

Nutrition Plan: PR Salad

Primary Jan 25 Salad Bar

**Legend**  
 ● Contains  
 ◐ May Contain  
 ○ Does Not Contain  
 \* No Information

| Group | Menu Item                                | Recipe Code | Sub Recipe Codes | Carbohydrate Count | Portion Size (g) | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites |   |
|-------|--|-------------|------------------|--------------------|------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Daily Bread Primary - 50/50              | R04461      | R04461           | 24.85g             | 52.20            | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Chive & Potato Salad - Spring 22      | R05885      | R05885           | 5.80g              | 39.17            | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Cous Cous Med Veg - Spring 22         | R05810      | R05810           | 6.20g              | 20.83            | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Cucumber Chunks - Spring 22           | R05874      | R05874           | 0.20g              | 13.33            | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Cucumber Slices - Spring 22           | R05882      | R05882           | 0.20g              | 13.33            | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Cucumber Sticks - Spring 22           | R05873      | R05873           | 0.20g              | 13.33            | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Diced Beetroot - Spring 22            | R05879      | R05879           | 0.47g              | 8.33             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Grated Carrot - Spring 22             | R05875      | R05875           | 0.80g              | 8.33             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Healthy Slaw - Spring 22              | R05871      | R05871           | 626.12g            | 12,519.79        | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Lettuce - Spring 22                   | R05801      | R05801           | 0.16g              | 8.33             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Penne Pasta Diced Peppers - Spring 22 | R05804      | R05804           | 0.87g              | 16,695.00        | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Penne Pasta Diced Toms - Spring 22    | R05883      | R05883           | 18.19g             | 31.67            | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Spinach - Spring 22                   | R05876      | R05876           | 0.03g              | 1.67             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Sweetcorn Kernels - Spring 22         | R05881      | R05881           | 0.88g              | 10.83            | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pr Tomato Wedges - Spring 22             | R05872      | R05872           | 0.31g              | 10.00            | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Impact Food Group

Nutrition Plan with Carbohydrates and Allergens

22-Nov-2024 20:44

saffron

IFGPlee

Nutrition Plan: PR Salad

Primary Jan 25 Salad Bar

| Group | Menu Item                                | Recipe Code | Sub Recipe Codes | Carbohydrate Count | Portion Size (g) | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites |  |
|-------|--|-------------|------------------|--------------------|------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|--|
|       | Daily Bread Primary - 50/50              | R04461      | R04461           | 24.85g             | 52.20            |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Chive & Potato Salad - Spring 22      | R05885      | R05885           | 5.80g              | 39.17            |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Cous Cous Med Veg - Spring 22         | R05810      | R05810           | 6.20g              | 20.83            |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Cucumber Chunks - Spring 22           | R05874      | R05874           | 0.20g              | 13.33            |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Cucumber Slices - Spring 22           | R05882      | R05882           | 0.20g              | 13.33            |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Cucumber Sticks - Spring 22           | R05873      | R05873           | 0.20g              | 13.33            |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Diced Beetroot - Spring 22            | R05879      | R05879           | 0.47g              | 8.33             |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Grated Carrot - Spring 22             | R05875      | R05875           | 0.80g              | 8.33             |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Healthy Slaw - Spring 22              | R05871      | R05871           | 626.12g            | 12,519.79        |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Lettuce - Spring 22                   | R05801      | R05801           | 0.16g              | 8.33             |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Penne Pasta Diced Peppers - Spring 22 | R05804      | R05804           | 0,084.87g          | 16,695.00        |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Penne Pasta Diced Toms - Spring 22    | R05883      | R05883           | 18.19g             | 31.67            |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Spinach - Spring 22                   | R05876      | R05876           | 0.03g              | 1.67             |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Sweetcorn Kernels - Spring 22         | R05881      | R05881           | 0.88g              | 10.83            |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |
|       | Pr Tomato Wedges - Spring 22             | R05872      | R05872           | 0.31g              | 10.00            |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |  |

