

Food/dish	Food home page number and category	Location
Arctic roll	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 6. Other dessert --> select arctic roll from drop down menu
Babybel type cheese	4. Egg, cheese or egg, cheese dishes	4. Cheddar type cheese, mini cheese snacks, string cheese --> 5. Children's mini cheese snacks (e.g. babybel)
Baked beans, barbeque	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	4. Beans, peas, lentils --> 1. Baked beans in tomato sauce --> 4. Baked beans in barbeque or other sauce
Baked beans, tomato	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	4. Beans, peas, lentils --> 1. Baked beans in tomato sauce --> 1. Baked beans in tomato sauce
Bakewell tart	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 6. Other dessert --> select bakewell tart from drop down menu
Bamba peanut snack	6. Fruit, nuts, seeds (including nut, seed dishes)	9. Other fruit, nuts, seeds or nut seed dishes --> select "yes" for nut or seed --> 6. Peanuts, peanut butter or peanut snack --> 6. Peanut corn snack e.g. bamba
Barbeque beans	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	4. Beans, peas, lentils --> 1. Baked beans in tomato sauce --> 4. Baked beans in barbeque or other sauce
Bean burger	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 3. Veg, bean burger
Beef bourguignonne	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 9. Other beef or veal dishes --> 3. Beef bourguignonne
Beef chow mein	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 9. Other beef or veal dishes --> 7. Beef chow mein
Beef kheema	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 9. Other beef or veal dishes --> 5. Beef kheema
Beef korma	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 5. Curry
Beef lasagne	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 4. Lasagne, cannelloni
Beef samosas	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 9. other beef or veal dishes --> 6. Meat samosas
Beef stroganoff	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 9. Other beef or veal dishes --> 1. Beef stroganoff
Beef tikka massala	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 5. Curry
Beef wellington	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 9. Other beef or veal dishes --> 2. Beef wellington
Bombay mix	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 6. Other savoury snack --> 1. Bombay mix, oriental mix
Bourguignonne, beef	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 9. Other beef or veal dishes --> 3. Beef bourguignonne
Breadsticks	2. Bread, breakfast cereal, pizza, sandwich	7. More bread options --> 9. More bread options --> 7. Breadsticks
Breadsticks (infant)	1. Commercial infant food or toddler meal	6. Infant finger food/snacks --> 5. Breadsticks
Brioche	No option for Brioche. Please enter croissant instead (see "croissant" for location)	
Broccoli cheese	4. Egg, cheese or egg, cheese dishes	9. Egg or cheese dishes --> 1. Broccoli cheese
Brown sauce	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	8. ketchup, mustard, pickle, other sauces --> 3. Brown sauce
Cake/Cereal bar, infant type (e.g. organix carrot cake)	1. Commercial infant food or toddler meal	6. Infant finger food/snacks --> 6. Infant cereal/cake bar
Cauliflower cheese	4. Egg, cheese or egg, cheese dishes	9. Egg or cheese dishes --> 2. Cauliflower cheese
Cereal bar (not infant type)	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	"Was this an infant snack?" Select "No" --> 9. confectionery, cereal bar, crisps, savoury snack --> 2. cereal bar
Cereal/cake bar, infant type (e.g. organix carrot cake)	1. Commercial infant food or toddler meal	6. Infant finger food/snacks --> 6. Infant cereal/cake bar
Cheddar biscuits	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 6. Other savoury snack --> 2. Cheddar biscuits
Cheese sauce	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	3. White, cheese sauce or pesto --> 1. Cheese sauce --> select relevant type from available options
Cheese, babybel	4. Egg, cheese or egg, cheese dishes	4. Cheddar type cheese, mini cheese snacks, string cheese --> 5. Children's mini cheese snacks (e.g. babybel)
Cheese, soya type	4. Egg, cheese or egg, cheese dishes	8. Soya cheese
Cheesestrings	4. Egg, cheese or egg, cheese dishes	4. Cheddar type cheese, mini cheese snacks, string cheese --> 4. Cheesestrings
Chicken chow mein	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 6. Chicken, other poultry, game, poultry dish --> 4. Chicken chow mein or stir-fry or sweet and sour chicken --> 1. Chow mein
Chicken goujons	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 6. Chicken, other poultry, game, poultry dish --> 3. Chicken burger, nuggets, fingers/escalope --> 3. Breaded chicken fingers, goujons, escalope
Chicken korma	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 6. Chicken, other poultry, game, poultry dish --> 2. Chicken curry, korma, tikka massala --> 2. Korma
Chicken nuggets	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 6. Chicken, other poultry, game, poultry dish --> 3. Chicken burger, nuggets, fingers/escalope --> 2. Nuggets
Chicken risotto	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 6. Chicken, other poultry, game, poultry dish --> 5. Chicken casserole, fricassee, or risotto --> 3. Risotto
