

# **ALLERGENS**

**ALLERGENS  
MAINS**

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL1

Innovate Meat Main Meals Allergens & Carbs

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 |   |
|-------|--|-------------|--|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Battered Fish & Oven Chips             | R06316      | R06274, R06275, R06316                         | 215.60           | 34.91g             | ○      | ●                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | BBQ Chicken Fajita with Wedges         | R07249      | R05076, R06364, R07249                         | 387.03           | 64.17g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Beef & Tomato Ragu                     | R07490      | R01489, R04301, R06321, R07490                 | 422.59           | 69.90g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Beef Lasagne & Homemade Garlic Bread   | R07460      | R06274, R06275, R06996, R07460                 | 380.46           | 61.92g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Chicken Katsu Curry                    | R08041      | R01487, R01489, R05392, R06277, R08041         | 433.31           | 73.29g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ◐    | ◐       | ○      | ○    | ●                             | ○ |
|       | Chicken Katsu Curry                    | R08175      | R01487, R01489, R05392, R06277, R08175         | 433.31           | 73.29g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ◐    | ◐       | ○      | ○    | ●                             | ○ |
|       | Chicken Makhani Curry                  | R08177      | R08160, R08177                                 | 384.26           | 57.15g             | ○      | ◐                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chicken Makhani Curry                  | R08120      | R08120, R08160                                 | 384.26           | 57.16g             | ○      | ◐                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chicken Tagine                         | R08137      | R08136, R08137                                 | 312.36           | 54.80g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Chicken Tikka Masala                   | R08144      | R01551, R01701, R08144                         | 323.86           | 58.76g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chicken Tikka Masala                   | R08172      | R01551, R01701, R08172                         | 322.40           | 58.83g             | ○      | ○                         | ○           | ◐    | ○    | ○     | ◐    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Fragrant Chicken Tagine                | R08171      | R08136, R08171                                 | 312.36           | 54.80g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Glazed Roast Gammon & Roast Potatoes   | R08090      | R01506, R06418, R06420, R07539, R08036, R08090 | 422.59           | 56.90g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ●       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Halal BBQ Chicken Fajita & Oven Wedges | R07560      | R06364, R07404, R07560                         | 411.50           | 94.39g             | ●      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ◐    | ◐       | ○      | ○    | ●                             | ○ |

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|-------|---|-------------|--|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Halal Beef & Tomato Ragù                | R07561      | R01489, R04301, R06321, R07561         | 422.59           | 68.73g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Halal Lamb Chilli con Carne             | R07580      | R01489, R01490, R06320, R07580         | 358.65           | 55.12g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Halal Sausage, Mash & Vegetables        | R07555      | R01508, R06362, R07555                 | 468.55           | 55.78g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Lamb Lasagne                            | R05642      | R05642                                 | 255.87           | 38.00g             | *      | ●                         | *           | *    | *    | *     | ●    | *        | *       | *    | *       | *      | *    | *                             | * |
|       | Lemon & Thyme Roast Chicken             | R08176      | R06418, R06420, R07539, R08036, R08176 | 284.05           | 39.69g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Mac n Cheese BBQ Pulled Pork & Sides    | R07476      | R06274, R06996, R07475, R07476         | 499.45           | 91.83g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ●       | ○    | ○       | ○      | ○    | ●                             | ○ |
|       | Mac n Cheese Korean BBQ Chicken & Sides | R07472      | R06274, R06420, R06996, R07472         | 440.71           | 89.82g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ●       | ○    | ○       | ○      | ○    | ●                             | ○ |
|       | Mac n Cheese Spicy Sausage & Sides      | R07474      | R06274, R06996, R07473, R07474, R08243 | 451.13           | 89.69g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ●       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Margharita Pizza, Chips & Garden Peas   | R07677      | R01502, R07677                         | 296.67           | 56.31g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pork Sausage, Mash & Vegetables         | R06318      | R01508, R06318, R06362                 | 464.51           | 60.77g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Rich Halal Lamb Ragù & Wholegrain Pasta | R07583      | R01489, R04301, R06321, R07583         | 422.59           | 69.05g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Roast Pork & Trimmings                  | R08117      | R06418, R06420, R07539, R08036, R08117 | 378.10           | 39.46g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

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| 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 |   |
|-------|-------------------------------|-------------|--|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Roast Turkey                  | R08174      | R01506, R06418, R06420, R07539, R08036, R08174 | 409.92           | 45.91g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Roast Turkey & Trimmings      | R08087      | R01506, R06418, R06420, R07539, R08036, R08087 | 395.67           | 45.41g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Salmon Fishcake, Chips & Peas | R06317      | R06274, R06275, R06317                         | 327.32           | 58.85g             | ○      | ●                         | ○           | ●    | ●    | ○     | ○    | ○        | ●       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Salt & Pepper Roast Chicken   | R08173      | R06418, R06420, R07539, R08036, R08173         | 284.43           | 39.64g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

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Nutrition Plan: PL2

Innovate Vege Main Meals Allergens & Carbs

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| 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 |   |
|-------|--|------------------------|--|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | BBQ Chicken Fajita with Wedges                   | R07249                 | R05076, R06364, R07249                         | 387.03           | 64.17g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Beany Vegetable Lasagne & Sides                  | R06376                 | R06274, R06275, R06376, R06996                 | 382.18           | 64.74g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Caramelised Red Onion, Beetroot & Go: R07421     | R06363, R06418, R07421 |  | 374.08           | 43.92g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Crunchy Topped Mac n Cheese & Side R06428        | R06274, R06363, R06428 |  | 343.53           | 67.63g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ●       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Egg Plant Katsu Curry                            | R08043                 | R01487, R01489, R01551, R06277, R08043         | 436.33           | 80.11g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ◐    | ◐       | ○      | ●    | ○                             |   |
|       | Falafel Burgers, Chips & Slaw VE                 | R07420                 | R01502, R07419, R07420                         | 417.78           | 86.87g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ● |
|       | Falafel Fajitas, Wedges & Slaw VE                | R07252                 | R05076, R06364, R07252                         | 398.63           | 81.49g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ● |
|       | Goan Potato & Spinach Curry                      | R08040                 | R01551, R01701, R08040                         | 413.57           | 87.01g             | ○      | ◐                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Mac n Cheese Bean Chilli & Sides                 | R06485                 | R01489, R01490, R06273, R06274, R06484, R06485 | 458.76           | 95.43g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ●       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Mac n Cheese Roast Vegetable & Sides R06470      | R06273, R06274, R06470 |  | 427.69           | 89.85g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ●       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Nasi Goreng 23                                   | R08130                 | R08130, R08133                                 | 432.96           | 81.57g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ●      | ●    | ○                             |   |
|       | Onion Bhaji Burger, Slaw & Oven Chips R07521     | R06364, R07521         |  | 327.65           | 84.42g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             |   |
|       | Pasta Alfredo                                    | R08149                 | R06274, R06996, R08102, R08149                 | 365.64           | 84.49g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |   |
|       | Plant based chili with white rice & nacho R07581 | R07581                 |  | 309.58           | 63.00g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

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Nutrition Plan: PL2

Innovate Vege Main Meals Allergens & Carbs

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|-------|---------------------------------------|-------------|--|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Roast Squash & Soya Bean Wellington   | R08141      | R01489, R01503, R06420, R08036, R08141 | 402.92           | 49.86g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             | ● |
|       | Roasted Provencale vegetable & feta p | R08139      | R01502, R06278, R08139                 | 487.09           | 102.02g            | ●      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Split Pea & Cauliflower Curry         | R08165      | R07413, R08160, R08165                 | 482.63           | 81.69g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Sweet Potato & Chickapea Tagine       | R08138      | R08136, R08138                         | 393.21           | 73.43g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Vegan Sausage, Mash & Vegetables      | R06297      | R01508, R06297, R06362                 | 454.97           | 51.69g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Vegetable Ragù, Wholegrain Pasta & Si | R07261      | R04301, R06321, R07261                 | 372.65           | 70.66g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ●                             | ○ |

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Innovate Pasta Pots Allergens & Carbs

