

Nutrition Plan: SEP26W1DF

September 2026 Week 1 Dairy Free

|            |                                     |             |                                                        |                  | <div><div><div><div>●</div><div>Contains</div></div><div><div>◐</div><div>May Contain</div></div><div><div>○</div><div>Does Not Contain</div></div><div><div>✱</div><div>No Information</div></div></div></div> |        |                           |             |      |      |       |      |          |         |      |         |        |      |                               |
|------------|-------------------------------------|-------------|--------------------------------------------------------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| 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 |
| MonMain    | Fish Fingers MSC                    | R00096      | R00096                                                 | 75.00            | 15.00g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonMain    | Open cheese & Tomato panini half DF | R01100      | R01100                                                 | 145.00           | 57.65g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonMain    | Vegan Fishless fingers              | R00805      | R00805                                                 | 84.00            | 21.00g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonVeg     | Peas                                | R00010      | R00010                                                 | 50.00            | 5.50g                                                                                                                                                                                                           | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonCarb    | Chips                               | R00007      | R00007                                                 | 100.00           | 22.00g                                                                                                                                                                                                          | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| MonDessert | Chocolate and Beetroot Muffin       | R01101      | R01101                                                 | 74.19            | 26.80g                                                                                                                                                                                                          | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesMain   | BBQ Chicken                         | R00275      | R00275                                                 | 67.50            | 2.33g                                                                                                                                                                                                           | ●      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ○                             |
| TuesMain   | Pasta with Tomato & Basil sauce DF  | R00248      | R00248                                                 | 186.95           | 38.37g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○                             |
| TuesMain   | Salt & Pepper Chicken               | R01025      | R01025                                                 | 81.00            | 1.68g                                                                                                                                                                                                           | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesMain   | Samosa Pie VEGAN                    | R00818      | R00818                                                 | 149.15           | 26.03g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ●                             |
| TuesVeg    | seasonal vegetables                 | R00610      | R00010, R00039, R00061, R00068, R00299, R00500, R00610 | 58.33            | 3.02g                                                                                                                                                                                                           | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesCarb   | Baguette Slice                      | R00070      | R00070                                                 | 25.00            | 12.00g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesCarb   | Flatbread                           | R00083      | R00083                                                 | 23.75            | 12.35g                                                                                                                                                                                                          | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TuesCarb   | Rice                                | R00081      | R00081                                                 | 40.00            | 31.20g                                                                                                                                                                                                          | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| TueDessert | chocolate marble cake DF            | R00882      | R00882                                                 | 51.61            | 21.73g                                                                                                                                                                                                          | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

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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 |
|------------|------------------------------------|-------------|--------------------------------------------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| WedMain    | Chicken Mayo & sweetcorn wrap      | R01098      | R01098                                                 | 128.00           | 22.71g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedMain    | Gravy                              | R00069      | R00069                                                 | 53.75            | 2.81g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedMain    | Sausages                           | R00104      | R00104                                                 | 62.50            | 6.44g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| WedMain    | Veggie Sausage                     | R00105      | R00105                                                 | 45.00            | 2.75g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedVeg     | seasonal vegetables                | R00610      | R00010, R00039, R00061, R00068, R00299, R00500, R00610 | 58.33            | 3.02g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| WedCarb    | Mashed Potatoes                    | R00005      | R00005                                                 | 125.00           | 20.67g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| WedDessert | Oaty Cookie                        | R00013      | R00013                                                 | 50.63            | 28.76g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursMain  | Jacket Potato with Cheese Vegan    | R00684      | R00684                                                 | 225.00           | 49.85g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursMain  | Jacket Potato with Tuna Mayonnaise | R00049      | R00049                                                 | 270.00           | 35.74g             | ○      | ○                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursMain  | Mince Beef Pie                     | R00150      | R00150                                                 | 112.00           | 20.93g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Thurs Veg  | seasonal vegetables                | R00610      | R00010, R00039, R00061, R00068, R00299, R00500, R00610 | 58.33            | 3.02g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursCarb  | Baguette Slice                     | R00070      | R00070                                                 | 25.00            | 12.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| ThursCarb  | Mashed Potatoes                    | R00005      | R00005                                                 | 125.00           | 20.67g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| ThDesserts | Lemon Shortcake Slice              | R00020      | R00020                                                 | 64.50            | 38.50g             | ○      | ●                         | ○           | ●    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |

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|------------|-------------------------------------|-------------|------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| FriMain    | BBQ Chicken Pizza DF                | R00562      | R00562           | 96.67            | 22.50g             | ●      | ●                         | ○           | ◐    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriMain    | Cheese & Tomato Pizza with DF Chees | R00136      | R00089, R00136   | 78.38            | 18.27g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ◐    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriMain    | Open cheese & Tomato panini half DF | R01100      | R01100           | 145.00           | 57.65g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriMain    | Tuna Mayo Pasta                     | R00658      | R00658           | 140.00           | 35.65g             | ○      | ●                         | ○           | ●    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriVeg     | Baked Beans                         | R00062      | R00062           | 70.00            | 10.50g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriCarb    | Baguette Slice                      | R00070      | R00070           | 25.00            | 12.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| FriCarb    | Diced Potatoes roasted              | R00008      | R00008           | 103.00           | 17.20g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| FriCarb    | Potato Wedges                       | R00006      | R00006           | 101.50           | 17.20g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ●                             |
| FriDessert | Fruit                               | R00556      | R00237, R00556   | 127.00           | 11.32g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Veg        | Mixed Salad                         | R00040      | R00040           | 101.20           | 2.05g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Dessert    | Fresh Fruit Salad                   | R00011      | R00011           | 84.40            | 6.70g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Dessert    | Fruit                               | R00556      | R00237, R00556   | 127.00           | 11.32g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Bread      | extra bread                         | R00602      | R00602           | 16.67            | 6.33g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Sauce      | Tomato sauce                        | R00166      | R00166           | 5.00             | 1.20g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |