

ALLERGENS BAKERY

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
	In Orange Jelly 4Oz 22	R06128	R06128	107.50	16.21g	<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"/>
	In Orange Jelly 7Oz 22	R06127	R06127	179.17	27.01g	<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"/>
	In Raspberry Jelly 4Oz 22	R06129	R06129	107.50	16.17g	<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"/>
	In Raspberry Jelly 7Oz 22	R06126	R06126	179.17	26.95g	<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"/>
	In Strawberry Jelly 4Oz 22	R06130	R06130	107.50	16.12g	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	In Strawberry Jelly 7Oz 22	R06125	R06125	179.17	26.86g	<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"/>

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	Allergens														
						Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites	
	In 4Oz Honey & Strawberry Yogurt 22	R06970	R06758, R06970	90.00	8.92g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 4Oz Honey & Vanilla Yogurt 22	R05700	R05665, R05700	90.00	8.98g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 4Oz Lemon Curd & Strawberry Yogurt 22	R06972	R06758, R06972	90.00	7.72g	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" 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"/>	<input type="radio"/>
	In 4Oz Lemon Curd & Vanilla Yogurt 22	R05699	R05665, R05699	90.00	7.78g	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" 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"/>	<input type="radio"/>
	In 4Oz Mango & Strawberry Yogurt 22	R06974	R06758, R06974	90.00	5.54g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 4Oz Mango & Vanilla Yogurt 22	R05697	R05665, R05697	90.00	5.60g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 4Oz Plain Strawberry Yogurt 22	R06968	R06758, R06968	90.00	1.49g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 4Oz Plain Vanilla Yogurt 22	R06967	R05665, R06967	90.00	1.56g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 4Oz Strawberry & Vanilla Yogurt 22	R05698	R05665, R05698	90.00	4.89g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 4Oz Toffee & Strawberry Yogurt 22	R06976	R06758, R06976	90.00	6.92g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 4Oz Toffee & Vanilla Yogurt 22	R05696	R05665, R05696	90.00	6.98g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 7Oz Honey & Strawberry Yogurt 22	R06965	R06758, R06965	155.00	13.71g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 7Oz Honey & Vanilla Yogurt 22	R05691	R05665, R05691	155.00	13.82g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 7Oz Lemon Curd & Strawberry Yogurt 22	R06971	R06758, R06971	160.00	15.11g	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" 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"/>	<input type="radio"/>
	In 7Oz Lemon Curd & Vanilla Yogurt 22	R05692	R05665, R05692	160.00	15.22g	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" 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"/>	<input type="radio"/>
	In 7Oz Mango & Strawberry Yogurt 22	R06973	R06758, R06973	160.00	10.75g	<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 checked="" type="radio"/>	<input type="radio"/>
	In 7Oz Mango & Vanilla Yogurt 22	R05694	R05665, R05694	160.00	10.86g	<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 checked="" type="radio"/>	<input type="radio"/>

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	
	In 7Oz Plain Strawberry Yogurt 22	R06969	R06758, R06969	155.00	2.56g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
	In 7Oz Plain Vanilla Yogurt 22	R06966	R05665, R06966	155.00	2.68g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
	In 7Oz Strawberry & Vanilla Yogurt 22	R05693	R05665, R05693	160.00	9.44g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
	In 7Oz Toffee & Strawberry Yogurt 22	R06975	R06758, R06975	160.00	13.51g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○
	In 7Oz Toffee & Vanilla Yogurt 22	R05695	R05665, R05695	160.00	13.62g	○	○	○	○	○	○	●	○	○	○	○	○	○	○	○

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	
	Bo Watermelon Wedge	R03958	R03958	330.00	23.43g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Bag - Apple & Grape	R00042	R00042	155.00	19.75g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	●
	Fruit Bag - Grape White	R00043	R00043	60.00	8.70g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Bag - Orange	R00044	R00044	190.00	14.44g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Bag - Pineapple	R00041	R00041	187.41	18.93g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fruit Bag - Sultana	R00045	R00045	40.00	27.60g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Fruit Salad Pot 22	R05416	R05416	127.97	14.95g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Fruit Salad Pot 4Oz 22	R06490	R06490	63.99	7.47g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Grape Pot 7Oz 22	R06065	R06065	60.00	8.94g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Half Watermelon Wedge 22	R06487	R06487	165.00	11.72g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Pineapple Pot 7Oz 22	R06067	R06067	95.95	12.11g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Veg Bag - Carrot Sticks	R00046	R00046	75.00	5.93g	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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	
	Bo Apple & Berry Pie New Apr 23	R07487	R07487	150.70	33.37g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	In Steamed Jam Sponge Apr 23	R07482	R07482	149.12	55.63g	○	●	○	●	○	○	●	○	○	○	○	○	○	◐	○
	In Apple & Blackberry Crumble Apr 23	R07481	R07481	143.36	35.43g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	IN Apple and chocolate pinwheel & cust R07281	R07281		129.67	18.65g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	In Chocolate Brownie & Chocolate Sauc R07488	R07488		124.58	49.25g	○	●	○	●	○	○	●	○	○	○	○	○	○	◐	○
	In Chocolate Sponge & Sauce Apr 23 R07484	R07484		135.67	47.52g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	In Cornflake Crispy Cake 22 Updated 20 R06623	R06623		41.67	28.30g	○	●	○	○	○	○	●	○	○	○	○	○	○	●	○
	In Syrup Sponge & Custard - Apr 23 R07485	R07485		152.97	59.63g	○	●	○	●	○	○	●	○	○	○	○	○	○	◐	○
	Pancake Bar 22 R06305	R06305		148.30	46.98g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	Pear & Cocoa Sponge & Custard Apr 2 R07382	R07382		126.67	26.26g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	Pear & Ginger Crumble Cinnamon Cust R07483	R07483		133.34	30.24g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	Sticky Lemon Sponge With Custard Apr R07489	R07489		153.68	58.60g	○	●	○	●	○	○	●	○	○	○	○	○	○	◐	●

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	Allergens															
						Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide and Sulphites		
	Bo Chocolate & Vanilla Shortbread Pinw	R02192	R02192	83.75	44.50g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Bo Chocolate Chip Cookie -Large 22	R05273	R05273	58.41	36.28g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○	○
	Cu Custard & White Chocolate Biscuit 2	R05628	R05628	127.76	67.89g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○	○
	Danish Pain Au Raisin	R02581	R02581	96.00	40.32g	○	●	○	●	○	○	●	○	○	◐	○	◐	◐	○	○	○
	Danish Cinnamon Swirl	R01001	R01001	86.00	39.99g	○	●	○	●	○	○	●	○	○	◐	○	○	○	○	○	○
	Date & Orange Cookie 23	R07396	R07396	64.43	33.79g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Double Chocolate Chip Cookie 23	R07208	R07208	58.74	32.36g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○	○
	Gluten Free Cake (Brakes Option) 23	R07684	R07684	28.00	15.12g	○	○	○	●	○	○	○	○	○	◐	○	○	○	○	○	○
	In Chocolate Crispie Cake	R00021	R00021	77.78	46.12g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○	○
	In Flapjack 22	R06020	R06020	108.25	59.27g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Gluten Free Brownie 21'S 22	R02532	R02532	74.13	41.07g	○	○	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	In Hob Nob 22	R02200	R02200	83.15	50.96g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Jammy Biscuit 22	R05664	R05664	117.15	75.40g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	In Lemon Drizzle Cake 22	R06025	R06025	97.62	50.56g	○	●	○	●	○	○	●	○	○	○	○	○	○	◐	●	○
	In Lemon Meltaway	R05384	R05384	83.96	42.03g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	In Orange Cream Crumble Bars 21'S 22	R02530	R02530	125.26	60.07g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	In Shortbread	R00011	R00011	107.14	55.89g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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	
	In Vanilla Cookie 22	R06017	R06017	47.89	29.97g	○	●	○	●	○	○	●	○	○	○	○	○	○	◐	○
	Lemon& Sultana Cookie 23	R07397	R07397	61.49	33.48g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	Oreo Style Cookie 23	R07395	R07395	56.78	28.67g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	●
	Pain Au Choc	R00157	R00157	75.00	33.00g	○	●	○	●	○	○	●	○	○	◐	○	○	○	◐	○