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|-------|---------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | Arrabiata Pasta Pot Large       | R06059      | R06059, R08243   | 405.88           | 103.95g            | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Arrabiata Pasta Pot Small       | R04596      | R04596, R08243   | 269.77           | 76.08g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Carbonara Pasta Pot Large       | R04598      | R04598           | 396.63           | 83.70g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Carbonara Pasta Pot Small       | R04599      | R04599           | 318.82           | 83.01g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Halal Carbonara Pasta Pot Large | R06330      | R06330           | 396.63           | 84.04g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Halal Carbonara Pasta Pot Small | R06329      | R06329           | 318.82           | 83.29g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Pesto Pasta Pot Large           | R01655      | R01655           | 308.12           | 98.03g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Pesto Pasta Pot Small           | R04593      | R04593           | 251.75           | 81.17g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Quorn Bolognese Pasta Pot Large | R01619      | R01619, R08243   | 387.23           | 104.01g            | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Quorn Bolognese Pasta Pot Small | R04594      | R04594           | 126.19           | 48.92g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Tomato & Basil Pasta Pot Large  | R01612      | R01612, R08243   | 363.70           | 102.13g            | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Tomato & Basil Pasta Pot Small  | R04591      | R04591, R08243   | 237.95           | 74.67g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |



Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL4

Innovate Jackets Allergens & Carbs

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 |                       |
|-------|---------------------------------------|-------------|------------------|------------------|--------------------|-----------------------|---------------------------|-----------------------|----------------------------------|----------------------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------------|-----------------------|
|       | Jacket Potato, Beans & Side Salad     | R06462      | R06274, R06462   | 525.35           | 90.49g             | <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"/>         | <input type="radio"/> |
|       | Jacket Potato, Cheese & Side Salad    | R06461      | R06274, R06461   | 468.35           | 77.49g             | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/>            | <input 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"/> |
|       | Jacket Potato, Tuna Mayonnaise & Side | R06463      | R06274, R06463   | 511.10           | 78.45g             | <input type="radio"/> | <input 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 with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL5

Innovate Accompaniments Allergens & Carbs

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 |
|-------|---------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | 50/50 Wholegrain Pasta Mix            | R06321      | R06321           | 137.20           | 50.96g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | 50/50 Wholegrain Rice Mix             | R01551      | R01551           | 119.59           | 47.79g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Alfredo sauce (pasta bar) 23          | R08102      | R08102           | 105.83           | 9.62g              | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Bo Salt & Pepper Wedges               | R05076      | R05076           | 122.60           | 21.02g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Coriander & Onion Salad               | R07413      | R07413           | 44.17            | 3.36g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | DON'T SHARE                           | R01489      | R01489           | 2.00             | 0.29g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | DON'T SHARE                           | R01490      | R01490           | 1.98             | 0.08g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Fragrant tagine sauce 23              | R08136      | R08136           | 107.39           | 6.82g              | ○      | ◐                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Ginger & Garlic Vegetable Fried Rice  | R07404      | R07404           | 141.61           | 45.42g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ○      | ●    | ○                             |
|       | Gravy 100 Portion 23                  | R06420      | R06420           | 42.57            | 0.15g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Gravy 25 Portion 23                   | R01508      | R01508           | 42.96            | 0.15g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Green Salad                           | R04301      | R04301           | 81.34            | 1.51g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Homemade Garlic Bread                 | R06996      | R06996           | 54.91            | 24.07g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Homemade Garlic Focaccia              | R06273      | R06273           | 54.72            | 24.05g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Homemade Yorkshire Pudding            | R07539      | R07539           | 51.30            | 12.80g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | IN Pulled pork mac bar topping Apr 23 | R07475      | R07475           | 80.00            | 5.70g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
|       | Kachumber Salad Oct 22                | R01701      | R01701           | 45.20            | 1.96g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL5

Innovate Accompaniments Allergens & Carbs

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 |   |
|-------|-------------------------------------|-------------|------------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Mixed Salad Side                    | R06274      | R06274                 | 75.66            | 3.99g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Naked Slaw                          | R07419      | R07419                 | 76.00            | 5.40g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Peas & Carrots                      | R06362      | R06362                 | 81.67            | 8.45g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Peas 23                             | R06275      | R06275                 | 80.00            | 9.04g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pilau rice 23                       | R08160      | R08160                 | 134.16           | 44.18g             | ○      | ◐                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Plain Rice                          | R05392      | R05392                 | 110.00           | 42.90g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Roast Potatoes                      | R06418      | R06418                 | 117.33           | 20.85g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Roast Root Veg With Cabbage Autumn/ | R08036      | R08036                 | 73.62            | 5.67g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | soy & chilli glazed green beans     | R08133      | R08133                 | 89.80            | 5.75g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ○      | ●    | ○                             | ○ |
|       | Spicy Sausage Sauce                 | R07473      | R07473, R08243         | 80.82            | 3.56g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Stir Fried Greens                   | R06277      | R01487, R01489, R06277 | 73.35            | 4.66g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ○      | ●    | ○                             | ○ |
|       | Stuffing Balls                      | R01506      | R01506                 | 31.83            | 5.95g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Sweet Chilli Slaw                   | R06364      | R06364                 | 60.17            | 4.80g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Sweetcorn                           | R06320      | R06320                 | 80.00            | 6.48g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL44

CUCINA SOUP Allergens & Carbs

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 |   |
|-------|--|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Carrot & Coriander Soup 23             | R07735      | R07735           | 399.40           | 29.79g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Leek & potato soup 23                  | R07526      | R07526           | 310.68           | 11.12g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Spring Vegetable Soup Apr 23           | R07528      | R07528           | 306.77           | 10.98g             | ●      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Thai Style Butternut Squash Soup Apr 2 | R07529      | R07529           | 309.38           | 17.14g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Tomato & Basil Soup Apr 23             | R02634      | R02634           | 308.29           | 18.03g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Tuscan bean soup Apr 23                | R07525      | R07525           | 284.91           | 23.03g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL10R

Ramen

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 |   |
|-------|----------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Garnish Ramen bar 23       | R08318      | R08318           | 136.93           | 15.37g             | ○      | ●                         | ◐           | ●    | ◐    | ○     | ○    | ◐        | ○       | ○    | ○       | ○      | ●    | ●                             | ○ |
|       | Gyoza Broth 23             | R08313      | R08313           | 88.25            | 2.82g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ○      | ●    | ●                             | ○ |
|       | Gyoza Ramen bar 23         | R08317      | R08317           | 1.33             | 0.00g              | ◐      | ●                         | ◐           | ◐    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ●                             | ○ |
|       | katsu curry sauce 23       | R08312      | R08312           | 98.56            | 6.61g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Ramen plain noodles 23     | R08498      | R08498           | 120.00           | 45.18g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Ramen Pulled chicken 23    | R08314      | R08314           | 49.23            | 0.42g              | ○      | ◐                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             | ○ |
|       | Ramen vegetable noodles 23 | R08315      | R08315           | 166.60           | 46.83g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             | ○ |

**ALLERGENS  
HOT DELI**

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL57

INNOVATE BREAKFAST Allergens & Carbs

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 |   |
|-------|-------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Bacon Baguette IN                   | R00007      | R00007           | 175.20           | 65.80g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Bacon Rasher IN                     | R00158      | R00158           | 50.00            | 0.00g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Bagel - Cheese & Bacon IN           | R00023      | R00023           | 222.22           | 58.01g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Bagel - Cheese And Tomato IN        | R00024      | R00024           | 217.00           | 60.24g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Croissant - Butter IN 23            | R00156      | R00156           | 0.00             | 0.00g              | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Halal Breakfast In A Pot CU 23      | R05707      | R05707           | 303.18           | 42.14g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Halal Sausage cheese and hash brown | R07530      | R07530           | 207.76           | 47.96g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | In 4 Piece Breakfast In A Pot 22    | R02165      | R02165           | 236.50           | 29.39g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | In Baguette - Sausage               | R00562      | R00562           | 175.20           | 70.40g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | In Baked Beans                      | R00647      | R00647           | 100.00           | 13.00g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Breakfast Sausage                | R00634      | R00634           | 53.20            | 7.84g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | In Halal Breakfast Wrap 22          | R05493      | R05493           | 235.20           | 58.48g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Hash Brown                       | R00563      | R00563           | 45.00            | 8.55g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Mini Baguette - Bacon            | R00299      | R00299           | 147.32           | 28.20g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Mini Baguette - Sausage          | R00637      | R00637           | 175.20           | 35.20g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | In Toast - 1 Slice                  | R00646      | R00646           | 50.00            | 24.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Vegetarian Sausage               | R00636      | R00636           | 58.20            | 4.86g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL57

