

Nutrition Plan: SEP26W2EF

September 2026 Week 2 Egg Free

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

|            |                                     |             |                  |                  | <div><div>Legend</div><div><div>●</div>Contains</div><div><div>◐</div>May Contain</div><div><div>○</div>Does Not Contain</div><div><div>*</div>No Information</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           | 69.75            | 15.00g                                                                                                                                                                    | ○      | ●                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| MonMain    | Open cheese & Tomato panini half DF | R01100      | R01100           | 145.00           | 57.65g                                                                                                                                                                    | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| MonMain    | Veggie Sausage                      | R00105      | R00105           | 50.00            | 3.05g                                                                                                                                                                     | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| MonCarb    | Chips                               | R00007      | R00007           | 55.00            | 22.00g                                                                                                                                                                    | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| MonDessert | Ice Cream & Fruit                   | R00168      | R00168           | 42.40            | 7.07g                                                                                                                                                                     | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| TuesMain   | Chicken kebab                       | R00445      | R00445           | 57.65            | 0.89g                                                                                                                                                                     | ○      | ◐                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| TuesMain   | Jacket Potato with Cheese           | R00059      | R00059           | 225.00           | 43.28g                                                                                                                                                                    | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| TuesMain   | Jacket Potato with Tuna plain       | R00349      | R00349           | 50.80            | 0.14g                                                                                                                                                                     | ○      | ○                         | ○           | ○    | ●    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| TuesMain   | Quorn fajita Wrap                   | R01048      | R01048           | 123.00           | 24.12g                                                                                                                                                                    | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ◐       | ○    | ○       | ○      | ○    | ○                             |  |  |
| TuesCarb   | Flatbread                           | R00083      | R00083           | 23.75            | 12.35g                                                                                                                                                                    | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| TuesCarb   | Rice                                | R00081      | R00081           | 40.00            | 32.80g                                                                                                                                                                    | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| TueDessert | Fruit                               | R00556      | R00237, R00556   | 127.00           | 11.32g                                                                                                                                                                    | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| WedMain    | Gravy                               | R00069      | R00069           | 53.75            | 2.81g                                                                                                                                                                     | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| WedMain    | Jacket Potato with Beans and Cheese | R00161      | R00161           | 340.00           | 53.77g                                                                                                                                                                    | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| WedMain    | Quorn Roast & Gravy                 | R00053      | R00053           | 54.33            | 3.98g                                                                                                                                                                     | ○      | ○                         | ○           | ●    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| WedMain    | Roast Chicken                       | R00109      | R00109           | 56.25            | 0.00g                                                                                                                                                                     | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |
| WedMain    | Roast Chicken fillet                | R01007      | R01007           | 57.00            | 0.29g                                                                                                                                                                     | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |  |  |

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|            |                                    |             |                  | Portion<br>Size (g) | Carbohydrate Count | Legend |                           |             |      |      |       |      |          |         |      |         |        |      |   |  | Sulphur Dioxide and Sulphites |
|------------|------------------------------------|-------------|------------------|---------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|---|--|-------------------------------|
| Group      | Menu Item                          | Recipe Code | Sub Recipe Codes |                     |                    | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya |   |  |                               |
| WedCarb    | Mashed Potatoes                    | R00005      | R00005           | 125.00              | 20.67g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ● |  |                               |
| WedDessert | Milk                               | R00033      | R00033           | 150.00              | 7.05g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○ |  |                               |
| WedDessert | Shortbread Biscuit                 | R00012      | R00012           | 45.10               | 25.30g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○ |  |                               |
| ThursMain  | Baguette Slice                     | R00070      | R00070           | 25.00               | 12.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○ |  |                               |
| ThursMain  | Cheese Baguette P                  | R00293      | R00293           | 95.00               | 24.09g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○ |  |                               |
| ThursMain  | Ham Baguette                       | R00295      | R00295           | 100.00              | 24.25g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○ |  |                               |
| ThursMain  | Homemade Pork Sausage Roll         | R00085      | R00085           | 98.25               | 20.21g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ●    | ● |  |                               |
| ThursMain  | Pizza Pasta                        | R00830      | R00830           | 214.00              | 39.93g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○ |  |                               |
| ThursCarb  | Mashed Potatoes                    | R00005      | R00005           | 125.00              | 20.67g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ● |  |                               |
| ThDesserts | Chinese vanilla cookie GF DF EG SF | R01041      | R01041           | 48.50               | 26.27g             | ○      | ○                         | ○           | ◐    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○ |  |                               |
| FriMain    | Cheese & Tomato Pizza 6            | R00066      | R00066           | 83.67               | 18.90g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○ |  |                               |
| FriMain    | Ham & Tomato Pizza 8               | R00650      | R00650           | 92.12               | 14.98g             | ○      | ●                         | ○           | ◐    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○ |  |                               |
| FriMain    | Pasta with Tomato & Basil Sauce    | R00047      | R00047           | 206.95              | 38.39g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ◐       | ○    | ○       | ○      | ◐    | ○ |  |                               |
| FriCarb    | Baguette Slice                     | R00070      | R00070           | 25.00               | 12.00g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○ |  |                               |
| FriCarb    | Potato Wedges                      | R00006      | R00006           | 101.50              | 17.20g             | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ● |  |                               |
| FriDessert | Flapjack & Raisins                 | R00163      | R00163           | 56.50               | 35.07g             | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○ |  |                               |
| Veg        | Mixed Salad                        | R00040      | R00040           | 101.20              | 2.05g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○ |  |                               |

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|---------|------------------------|-------------|--------------------------------------------------------|------------------|--------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-------------------------------|
| Veg     | seasonal vegetables    | R00610      | R00010, R00039, R00061, R00068, R00299, R00500, R00610 | 58.33            | 3.02g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Carb    | extra bread            | R00602      | R00602                                                 | 16.67            | 6.33g              | ○      | ●                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Dessert | Fresh Fruit Salad      | R00011      | R00011                                                 | 84.40            | 6.70g              | ○      | ○                         | ○           | ○    | ○    | ○     | ○    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
| Dessert | Yeo Valley Yogurt      | R00219      | R00219                                                 | 80.00            | 8.48g              | ○      | ○                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |
|         | Cheese & Tomato Panini | R00054      | R00054                                                 | 140.00           | 49.73g             | ○      | ●                         | ○           | ○    | ○    | ○     | ●    | ○        | ○       | ○    | ○       | ○      | ○    | ○                             |