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		
	In Blueberry Muffin	R02184	R02184	114.33	53.84g	○	●	○	●	○	○	●	○	○	○	○	○	○	◐	○	
	In Chocolate Chip Orange Muffin	R02185	R02185	117.05	54.64g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	●	○
	In Chocolate Muffin	R03970	R03970	102.94	48.73g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○	○
	In Lemon Poppy Seed Muffin	R00566	R00566	87.50	60.71g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	◐	●
	In Millionaire Muffin 22	R06015	R06015	143.53	73.19g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	●	○
	Sticky Toffee Muffin 22	R02190	R02190	171.76	75.84g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	◐	○
	Taste Of London: Victoria Sponge Muffin	R01372	R01372	133.16	67.52g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	◐	○

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	211.00	83.26g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
	Caramelized White Choc Blondie 22(6Th Form Only)	R00580	R00580	105.97	50.76g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
	Carrot Cake 22(6Th Form Only)	R00581	R00581	205.96	72.26g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
	Chocolate And Beetroot Cake 22 (6Th Form Only)	R00583	R00583, R05665	177.38	70.53g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Chocolate Fudge Cake (Brakes Option)	R07683	R07683	87.50	49.88g	○	●	○	●	○	○	●	○	○	◐	◐	○	○	○
	Chocolate Fudge Muffin 22	R06686	R06686	149.13	74.41g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
	Coconut Frangipane 22	R05298	R05298	139.00	51.25g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
	Coconut Macaroons 22 (6Th Form Only)	R00588	R00588	103.81	35.71g	○	○	○	●	○	○	◐	○	○	○	○	○	○	○
	Cu Halal Rocky Road 22	R06112	R06112	94.59	52.00g	○	●	○	○	○	○	●	○	○	○	○	○	○	○
	Cu Rocky Road 22	R06111	R05273, R06111	93.54	51.25g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
	Dark Chocolate Brownie (6Th Form Only)	R06650	R06650	126.81	75.44g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
	Date & Orange Cookie 23	R07396	R07396	64.43	33.79g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Double Chocolate Chip Cookie 23	R07208	R07208	58.74	32.36g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
	Fruit & Puffed Rice Bar 22(6Th Form Or	R00592	R00592	53.50	33.00g	○	○	○	○	○	○	◐	○	○	○	○	○	○	○
	Ginger Breadman 22(6Th Form Only)	R00598	R00598	97.82	64.99g	○	●	○	●	○	○	●	○	○	○	○	○	○	○
	Hummingbird Cake 22(6Th Form Only)	R00587	R00587	140.49	52.70g	○	●	○	●	○	○	●	○	○	○	○	○	○	○

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	
	Lemon& Sultana Cookie 23	R07397	R07397	61.49	33.48g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	Millionaires Shortbread (Brakes Option)	R07682	R07682	66.00	36.30g	○	●	○	●	○	○	●	○	○	◐	◐	○	●	○	
	Millionaires Shortbread 23(6Th Form Or	R07211	R07211	89.57	47.90g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	Oreo Style Cookie 23	R07395	R07395	56.78	28.67g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	Salted Toffee Parkin 22(6Th Form Only)	R00590	R00590	134.59	76.69g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	Sticky Date And Ginger Cake (6Th Form	R05301	R05301	146.03	75.84g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	Vanilla Biscuits 22(6Th Form Only)	R00596	R00596	86.88	43.76g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○