INNOVATE BREAKFAST Allergens & Carbs

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 |   |
|-------|--------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | In Veggie Breakfast Wrap 22          | R05378      | R05378           | 227.70           | 52.35g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             | ● |
|       | Pain Au Chocolate 23                 | R02580      | R02580           | 53.00            | 24.91g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             | ○ |
|       | Pain Au Raisin Danish                | R02581      | R02581           | 96.00            | 40.32g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ◐    | ○       | ◐      | ◐    | ○                             | ○ |
|       | Porridge 23                          | R04059      | R04059           | 340.00           | 34.40g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Sausage cheese and hash brown muffin | R07441      | R07441           | 207.76           | 50.48g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ●                             | ● |
|       | Toasted Buttered Bagel               | R04519      | R04519           | 110.00           | 50.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ○ |
|       | Waffles - Chocolate Sauce            | R00805      | R00805           | 125.00           | 63.38g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             | ○ |
|       | Waffles - Forest/Berry Fruits        | R00879      | R00879           | 120.00           | 60.81g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             | ○ |
|       | Waffles - Golden Syrup               | R00814      | R00814           | 120.00           | 70.80g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             | ○ |



Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL58

INNOVATE POTATOE/WEDGES/NACHOS Allergens & Carbs

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 |   |
|-------|---|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | 8oz Mezze IN 23                         | R07672      | R07672           | 127.89           | 39.62g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | In Crispy Potatoes                      | R02078      | R02078           | 204.58           | 39.59g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Sweet Chilli Glazed Vegan Bites 22 1 | R06681      | R06681           | 205.80           | 48.15g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Potato Wedges                           | R00087      | R00087           | 200.00           | 40.00g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Yaroa Dominican Loaded wedges 23        | R07852      | R07852           | 298.68           | 30.86g             | ○      | ○                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Yaroa Dominican Loaded wedges halal     | R08114      | R08114           | 371.25           | 41.34g             | ○      | ○                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan: PL59

INNOVATE SAVOURIES Allergens & Carbs

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 |   |
|-------|-----------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | In Cu Cheese & Onion Sausage Roll | 22 R06206   | R06206           | 187.67           | 31.58g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL60

INNOVATE TOASTIES Allergens & Carbs

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 |   |
|-------|-------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Ham & Cheese Toastie CU 23    | R01938      | R01938           | 173.80           | 44.13g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ●                             | ○ |
|       | In Cheese Toastie 22          | R03851      | R03851           | 158.40           | 44.65g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ●                             | ○ |
|       | In Cheese Toastie Blue Dot 22 | R06058      | R06058           | 72.50            | 19.77g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL61

INNOVATE HOT ROLLS Allergens & Carbs

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 |   |
|-------|----------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | IN Pepperoni, Cheese Bagel 23    | R07445      | R07445           | 166.32           | 53.91g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pepperoni, Cheese Bagel Halal 23 | R07563      | R07563           | 168.00           | 54.04g             | ◐      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ◐                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL62

INNOVATE CHICKEN WINGS Allergens & Carbs

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 |   |
|-------|---------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | BBQ Chicken Wings                     | R01967      | R01967           | 183.26           | 6.20g              | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | BBQ Chicken Wings Halal               | R07576      | R07576           | 183.26           | 6.20g              | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Cajun Chicken Wings 23                | R01962      | R01962           | 181.63           | 11.77g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chinese Sticky & Crispy Chicken Wings | R04065      | R04065           | 209.88           | 22.42g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ◐       | ◐      | ○    | ●                             | ○ |
|       | Chinese Sticky & Crispy Chicken Wings | R06666      | R06666           | 209.88           | 22.42g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ◐       | ◐      | ○    | ●                             | ○ |
|       | Halal Cajun wings 23                  | R08546      | R08546           | 181.63           | 11.77g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Sriracha Glazed Chicken Wings         | R05590      | R05590           | 203.39           | 2.58g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ◐       | ◐      | ◐    | ○                             | ○ |
|       | Sriracha Glazed Chicken Wings Halal   | R05788      | R05788           | 201.31           | 2.58g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ◐       | ◐      | ◐    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL63

INNOVATE BURGERS & STRIPS Allergens & Carbs

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 |
|-------|---|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | BBQ Southern Fried Chicken Burger 23    | R07745      | R07745           | 180.32           | 45.95g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Chicken Combo Pot Strips & Wedges 21    | R07739      | R07739           | 204.00           | 34.55g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Chicken Combo Pot Strips & Wedges H     | R07740      | R07740           | 204.00           | 34.55g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Southern Fried Chicken Burger With F | R04566      | R04566           | 195.02           | 51.80g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In V Burger 22                          | R06063      | R06063           | 118.80           | 41.19g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Jamaican Jerk Chicken Burger 23         | R08202      | R08202           | 241.08           | 44.84g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Jamaican Jerk Chicken Burger halal CU   | R08203      | R08203           | 241.08           | 44.84g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | S/Fried Chicken Burger-Plain 23         | R07744      | R07744           | 168.98           | 41.30g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | S/Fried Chicken Burger-Plain Halal 23   | R07743      | R07743           | 168.98           | 41.30g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | S/Fried Chicken Burger. Lett, Tom, & M  | R07742      | R07742           | 228.98           | 43.35g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | S/Fried Chicken Burger. Lettuce, Tomat  | R07741      | R07741           | 228.98           | 43.35g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL64

INNOVATE KEBABS/ Allergens & Carbs

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 |   |
|-------|--|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Chicken Tikka Shawarma Halal 23          | R06649      | R06649           | 192.00           | 42.70g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Fork Friendly Garlic Chicken Kebab CU    | R05669      | R01489, R05669   | 227.53           | 23.55g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Fork Friendly Garlic Chicken Kebab Halal | R05781      | R01489, R05781   | 227.53           | 23.55g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Fork Friendly Onion Bhaji Kebab IN 23    | R07440      | R07440           | 275.03           | 45.85g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Chicken Tikka Shawarma 22             | R06148      | R06148           | 130.00           | 38.36g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL65

INNOVATE PIZZA & DOUGH BALLS Allergens & Carbs

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 |
|-------|---|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | BBQ chicken pizza Slice TUGO Apr 23       | R07567      | R07567           | 111.67           | 22.52g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Bhaji Naan Pizza CU 23                    | R05676      | R05676           | 226.71           | 81.09g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Halal BBQ chicken pizza Slice TUGO Apr 23 | R07570      | R07570           | 111.67           | 22.52g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Halal Pepperoni pizza Slice TUGO Apr 23   | R07569      | R07569           | 106.67           | 21.17g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ●       | ○    | ○       | ○      | ○    | ○                             |
|       | Halal Turkey ham pizza Slice TUGO Apr 23  | R07568      | R07568           | 80.00            | 15.82g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Ham pizza Slice TUGO Apr 23               | R07565      | R07565           | 106.67           | 20.87g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Blue Dot Garlic Bread 22               | R05451      | R05451           | 81.68            | 33.24g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Blue Dot Pepperoni Pizza Bap 22        | R05454      | R05454           | 87.92            | 21.21g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Garlic Dough Balls                     | R02157      | R01928, R02157   | 163.31           | 59.46g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Halal Blue Dot Pepperoni Pizza Bap 22  | R06161      | R06161           | 87.04            | 21.42g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Pizza Melt Boat 22                     | R05582      | R05582           | 74.25            | 20.81g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Margharita pizza Slice TUGO Apr 23        | R07564      | R07564           | 96.67            | 20.87g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Mexican fiesta pizza tugo 23              | R07783      | R07783           | 111.17           | 22.07g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Pepperoni pizza Slice TUGO Apr 23         | R07566      | R07566           | 106.67           | 21.12g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Sriracha chicken pizza Slice TUGO Apr 23  | R08340      | R08340           | 111.67           | 22.18g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ◐      | ○    | ○                             |



Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL66

INNOVATE TORTILLA WRAPS /Allergens & Carbs

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 |   |
|-------|--|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Chicken Twister with Mayo 23           | R07750      | R07750           | 89.00            | 42.39g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Halal Chicken Twister with mayo 23     | R07749      | R07749           | 89.00            | 42.39g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Wrap - Bbq Chicken                 | R00247      | R00247           | 155.00           | 38.88g             | ●      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Wrap - Chicken Tikka               | R00101      | R00101           | 152.00           | 39.13g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Wrap - Ham & Cheese                | R00102      | R00102           | 84.00            | 36.21g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Wrap - Margherita                  | R00104      | R00104           | 140.00           | 37.35g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Chilli Beef Burrito 22              | R04562      | R04562           | 306.67           | 58.90g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Halal Chilli Beef Burrito 22        | R06168      | R06168           | 306.67           | 58.90g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Mushroom & Cheese Quesadilla 22     | R06207      | R06207           | 168.34           | 34.82g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Pizza Melt Quesadilla 22            | R05228      | R05228           | 65.31            | 18.50g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Sf Chicken Mayo Twister                | R04474      | R04474           | 89.00            | 34.24g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Southern Fried BBQ Chicken Twister H&C | R07748      | R07748           | 162.36           | 44.85g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Vegan Bean and Jalapeno Burrito 23     | R07450      | R05392, R07450   | 344.85           | 99.21g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL67

INNOVATE HOT BOWLS Allergens & Carbs

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 |
|-------|--|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | Americas Louisiana Dirty Rice veg        | R08038      | R08038           | 396.77           | 93.06g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Buffalo cauliflower wings, salt & pepper | R08072      | R08072           | 385.90           | 69.02g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Chicken Fried Rice Chinese 23            | R03096      | R03096, R05392   | 265.76           | 49.62g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ●      | ●    | ●                             |
|       | Chicken Fried Rice Chinese Halal 23      | R07546      | R05392, R07546   | 265.76           | 49.62g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ●      | ●    | ●                             |
|       | Chinese Style Veg Noodles 23             | R08058      | R08058           | 296.88           | 59.13g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ●                             |
|       | Gnocchi with mushroom and spinach no     | R08678      | R06281, R08678   | 304.00           | 51.79g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Greek Souvlaki Chicken 23                | R03161      | R03161           | 231.08           | 5.68g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Greek Souvlaki Chicken halal 23          | R08106      | R08106           | 231.08           | 5.68g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Halal Hot Chicken Poke Bowl 22        | R05484      | R05484           | 265.58           | 21.57g             | ○      | ○                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Hot Chicken Poke Bowl 22              | R05223      | R05223           | 210.00           | 22.30g             | ○      | ○                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Lentil Buddha Bowl 22                 | R06013      | R06013           | 293.55           | 71.08g             | ○      | ◐                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | IN Veg gyoza with a chilli broth 23      | R07448      | R07448           | 225.40           | 4.25g              | ◐      | ●                         | ◐           | ◐    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ●      | ●    | ○                             |
|       | Korean Fried Crispy Chicken Dakgangje    | R08044      | R01551, R08044   | 284.38           | 82.17g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ◐    | ◐       | ●      | ●    | ●                             |
|       | Korean Fried Crispy Chicken Dakgangje    | R08107      | R01551, R08107   | 284.38           | 82.17g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ◐    | ◐       | ●      | ●    | ●                             |
|       | Lebanese Cauliflower khobez 23           | R08056      | R08056           | 245.58           | 11.36g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Mexican Chicken Tacos Al Pastor 23       | R08338      | R08338           | 231.32           | 38.83g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Mexican Tacos Al Pastor Halal 23         | R07544      | R07544           | 231.32           | 38.83g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL67

INNOVATE HOT BOWLS Allergens & Carbs

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 |   |
|-------|---------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Mie goreng 23                         | R08154      | R08154           | 269.05           | 56.64g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ○      | ●    | ○                             |   |
|       | Mozambique Peri Peri Chicken 23       | R07202      | R07202           | 401.46           | 51.66g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Mozambique Peri Peri Chicken halal 23 | R08115      | R08115           | 401.46           | 51.66g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Sri Lankan Fried Chicken 23           | R08110      | R07404, R08110   | 276.27           | 73.46g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ○      | ●    | ○                             |   |
|       | Sri Lankan Fried Chicken Halal 23     | R08112      | R07404, R08112   | 276.27           | 73.46g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ○      | ●    | ○                             |   |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL68

INNOVATE PANINIS Allergens & Carbs

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 |   |
|-------|--------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | BBQ Chicken Panini 23                | R03243      | R03243           | 255.00           | 78.92g             | ●      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ●                             | ○ |
|       | Bo Halal Piri Piri Chicken Panini    | R04199      | R04199           | 232.80           | 65.46g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ○ |
|       | Ham & Cheese Panini CU 23            | R01852      | R01852           | 230.67           | 68.82g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ○ |
|       | In Bbq Pepperoni Panini No Cheese 22 | R06212      | R06212           | 175.00           | 66.73g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ◐    | ●                             | ○ |
|       | In Chicken Tikka Panini 22           | R02424      | R02424           | 201.60           | 69.71g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ○ |
|       | In Halal Chicken Tikka Panini 22     | R06214      | R06214           | 211.20           | 70.44g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ○ |
|       | In Piri Piri Chicken Panini - 22     | R05763      | R05763           | 255.00           | 72.51g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ○ |
|       | In Pizza Melt Panin halfi 22         | R02153      | R02153           | 94.99            | 32.26g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ○ |
|       | In Roasted Vegetable Panini 22       | R06213      | R06213           | 224.74           | 70.78g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ○ |
|       | In Turkey Ham & Cheese Panini 22     | R06239      | R06239           | 204.98           | 63.10g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ○ |
|       | Inn Halal Bbq Chicken Panini 22      | R05940      | R05940           | 255.00           | 78.92g             | ●      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ●                             | ○ |
|       | Just Cheese Panini 23                | R08248      | R08248           | 179.98           | 67.12g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ○                             | ○ |
|       | Panini - Vegetarian Sausage          | R00080      | R00080           | 317.50           | 59.93g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ◐    | ●                             | ○ |
|       | Tuna Melt Ciabatta CU 23             | R05634      | R05634           | 203.64           | 55.36g             | ○      | ●                         | ○           | ●    | ●    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL69

INNOVATE HOT PASTA / RICE POTS Allergens & Carbs

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 |   |
|-------|--------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Americas Louisiana Dirty Rice  | R04246      | R04246           | 376.58           | 52.53g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Arrabiata Pasta Pot Large      | R06059      | R06059, R08243   | 405.88           | 103.95g            | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Arrabiata Pasta Pot Small      | R04596      | R04596, R08243   | 269.77           | 76.08g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Carbonara Pasta Pot Large      | R04598      | R04598           | 396.63           | 83.70g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Carbonara Pasta Pot Small      | R04599      | R04599           | 318.82           | 83.01g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Pesto Pasta Pot Large          | R01655      | R01655           | 308.12           | 98.03g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Pesto Pasta Pot Small          | R04593      | R04593           | 251.75           | 81.17g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Tomato & Basil Pasta Pot Large | R01612      | R01612, R08243   | 363.70           | 102.13g            | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Tomato & Basil Pasta Pot Small | R04591      | R04591, R08243   | 237.95           | 74.67g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |

Nutrition Plan: PL70

INNOVATE SAVOURIES 6F Allergens & Carbs

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    |
|-------|---------------------------------|-------------|------------------|------------------|--------------------|-----------------------|----------------------------------|-----------------------|----------------------------------|-----------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|
|       | Cheese & Onion Slice 6th 23     | R00180      | R00180           | 160.00           | 36.80g             | <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"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|       | Chicken & Mushroom Slice 6th 23 | R00179      | R00179           | 170.00           | 40.12g             | <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"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
|       | In Halal Sausage Roll 22        | R05488      | R05488           | 136.00           | 25.83g             | <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"/>            |
|       | In Sausage Roll 22              | R05444      | R05444           | 157.07           | 26.41g             | <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 checked="" type="radio"/> |
|       | Jumbo Sausage Roll 6th 23       | R00177      | R00177           | 130.00           | 33.80g             | <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 checked="" type="radio"/> |
|       | Steak Bake 6th 23               | R00178      | R00178           | 170.00           | 40.80g             | <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"/>            |

Nutrition Plan: PL71

INNOVATE PIZZA 6F Allergens & Carbs

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 |   |
|-------|-------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | 6" Bbq Chicken Pizza Halal 23 | R06550      | R06550           | 273.24           | 69.48g             | ●      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | 6" Bbq Chicken Pizza 23       | R06548      | R06548           | 273.24           | 69.48g             | ●      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | 6" Pepperonata Pizza 22       | R06551      | R06551           | 271.26           | 67.81g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | 6"margherita Pizza 22         | R06545      | R06545           | 233.64           | 67.24g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | 6"pepperoni Pizza 23          | R06546      | R06546           | 249.48           | 66.97g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | 6"pepperoni Pizza Halal 23    | R06547      | R06547           | 241.56           | 66.99g             | ◐      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |

Nutrition Plan: PL72

INNOVATE CHICKEN WINGS 6F Allergens & Carbs

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 |   |
|-------|-------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Lemon & Pepper Chicken Wings        | R05632      | R05632           | 224.27           | 11.90g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Lemon & Pepper Chicken Wings Halal  | R05787      | R05787           | 221.98           | 11.90g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | Salt & Pepper Chicken Wings         | R05633      | R05633           | 209.67           | 11.82g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Salt & Pepper Chicken Wings Halal   | R05794      | R05794           | 209.67           | 11.82g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Sriracha Glazed Chicken Wings       | R05590      | R05590           | 203.39           | 2.58g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ◐      | ○    | ○                             | ○ |
|       | Sriracha Glazed Chicken Wings Halal | R05788      | R05788           | 201.31           | 2.58g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ◐      | ○    | ○                             | ○ |



Nutrition Plan: PL73

INNOVATE TACOS 6F Allergens & Carbs

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 |   |   |
|-------|------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|---|
|       | Mexicana Beef Soft Taco Halal 23   | R07538      | R07537, R07538   | 214.24           | 11.95g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |   |
|       | Mexicana Chicken Soft Tacos 23     | R08527      | R08527           | 189.05           | 13.06g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ | ● |
|       | Mexicana Sweet Potato Soft Taco 23 | R07517      | R07517           | 229.90           | 24.31g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ | ● |

Nutrition Plan: PL74

INNOVATE BURGERS/DOGS 6F Allergens & Carbs

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 |
|-------|---|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | Chinese Chicken Burger 23               | R07334      | R07334           | 225.42           | 50.11g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ○       | ●      | ●    | ○                             |
|       | Jamaican Chicken Burger 23              | R01606      | R01525, R01606   | 212.78           | 46.23g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ○      | ○    | ○                             |
|       | Jamaican Chicken Burger Halal 23        | R06560      | R01525, R06560   | 203.02           | 46.04g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ○      | ○    | ○                             |
|       | Katsu Chicken Burger 23                 | R07329      | R01358, R07329   | 126.85           | 55.29g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ◐    | ○       | ○      | ○    | ○                             |
|       | Pretzel Burger -Beijing 23              | R07341      | R07341           | 184.28           | 41.16g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ◐      | ○    | ○                             |
|       | Pretzel Burger -Chinese Chicken Halal 2 | R07335      | R07335           | 215.62           | 47.31g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ○       | ●      | ●    | ○                             |
|       | Pretzel Burger -Indian Bhaji 23         | R07339      | R07339           | 126.85           | 66.73g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ○       | ○      | ○    | ○                             |
|       | Pretzel Burger -Moroccan Falafel 23     | R07325      | R01457, R07325   | 230.30           | 58.40g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ◐    | ○       | ◐      | ○    | ●                             |
|       | Pretzel Burger -NYD Big V 23            | R07340      | R07340           | 117.62           | 41.88g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ○       | ○      | ●    | ●                             |

Nutrition Plan: PL38

CUCINA CIABATTA 6F Allergens & Carbs

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 |   |
|-------|---|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Chicken Tantuni Turkish CU 23           | R03176      | R03176           | 207.50           | 37.12g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chicken Tantuni Turkish Halal CU 23     | R06653      | R06653           | 207.50           | 37.12g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Ciabatta-Aubergine Parmigiana 6F    | R07294      | R07294           | 230.00           | 56.60g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-BBQ Plant Meatball 6F 23   | R07313      | R07313           | 194.98           | 68.57g             | ●      | ●                         | ○           | ◐    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ◐    | ●                             | ○ |
|       | Hot Ciabatta-Cajun Tuna Melt 6F 23      | R07302      | R07302           | 224.00           | 57.70g             | ○      | ●                         | ○           | ●    | ●    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Caprese 6F 23              | R07291      | R07291           | 223.25           | 58.02g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Chipotle Chicken 6F 23     | R07286      | R07286           | 217.00           | 57.45g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Chipotle Chicken Halal 6F  | R07305      | R07305           | 217.00           | 57.45g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Chipotle Veg 6F 23         | R07299      | R07299           | 247.68           | 60.60g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Chorizo & Chicken 6F 23    | R07314      | R07314           | 180.00           | 55.23g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Chorizo & Pepper 6F 23     | R07290      | R07290           | 199.50           | 58.47g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Garlic Mushroom 6F 23      | R07289      | R07289           | 234.00           | 56.42g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Hoi Sin Chicken Halal 6F 2 | R07306      | R07306           | 205.00           | 59.65g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ●    | ●                             | ○ |
|       | Hot Ciabatta-Red Thai Chicken 6F 23     | R07301      | R07301           | 189.00           | 55.77g             | ○      | ●                         | ○           | ●    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Red Thai Chicken Halal 6F  | R07309      | R07309           | 189.00           | 55.77g             | ○      | ●                         | ○           | ●    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Roasted Veg & Brie 6F 23   | R07315      | R07315           | 245.00           | 58.72g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Southern Fried Chicken 6F  | R07296      | R07296           | 208.00           | 62.10g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |

Nutrition Plan: PL38

CUCINA CIABATTA 6F Allergens & Carbs

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 |   |
|-------|---|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Hot Ciabatta-Southern Fried Chicken H&R | R07307      | R07307           | 213.00           | 65.32g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Ciabatta-Sweet Chilli Chicken 6F 23 | R07297      | R07297           | 210.00           | 61.76g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Hot Ciabatta-Sweet Chilli Chicken Halal | R07308      | R07308           | 210.00           | 61.76g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ◐    | ◐                             | ○ |
|       | Piri Piri Chicken Burrito 23            | R06643      | R06643           | 264.86           | 73.61g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Piri Piri Chicken Burrito Halal 23      | R06644      | R06644           | 264.86           | 73.61g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Quesadillas Mexican CU 23               | R03123      | R03123           | 173.38           | 25.31g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

**ALLERGENS  
COLD DELI**

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL49

INNOVATE PREMIUM BAGUETTES Allergens & Carbs

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 |   |
|-------|---------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Asian Tuna Baguette                   | R07456      | R07456           | 228.00           | 69.11g             | ○      | ●                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | BBQ Chicken Baguette                  | R06054      | R06054           | 257.75           | 71.61g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | By The Inch - Chicken Bacon & Sweetc  | R04287      | R04287           | 30.20            | 3.61g              | ○      | ●                         | ○           | ●    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | By The Inch - Chicken Tikka Baguette  | R04285      | R04285           | 24.75            | 4.82g              | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | By The Inch - Onion Bhaji Baguette    | R04288      | R04288           | 28.22            | 7.06g              | ○      | ●                         | ○           | ◐    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | By The Inch Baguette- Chargrilled Veg | R04289      | R04289           | 25.25            | 3.91g              | ○      | ●                         | ○           | ◐    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Halal S/F Chicken & Sweet Chilli Mayo | R07601      | R07601           | 253.82           | 76.20g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Ham & Cheese Baguette                 | R01864      | R01864           | 218.00           | 66.31g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Ham Baguette                          | R03893      | R03893           | 186.12           | 65.80g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Bbq Sausage Baguette               | R02118      | R02118           | 263.62           | 86.41g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Blt Baguette 22                    | R06045      | R06045           | 264.60           | 67.76g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Cheese & Tomato Baguette 22        | R02112      | R02112           | 250.97           | 67.90g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Chicken Tikka Baguette 22          | R05406      | R05406           | 249.04           | 70.61g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Halal Chicken Mayo Baguette 22     | R05602      | R05602           | 219.98           | 67.04g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Halal Chicken Tikka Baguette 22    | R05476      | R05476           | 253.21           | 70.65g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Plain Cheese Baguette 22           | R06046      | R06046           | 210.00           | 66.82g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Roasted Vegetable & Pesto Mayo Ba  | R05380      | R05380           | 294.50           | 73.03g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL49

INNOVATE PREMIUM BAGUETTES Allergens & Carbs

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 |   |
|-------|--|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | In Tuna & Cucumber Baguette 22         | R02109      | R02109           | 224.98           | 66.87g             | ○      | ●                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Vegan Onion Bhaji Baguette 22       | R02113      | R02113           | 254.37           | 89.70g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Southern Fried Chicken Chilli Mayo Bag | R02116      | R02116           | 253.82           | 76.20g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Tuna Mayonnaise Baguette               | R05445      | R05445           | 214.98           | 66.76g             | ○      | ●                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Turkey, lettuce and mayo baguette 23   | R08152      | R08152           | 255.03           | 67.21g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Turkey, lettuce and mayo baguette Hala | R08161      | R08161           | 255.03           | 67.21g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Vegan Sausage & BBQ Sauce Baguette     | R03890      | R03890           | 259.70           | 78.55g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL50

INNOVATE DELI SUBS & BAGELS Allergens & Carbs

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 |
|-------|---|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | Bacon, Soft Cheese, & Sweet Chill Bagel | R07359      | R07359           | 196.00           | 56.81g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Bo Mozzarella Tomato & Pesto Bagel 23   | R07607      | R07607           | 210.00           | 52.17g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Cheese Croissant 23                     | R07465      | R07465           | 40.00            | 0.68g              | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Egg And Spring Onion Sub Roll 23        | R04739      | R04739           | 172.33           | 47.84g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Halal Spicy Crispy Chicken bagel 23     | R07600      | R07600           | 212.37           | 60.22g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Ham & Cheese Croissant 23               | R07466      | R07466           | 78.00            | 0.68g              | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Ham & Cheese Roll                       | R03873      | R03873           | 160.50           | 47.21g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Cheese Salad Deli Sub 22             | R03932      | R03932           | 198.00           | 48.62g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Chicken Mayo Sub 22                  | R05567      | R05567           | 170.00           | 47.60g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Halal Chicken Deli Sub 22            | R05474      | R05474           | 170.00           | 48.14g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | IN Ham & mature cheddar Bagel 23        | R07426      | R07426           | 160.00           | 55.34g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Ham Deli Sub 22                      | R00809      | R00809           | 148.00           | 47.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Spicy Crispy Chicken bagel 23        | R07431      | R07431           | 212.37           | 60.22g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | In Tuna & Cucumber Deli Sub 22          | R05569      | R05569           | 166.50           | 47.61g             | ○      | ●                         | ○           | ●    | ●    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Smoked Salmon & Cream Cheese Bagel      | R02137      | R02137           | 171.23           | 54.17g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Turkey Salad Deli Sub Halal 23          | R04502      | R04502           | 219.50           | 48.37g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |



Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL51

INNOVATE BLUE DOT ROLLS Allergens & Carbs

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 |   |
|-------|--------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Ham Roll Blue Dot CU 23        | R05716      | R05716           | 74.00            | 25.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Small Cheese Roll 22        | R06038      | R06038           | 85.00            | 25.51g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Small Chicken Roll 22       | R03901      | R03901           | 85.00            | 25.57g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Small Egg Mayo Roll 22      | R05413      | R05413           | 103.66           | 25.64g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Turkey Roll Halal           | R04486      | R04486           | 68.33            | 25.30g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Small Turkey Roll 23           | R03928      | R03928           | 107.66           | 38.03g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Small Turkey Roll 23 Oct Halal | R08595      | R08595           | 114.32           | 37.67g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Tuna Roll                      | R03865      | R03865           | 80.00            | 25.19g             | ○      | ●                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL52

INNOVATE SALADS Allergens & Carbs

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 |   |
|-------|--|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Chicken Salad Pot 22                   | R06713      | R06713           | 165.00           | 2.93g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chicken with Garlic, Lemon & Mint Mezz | R06581      | R06581           | 263.72           | 51.68g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chipotle Chicken & Cous Cous Mezze +   | R06573      | R06573           | 251.96           | 41.55g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Cold Vegan Korean Noodles 22           | R05382      | R05382           | 303.80           | 87.32g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ○      | ○    | ○                             | ○ |
|       | Curried Chicken & Red Rice Mezze Hal   | R06577      | R06577           | 268.62           | 48.40g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Dips - Houmous 23                      | R08356      | R08356           | 80.00            | 8.80g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Falafel & Bulgar Mezze 23              | R06570      | R06570           | 224.42           | 52.69g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Falafel with Garlic, Lemon & Mint Mezz | R06583      | R06583           | 236.28           | 61.60g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Greek Salad IN 23                      | R05447      | R05447, R06383   | 233.48           | 8.69g              | ○      | ○                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Halal Chicken Protein Pot 23           | R08352      | R08352           | 35.00            | 0.35g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Halal Chicken Salad Pot 22             | R06714      | R06714           | 165.00           | 2.93g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Ham Salad Pot 22                       | R06708      | R06708           | 163.00           | 2.53g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hard Boiled Egg Salad Pot 22           | R06711      | R06711           | 212.00           | 2.53g              | ○      | ○                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | IN Roasted chickpea feta salad lemon b | R07434      | R07434           | 280.25           | 71.45g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | IN Roasted squash Barley salad 23      | R07432      | R07432           | 357.69           | 77.34g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Marinated Edamame Beans 23             | R08349      | R08349           | 82.92            | 8.25g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ◐    | ◐       | ○      | ○    | ○                             | ○ |
|       | Mezze Bag With Hummous IN 23           | R05448      | R05448           | 182.08           | 19.24g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL52

INNOVATE SALADS Allergens & Carbs

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 |   |
|-------|-------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Onion Bhaji & Bulgar Mezze 23 | R06572      | R06572           | 220.11           | 51.66g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Panzanella Salad              | R03054      | R03054           | 263.18           | 19.69g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ●       | ○    | ○       | ○      | ◐    | ○                             | ● |
|       | Protein Pot - Cheese 23       | R08350      | R08350           | 40.00            | 0.68g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Protein Pot - Chicken 23      | R08351      | R08351           | 35.00            | 0.35g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Protein Pot - Ham 23          | R08353      | R08353           | 38.00            | 0.00g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Protein Pot - Onion Bhaji 23  | R08354      | R08354           | 54.00            | 11.88g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Sushi CU 23                   | R06012      | R06012           | 265.29           | 59.94g             | ○      | ●                         | ◐           | ○    | ◐    | ○     | ○    | ◐        | ○       | ○    | ○       | ○      | ●    | ●                             | ○ |
|       | Tuna Salad Pot 22             | R06702      | R06702           | 205.50           | 3.82g              | ○      | ○                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL53

INNOVATE COLD WRAPS Allergens & Carbs

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 |   |
|-------|--------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Chicken Caesar Wrap Oct 23           | R08544      | R08544           | 160.00           | 34.67g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chicken Caesar Wrap Oct Halal 23     | R08547      | R08547           | 160.00           | 34.67g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Halal Southern Fried chicken Wrap 23 | R07606      | R07606           | 182.16           | 42.99g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | lin Piri Piri Chicken Wrap Halal 22  | R06052      | R06052           | 217.08           | 41.24g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Bbq Chicken Strips Wrap 23        | R07760      | R07760           | 167.34           | 46.40g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             | ○ |
|       | In Bbq Halal Chicken Strips Wrap 23  | R07759      | R07759           | 167.34           | 46.40g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● |
|       | In Onion Bhaji & Raita Wrap 22       | R05222      | R05222           | 189.29           | 48.94g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Piri Piri Chicken Wrap 22         | R08524      | R08524           | 210.43           | 41.19g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In Roasted Pepper, Spinach & Houmous | R05381      | R05381           | 190.00           | 40.59g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             | ○ |
|       | S/Fried Chicken Mayo Wrap 23         | R07428      | R07428           | 182.16           | 42.99g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Sriracha Roast Chickpea Wrap IN 23   | R07433      | R07433           | 237.76           | 61.40g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ◐       | ◐      | ●    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL54