**Legend**

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Impact Food Group

22-Nov-2024  
20:44

Nutrition Plan with Carbohydrates and Allergens

saffron

IFGPIee

Nutrition Plan: PR Salad

Primary Jan 25 Salad Bar

| 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       |
|-------|---|-------------|------------------|------------------|--------------------|--------------------------|-------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-------------------------------------|-------------------------------------|
|       | Daily Bread Primary - 50/50             | R04461      | R04461           | 52.20            | 24.85g             | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
|       | Pr Chive & Potato Salad - Spring 22 Sal | R05885      | R05885           | 39.17            | 5.80g              | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
|       | Pr Cous Cous Med Veg - Spring 22 Sal    | R05810      | R05810           | 20.83            | 6.20g              | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
|       | Pr Cucumber Chunks - Spring 22 Salad    | R05874      | R05874           | 13.33            | 0.20g              | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
|       | Pr Cucumber Slices - Spring 22 Salad B  | R05882      | R05882           | 13.33            | 0.20g              | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
|       | Pr Cucumber Sticks - Spring 22 Salad B  | R05873      | R05873           | 13.33            | 0.20g              | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
|       | Pr Diced Beetroot - Spring 22 Salad Bar | R05879      | R05879           | 8.33             | 0.47g              | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
|       | Pr Grated Carrot - Spring 22 Salad Bar  | R05875      | R05875           | 8.33             | 0.80g              | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
|       | Pr Healthy Slaw - Spring 22 Salad Bar   | R05871      | R05871           | 12,519.79        | 626.12g            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
|       | Pr Lettuce - Spring 22 Salad Bar        | R05801      | R05801           | 8.33             | 0.16g              | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
|       | Pr Penne Pasta Diced Peppers - Spring   | R05804      | R05804           | 16,695.00        | 084.87g            | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
|       | Pr Penne Pasta Diced Toms - Spring 22   | R05883      | R05883           | 31.67            | 18.19g             | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
|       | Pr Spinach - Spring 22 Salad Bar        | R05876      | R05876           | 1.67             | 0.03g              | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
|       | Pr Sweetcorn Kernels - Spring 22 Salad  | R05881      | R05881           | 10.83            | 0.88g              | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
|       | Pr Tomato Wedges - Spring 22 Salad B:   | R05872      | R05872           | 10.00            | 0.31g              | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |

**Legend**

- Contains
- May Contain
- Does Not Contain
- No Information

Impact Food Group

Nutrition Plan with Carbohydrates and Allergens

22-Nov-2024  
20:44 saffron

IFGPIee

Nutrition Plan: PR Salad Primary Jan 25 Salad Bar

| 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    |
|-------|---|-------------|------------------|------------------|--------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|
|       | Daily Bread Primary - 50/50             | R04461      | R04461           | 52.20            | 24.85g             | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Pr Chive & Potato Salad - Spring 22 Sal | R05885      | R05885           | 39.17            | 5.80g              | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
|       | Pr Cous Cous Med Veg - Spring 22 Sal    | R05810      | R05810           | 20.83            | 6.20g              | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>            |
|       | Pr Cucumber Chunks - Spring 22 Salad    | R05874      | R05874           | 13.33            | 0.20g              | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Pr Cucumber Slices - Spring 22 Salad B  | R05882      | R05882           | 13.33            | 0.20g              | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Pr Cucumber Sticks - Spring 22 Salad B  | R05873      | R05873           | 13.33            | 0.20g              | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Pr Diced Beetroot - Spring 22 Salad Bar | R05879      | R05879           | 8.33             | 0.47g              | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Pr Grated Carrot - Spring 22 Salad Bar  | R05875      | R05875           | 8.33             | 0.80g              | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Pr Healthy Slaw - Spring 22 Salad Bar   | R05871      | R05871           | 12,519.79        | 626.12g            | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Pr Lettuce - Spring 22 Salad Bar        | R05801      | R05801           | 8.33             | 0.16g              | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Pr Penne Pasta Diced Peppers - Spring   | R05804      | R05804           | 16,695.00        | 084.87g            | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>            |
|       | Pr Penne Pasta Diced Toms - Spring 22   | R05883      | R05883           | 31.67            | 18.19g             | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>            |
|       | Pr Spinach - Spring 22 Salad Bar        | R05876      | R05876           | 1.67             | 0.03g              | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Pr Sweetcorn Kernels - Spring 22 Salad  | R05881      | R05881           | 10.83            | 0.88g              | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Pr Tomato Wedges - Spring 22 Salad B    | R05872      | R05872           | 10.00            | 0.31g              | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |

**Legend**

- Contains
- May Contain
- Does Not Contain
- \* No Information