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	
	Basic Savoury Cheese Straws	R01326	R01326	36.79	8.35g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	Basics Sweet Chocolate Straws	R02448	R02448	62.50	24.78g	○	●	○	●	○	○	●	○	○	○	○	○	○	◐	○
	In Flapjack Finger	R04610	R04610	42.10	23.05g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Flapjack Triangle	R04605	R04605	63.15	34.58g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Gluten Free Brownie Triangle	R04607	R04607	37.06	20.53g	○	○	○	●	○	○	○	○	○	○	○	○	○	○	○
	In Mini Chocolate Cookie	R04606	R04606	33.60	20.10g	○	●	○	●	○	○	○	○	○	○	○	○	○	◐	○
	In Mini Chocolate Muffin	R04604	R04604	59.66	28.24g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	In Shortbread Finger	R04609	R04609	27.78	14.49g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Shortbread Triangle	R04608	R04608	41.67	21.74g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○

**ALLERGENS
COLD DELI**

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	
	Halal Southern Fried chicken Wrap 23	R07606	R07606	182.16	42.99g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	lin Piri Piri Chicken Wrap Halal 22	R06052	R06052	217.08	38.18g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	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 Chicken Caesar Wrap 22	R06039	R06039, R06383	198.75	41.44g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	In Halal Chicken Caesar Wrap 22	R05479	R01456, R05479, R06383	175.63	36.30g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	In Halal Turkey Ham & Cheese Wrap	R04497	R04497	150.00	38.19g	◐	●	○	●	○	○	●	○	◐	○	○	○	○	○	○
	In Onion Bhaji & Raita Wrap 22	R05222	R05222	189.29	48.94g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	In Piri Piri Chicken Wrap 22	R02418	R02418	210.43	38.13g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	In Roasted Pepper, Spinach & Houmous	R05381	R05381	190.00	40.59g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	IN sriracha Roast chickpea wrap 23	R07433	R07433	237.76	61.40g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Southern Fried chicken Wrap 23	R07428	R07428	182.16	42.99g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○

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	
	Cu Tuna & Sweetcorn Pasta - S - 7Oz 2	R06105	R06105	184.82	54.78g	○	●	○	●	●	○	○	○	○	○	○	○	○	○	○
	In 7Oz Pesto Pasta Pots 22	R03968	R03968	183.35	61.90g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	In Halal Chicken & Sweetcorn Pasta - 7	R06117	R06117	162.29	52.74g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	In Halal Chicken & Sweetcorn Pasta 16	R06118	R06118	389.50	126.57g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	In Pasta Pot - Chicken & Sweetcorn 22	R06048	R06048	362.90	105.72g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	In Pasta Pot - Chicken & Sweetcorn 22	R04903	R04903	162.29	52.53g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	In Pasta Pot - Tomato & Basil 16Oz	R04539	R04539	413.55	122.81g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	In Pasta Pot - Tomato & Basil 7Oz	R00141	R00141	197.34	55.76g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	In Pesto Pasta Pot - 16Oz 22	R04540	R04540	382.85	118.16g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	In Pesto Pasta Salad 16Oz L 22	R06120	R06120	381.90	131.70g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	In Pesto Pasta Salad 7Oz S 22	R06119	R06119	175.32	59.88g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	In Roast Pepper & Olive Pasta - S - 8Oz	R04018	R01471, R04018	102.14	27.60g	●	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Roast Pepper & Olive Pasta Salad - 1	R04542	R04542	300.58	60.16g	●	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	In Tuna & Sweetcorn Pasta - L - 16Oz 2	R06104	R06104	406.60	120.52g	○	●	○	●	●	○	○	○	○	○	○	○	○	○	○