INNOVATE COLD PASTA POTS Allergens & Carbs

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 |
|-------|--|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | Chicken & Sweetcorn Pasta 5.5oz 23     | R08366      | R08366           | 122.87           | 36.30g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Chicken & Sweetcorn Pasta 5.5oz Halal  | R08358      | R08358           | 122.87           | 36.30g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | In Halal Chicken & Sweetcorn Pasta - 7 | R06117      | R06117           | 162.29           | 52.25g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | In Halal Chicken & Sweetcorn Pasta 16  | R06118      | R06118           | 389.50           | 125.40g            | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | In Pasta Pot - Chicken & Sweetcorn 22  | R06048      | R06048           | 362.90           | 105.24g            | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | In Pasta Pot - Chicken & Sweetcorn 22  | R04903      | R04903           | 162.29           | 52.25g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | In Pasta Pot - Tomato & Basil 16Oz     | R04539      | R04539, R08243   | 424.72           | 122.83g            | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | In Pesto Pasta Pot - 16Oz 22           | R04540      | R04540           | 362.90           | 117.00g            | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | In Pesto Pasta Salad 16Oz L 22         | R06120      | R06120           | 381.90           | 130.44g            | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | In Pesto Pasta Salad 7Oz S 22          | R06119      | R06119           | 175.32           | 59.31g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | In Tuna & Sweetcorn Pasta - L - 16Oz 2 | R06104      | R06104           | 406.60           | 119.40g            | ○      | ●                         | ○           | ●    | ●    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Pesto Pasta Salad 5.5oz 23             | R08369      | R01558, R08369   | 119.33           | 39.42g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Tomato & Basil Pasta Salad 5.5oz 23    | R08370      | R08243, R08370   | 121.76           | 36.32g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
|       | Tuna & Sweetcorn Pasta 5.5oz 23        | R08371      | R08371           | 123.21           | 36.18g             | ○      | ●                         | ○           | ●    | ●    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |

Nutrition Plan: PL55

INNOVATE 6F BAGELS Allergens & Carbs

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 |   |
|-------|---|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Bagel - BBQ Plant Meatball 6th 23       | R07184      | R07184           | 200.90           | 68.67g             | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Bagel- Margherita 6th 23                | R07188      | R07188           | 175.00           | 52.59g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-Aubergine Parmigiana 6th 23   | R07503      | R07503           | 235.20           | 57.70g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-BBQ Pulled Chicken 6th 23     | R07497      | R07497           | 190.00           | 59.26g             | ●      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-BBQ Pulled Chicken 6th Hala   | R07498      | R07498           | 190.00           | 59.26g             | ●      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-Caprese 6th 23                | R07501      | R07501           | 223.25           | 59.13g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-Chipotle Chicken 6th 23       | R07491      | R07491           | 227.00           | 63.55g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-Chipotle Chicken Halal 6th 23 | R07492      | R07492           | 227.00           | 63.55g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-Hoi Sin Chicken 6th 23        | R07494      | R07494           | 211.25           | 65.60g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-Red Thai Chicken 6th 23       | R07499      | R07499           | 199.00           | 61.87g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-Red Thai Chicken Halal 6th 23 | R07500      | R07500           | 199.00           | 61.87g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-Roasted Veg & Brie 6th 23     | R07505      | R07505           | 232.75           | 59.82g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-Spicy Falafel 6th 23          | R07504      | R07504           | 227.70           | 75.16g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hot Bagel-Sweet Chilli Chicken 6th 23   | R07495      | R07495           | 210.00           | 67.76g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Seeded Bagel - with S/F Chicken & Sals  | R04512      | R04512           | 208.55           | 53.85g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Seeded Bagel - With S/F Chicken & Sal   | R01698      | R01698           | 213.40           | 53.85g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Seeded Bagel - with Smkd Salmon & Cr    | R01683      | R01683           | 175.00           | 46.35g             | ○      | ●                         | ○           | ○    | ●    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan: PL56

INNOVATE 6F WRAPS & BAGUETTES Allergens & Carbs

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 |   |   |   |   |
|-------|--|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|---|---|---|
|       | Aromatic Duck & Hoisin Wrap 23               | R05726      | R05726           | 160.00           | 39.37g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ●                             | ○ |   |   |   |
|       | BBQ Pulled Chicken Wrap Halal 23             | R04491      | R00579, R04491   | 216.58           | 39.04g             | ●      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ● | ● |   |   |
|       | Cajun Chicken Wrap Halal 23                  | R07774      | R00579, R07774   | 175.54           | 37.68g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ | ● |   |   |
|       | Chicken Tikka with Chutney & Slaw Wr: R06631 | R06631      | R00579, R06631   | 165.30           | 49.59g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ | ● |   |   |
|       | Chicken Tikka With Chutney & Slaw Wr: R01689 | R01689      | R00579, R01689   | 174.00           | 49.59g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ | ● |   |   |
|       | Falafel & Red Pepper Houmous Wrap 2 R07769   | R07769      | R00579, R07769   | 204.20           | 54.01g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             | ○ | ● |   |   |
|       | Falafel & Spiced Bean Wrap 23 R01688         | R01688      | R01688           | 195.89           | 51.60g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ◐       | ◐      | ◐    | ○                             | ○ | ● |   |   |
|       | Halloumi Mint Yoghurt & Cucumber Wr: R01669  | R01669      | R00579, R01669   | 193.01           | 38.03g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ | ● |   |   |
|       | Onion Bhaji & Slaw Wrap 23 R01623            | R01623      | R00579, R01623   | 207.12           | 54.11g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ | ● |   |   |
|       | Pesto & Roasted Med Veg Wrap 23 R07775       | R07775      | R00579, R07775   | 177.84           | 36.47g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ | ○ | ● |   |
|       | Roasted Vegetable & Houmous Wrap 2: R01620   | R01620      | R01620           | 207.10           | 42.43g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ | ○ | ○ |   |
|       | SF Chicken & Corn Salsa Wrap Halal 2: R06605 | R06605      | R00579, R06605   | 178.56           | 40.97g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ | ○ | ○ | ● |

**ALLERGENS  
BAKERY**



Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL78

INNOVATE JELLY Allergens & Carbs

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 |
|-------|---------------------------|-------------|------------------|------------------|--------------------|-----------------------|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------------|
|       | Orange Jelly 5.5oz 23     | R08364      | R08364           | 145.27           | 3.69g              | <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"/>         |
|       | Strawberry Jelly 5.5oz 23 | R08363      | R08363           | 145.27           | 3.64g              | <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"/>         |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL79

INNOVATE YOGHURTS Allergens & Carbs

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 |   |
|-------|---|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Honey & Strawberry Yogurt 5.5oz 23      | R08374      | R06758, R08374   | 105.00           | 9.17g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Honey & vanilla Yogurt 5.5oz 23         | R08378      | R05665, R08378   | 105.00           | 9.24g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Lemon Curd & Strawberry Yogurt 5.5oz 23 | R08375      | R06758, R08375   | 105.00           | 7.97g              | ○      | ○                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Lemon Curd & vanilla Yogurt 5.5oz 23    | R08379      | R05665, R08379   | 105.00           | 8.04g              | ○      | ○                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Mango & Strawberry Yogurt 5.5oz 23      | R08380      | R05665, R08380   | 105.00           | 5.86g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Mango & Strawberry Yogurt 5.5oz 23      | R08376      | R06758, R08376   | 105.00           | 5.79g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Plain Vanilla Yogurt 5.5oz 23           | R08372      | R05665, R08372   | 95.00            | 1.64g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Strawberry Yogurt 5.5oz 23              | R08373      | R06758, R08373   | 95.00            | 1.57g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Toffee & Strawberry Yogurt 5.5oz 23     | R08377      | R06758, R08377   | 105.00           | 7.17g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Toffee & vanilla Yogurt 5.5oz 23        | R08381      | R05665, R08381   | 105.00           | 7.24g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL80

INNOVATE FRUIT/VEG POTS Allergens & Carbs

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 |
|-------|--------------------------|-------------|------------------|------------------|--------------------|-----------------------|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------------|
|       | Fruit salad pot 5.5oz 23 | R08237      | R08237           | 80.31            | 9.38g              | <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"/>         |
|       | Grapes pot 5.5oz 23      | R08238      | R08238           | 90.00            | 13.86g             | <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"/>         |
|       | Pineapple pot 5.5oz 23   | R08235      | R08235           | 83.96            | 14.13g             | <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"/>         |
|       | Watermelon pot 5.5oz     | R08232      | R08232           | 86.54            | 6.93g              | <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"/>         |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL81

INNOVATE DESSERTS Allergens & Carbs

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 |   |
|-------|---------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Apple & Blackberry Crumble            | R06326      | R06326           | 144.80           | 36.12g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Apple & Blackberry Crumble            | R07481      | R07481           | 143.36           | 35.43g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Apple & Chocolate Pinwheel            | R07281      | R07281           | 129.67           | 18.65g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Boston Brownie                        | R07618      | R07618           | 147.40           | 62.80g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Chocolate Sponge                      | R07484      | R07484           | 135.67           | 47.52g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Jam Sponge                            | R07482      | R07482           | 149.12           | 55.96g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Pear & Cocoa Sponge with Vanilla Sauc | R07382      | R07382           | 105.29           | 27.79g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Pear & Ginger Crumble                 | R06378      | R06378           | 119.11           | 33.37g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pineapple Upside Down Cake            | R08079      | R08079           | 128.86           | 42.70g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ● |
|       | Sticky Lemon Sponge                   | R07489      | R07489           | 152.93           | 58.52g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ○    | ◐                             | ● |
|       | Sticky Toffee Pudding                 | R08081      | R08081           | 164.64           | 69.69g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL82

INNOVATE CAKESTAND BASICS Allergens & Carbs

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 |   |
|-------|---|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Chocolate brownie 27's 23                   | R08555      | R08555           | 78.83            | 49.56g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chocolate Crispie Cake                      | R00021      | R00021           | 77.78            | 46.12g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Cinnamon Swirl Danish                       | R01001      | R01001           | 86.00            | 39.99g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ◐    | ○       | ○      | ○    | ○                             | ○ |
|       | Cu Gluten Free Brownie (Updated 05.05.2023) | R04128      | R04128           | 88.44            | 44.63g             | ○      | ○                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Custard & White Chocolate Biscuit           | R05628      | R05628, R08706   | 106.82           | 57.43g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Double Chocolate Chip Cookie                | R07208      | R07208           | 58.74            | 32.36g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Flapjack                                    | R06020      | R06020           | 108.25           | 59.27g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Gluten Free 6th Form Special                | R07684      | R07684           | 28.00            | 15.12g             | ○      | ○                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ◐       | ○      | ○    | ○                             | ○ |
|       | Gluten Free Chocolate Brownie               | R02532      | R02532           | 74.13            | 41.07g             | ○      | ○                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hob Nob                                     | R02200      | R02200           | 83.15            | 50.96g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | In white Chocolate Crispie Cake 23          | R08552      | R08552           | 67.86            | 41.25g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Jammy Biscuit                               | R05664      | R05664           | 117.15           | 75.84g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Lemon & Sultana Cookie                      | R07397      | R07397           | 61.49            | 33.54g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Lemon Drizzle Cake                          | R06025      | R06025           | 92.86            | 50.08g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Lemon Meltaway                              | R05384      | R05384           | 83.96            | 42.03g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Oreo Style Cookie                           | R07395      | R07395           | 56.78            | 28.67g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Pain Au Chocolate                           | R00157      | R00157           | 75.00            | 33.00g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ◐    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL82

INNOVATE CAKESTAND BASICS Allergens & Carbs

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 |
|-------|-----------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
|       | Pain Au Raisin Danish | R02581      | R02581           | 96.00            | 40.32g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ◐    | ○       | ◐      | ◐    | ○                             |
|       | Shortbread            | R00011      | R00011           | 107.14           | 55.89g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|       | Vanilla Cookie        | R06017      | R06017           | 47.89            | 29.97g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ◐                             |
|       | Vegan brownie 27s 23  | R08559      | R08559           | 85.91            | 40.56g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL83

INNOVATE MUFFINS Allergens & Carbs

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 |   |
|-------|------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Apple Crumble Muffin 24      | R06097      | R06097           | 119.35           | 62.09g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Blueberry Muffin             | R02184      | R02184           | 114.33           | 53.84g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Chocolate Chip Orange Muffin | R02185      | R02185           | 117.05           | 54.64g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chocolate Muffin             | R03970      | R03970           | 102.94           | 48.73g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Cu Banoffee Muffin           | R06095      | R06095           | 143.53           | 64.96g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Lemon Muffin                 | R01704      | R01704           | 132.97           | 74.41g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ◐                             | ● |
|       | Millionaire Muffin           | R06015      | R06015           | 143.53           | 73.19g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Victoria Sponge Muffin       | R01372      | R01372, R08706   | 134.03           | 69.27g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan with Carbohydrates and Allergens

IFGPlee

Nutrition Plan: PL84

INNOVATE SMALL CAKES Allergens & Carbs

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 |   |
|-------|------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Flapjack Triangle      | R04605      | R04605           | 63.15            | 34.58g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Mini Chocolate Cookie  | R04606      | R04606           | 33.60            | 20.10g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ◐                             | ○ |
|       | Mini Chocolate Muffin  | R04604      | R04604           | 59.66            | 28.24g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Savoury Cheese Straws  | R01326      | R01326           | 36.79            | 8.35g              | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Shortbread Triangle    | R04608      | R04608           | 41.67            | 21.74g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Sweet Chocolate Straws | R02448      | R02448           | 62.50            | 24.78g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ◐                             | ○ |



Nutrition Plan: PL48

SIXTH FORM BAKERY Allergens & Carbs

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 |   |
|-------|--|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | 6th Form Donuts                                  | R07834      | R07834           | 60.00            | 29.40g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Apple Cake 22 (6Th Form Only)                    | R00825      | R00825           | 199.26           | 83.07g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Caramelized White Choc Blondie 22(6Th Form Only) | R00580      | R00580           | 105.97           | 50.76g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Carrot Cake 22(6Th Form Only)                    | R00581      | R00581           | 187.39           | 72.03g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chocolate And Beetroot Cake 22 (6Th Form Only)   | R00583      | R00583, R05665   | 175.58           | 70.47g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Chocolate Fudge Cake (Brakes Option)             | R07683      | R07683           | 87.50            | 49.88g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ◐       | ○      | ○    | ○                             | ○ |
|       | Coconut Frangipane 22                            | R05298      | R05298           | 136.22           | 51.48g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Coconut Macaroons 22 (6Th Form Only)             | R00588      | R00588           | 103.81           | 35.71g             | ○      | ○                         | ○           | ●    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Cu Coconut & Cherry Slice 22                     | R06072      | R06072           | 115.83           | 42.89g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Cu Halal Rocky Road 22                           | R06112      | R06112           | 94.59            | 52.02g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Cu Rocky Road 22                                 | R06111      | R05273, R06111   | 93.54            | 51.27g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Dark Chocolate Brownie (6Th Form Only)           | R06650      | R06650           | 126.81           | 75.44g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Date & Orange Cookie                             | R07396      | R07396           | 64.43            | 33.79g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Double Chocolate Chip Cookie                     | R07208      | R07208           | 58.74            | 32.36g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Hummingbird Cake 22(6Th Form Only)               | R00587      | R00587           | 140.49           | 52.70g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |
|       | Millionaires Shortbread (Brakes Option)          | R07682      | R07682           | 66.00            | 36.30g             | ○      | ●                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ◐       | ◐      | ○    | ○                             | ○ |
|       | Millionaires Shortbread 23(6Th Form Or)          | R07211      | R07211           | 87.78            | 47.90g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |

Nutrition Plan: PL48

SIXTH FORM BAKERY Allergens & Carbs

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 |   |
|-------|---------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|---|
|       | Sticky Date And Ginger Cake (6Th Form | R05301      | R05301           | 146.03           | 75.84g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             | ○ |