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 form or	R07184	R07184	200.90	64.47g	●	●	○	○	○	○	○	○	○	○	○	○	○	○
	Bagel- Margherita (6Th Form Only) 22	R07188	R07188	175.00	52.59g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Halal Hot bagel-Chipotle chicken 6th23	R07492	R07492	227.00	63.25g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Halal Hot bagel-Red Thai chicken 6th23	R07500	R07500	199.00	61.87g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Halal Seeded Bagel - With S/F Chicken	R07762	R07762	217.28	54.72g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Halal Southern Fried Chicken & Cajun M	R07764	R07764	238.10	60.72g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Hot bagel-Aubergine Parmigiana 6th23	R07503	R07503	235.20	57.40g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot bagel-BBQ pulled chicken 6th23	R07497	R07497	190.00	58.46g	●	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot bagel-BBQ pulled chicken 6th23Hal	R07498	R07498	190.00	58.96g	●	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot bagel-Caprese 6th23	R07501	R07501	223.25	59.13g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot bagel-Chipotle chicken 6th23	R07491	R07491	227.00	62.75g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Hot bagel-Hoi Sin chicken 6th23	R07494	R07494	211.25	64.80g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot bagel-Red Thai chicken 6th23	R07499	R07499	199.00	61.37g	○	●	○	●	○	○	○	○	○	○	○	○	○	○
	Hot bagel-Roasted veg and brie 6th23	R07505	R07505	232.75	59.52g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot bagel-Spicy falafel6th23	R07504	R07504	227.70	74.86g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Hot bagel-Sweet chilli chicken 6th23	R07495	R07495	210.00	66.96g	○	●	○	○	○	○	○	○	○	○	○	○	○	○
	Seeded Bagel - With S/F Chicken & Sal	R04512	R04512	208.55	53.85g	○	●	○	○	○	○	○	○	○	○	○	○	○	○

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
	Seeded Bagel - With S/F Chicken & Sal:	R01698	R01698	213.40	53.85g														
	Seeded Bagel - With S/F Chicken & Sal:	R07761	R07761	217.28	54.72g														
	Seeded Bagel - With Smoked Salmon &	R01683	R01683	175.00	46.43g														
	Southern Fried Chicken & Cajun Mayo E	R07763	R07763	238.10	60.72g														

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	
	BBQ Pulled Chicken Wrap Halal	R04491	R00579, R04491	197.47	39.09g	●	●	○	●	○	○	○	○	○	○	○	○	○	○	●
	Cajun Chicken Wrap Halal 23	R07774	R00579, R07774	166.04	37.63g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Chicken Tikka with Chutney & Slaw Wr	R06631	R00579, R06631	175.28	46.82g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	Chicken Tikka With Chutney & Slaw Wr	R01689	R00579, R01689	184.50	46.82g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	Chipotle Chicken Wrap 22	R01666	R00579, R01666	193.90	37.57g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	Chipotle Chicken Wrap Halal 23	R07770	R00579, R07770	193.90	38.07g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	Duck & Hoisin Wrap 22	R05726	R05726	160.00	39.37g	○	●	○	○	○	○	○	○	○	○	○	○	●	●	○
	Falafel & Red Pepper Houmous Wrap 2	R07769	R00579, R07769	204.70	54.06g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	Falafel & Spiced Bean Wrap 22	R01688	R01688	214.89	52.36g	○	●	○	●	○	○	○	○	○	○	○	○	○	○	○
	Halloumi Mint Yoghurt & Cucumber Wr	R01669	R00579, R01669	203.51	38.72g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	Onion Bhaji & Slaw Wrap 22	R01623	R00579, R01623	207.61	54.40g	○	●	○	●	○	○	●	○	○	○	○	○	○	○	○
	Pesto & Roasted Med Veg Wrap 23	R07775	R00579, R07775	178.32	36.52g	○	●	○	○	○	○	●	○	○	○	○	○	○	○	○
	Roasted Vegetable & Houmous Wrap	R01620	R01620	207.10	42.43g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○
	SF Chicken & Corn Salsa Wrap Halal 2	R06605	R00579, R06605	179.05	41.02g	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○