Chicken soup	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	1. Soup --> 1. Chicken soup
Chicken tikka massala	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 6. Chicken, other poultry, game, poultry dish --> 2. Chicken curry, korma, tikka massala --> 3. Tikka massala
Choc ice	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 3. Ice-cream, ice lolly --> 3. Choc ice
Chocolate buttons	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 1. Chocolate confectionery --> 5. Chocolate buttons
chocolate, dairy-free	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 1. Chocolate confectionery --> 9. Dairy-free chocolate

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Chow mein, beef	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 9. Other beef or veal dishes --> 7. Beef chow mein
Chow mein, chicken	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 6. Chicken, other poultry, game, poultry dish --> 4. Chicken chow mein or stir-fry or sweet and sour chicken --> 1. Chow mein
Chow mein, pork or other meat (not beef or chicken)	No option for pork chow mein. Please enter beef chow mein instead (see "chow mein, beef" for location)	
Condensed milk	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	4. Cream --> 7. Condensed milk
Cottage pie (Please note there is no option for lamb so please use beef option here as a suitable alternative)	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 8. Shepherd's pie, cottage pie
Cottage pie, children's ready meal (not home made)	1. Commercial infant food or toddler meal	7. Toddler ready meal --> 1. Beef, lamb or pork meal --> 3. Cottage/shepherd's pie
Cream cheese (philadelphia type)	4. Egg, cheese or egg, cheese dishes	7. Soft cheese, cheese spreads or cottage cheese --> 4. Select relevant cream cheese from options (regular, light or extra light)
Cream crackers	2. Bread, breakfast cereal, pizza, sandwich	5. Cream crackers, ryvita
Crispie cake (choc rice krispies/corn flake cakes)	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 2. Cake --> select crispie cake from drop down menu
Croissant	2. Bread, breakfast cereal, pizza, sandwich	7. More bread options --> 6. croissant
Custard	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	2. Custard --> select relevant type from available options
Custard, soya (ready to eat, e.g. Alpro or Provamel)	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	2. Custard --> 7. Commercial soya custard
Custard tart	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 8. Buns, pastries--> select custard tart from drop down menu
Custard, soya (homemade with Alpro soya 1+ milk- Giraffe!)	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	2. Custard --> 4. Homemade, with alpro soya 1+ milk
Custard, soya (homemade with other soya milk- i.e. not Alpro 1+ soya milk)	No option for homemade soya custard made with other soya milks. Please enter commercial soya custard instead (see custard, soya (ready to eat) for location)	
Dairy and egg-free mayonnaise	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	6. Salad dressing --> 8. Dairy and egg-free mayonnaise
Dairy-free chocolate	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 1. Chocolate confectionery --> 9. Dairy-free chocolate
Dairy-free ice-cream	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 3. Ice-cream, ice lolly --> 1. Dairy-free ice-cream
Doughnut	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 8. Buns, pastries--> select doughnut from drop down menu
EAT fairy cakes	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	9. EAT recipe (incl food from Follow-on Tips & Recipes booklet) --> 1. EAT fairy cakes
Egg fried rice	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	9. Rice, pasta, noodles, cous cous options --> 8. Rice options --> 5. Egg fried rice
Falafel	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 9. Falafel
Fish fingers	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	2. Fish, seafood, fish, seafood dishes --> 9. Fish, seafood dishes, fish fingers, fish cakes or pate --> 2. Fish fingers
Fish pie	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	2. Fish, seafood, fish, seafood dishes --> 9. Fish, seafood dishes, fish fingers, fish cakes or pate --> 5. Fisherman's pie
Fish pie, children's ready meal (not home made)	1. Commercial infant food or toddler meal	7. Toddler ready meal --> 3. Fish meal
Fromage frais (e.g. Petit Filous)	1. Commercial infant food or toddler meal	5. Yoghurt/fromage frais --> 3. Fromage frais
Fruit pot/pureed fruit	1. Commercial infant food or toddler meal	3. Infant fruit purees
Gravy	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	7. Gravy
Guacamole	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	5. Dips --> 1. Guacamole
Halva	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. confectionery, cereal bar, crisps, savoury snack --> 3. Other confectionery --> select halva from drop down menu
Hot cross bun	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 8. Buns, pastries--> select hot cross bun from drop down menu
Houmous	6. Fruit, nuts, seeds (including nut, seed dishes)	9. Other fruit, nuts, seeds or nut seed dishes --> select "yes" for nut or seed --> 7. Sesame seeds, tahini or houmous --> 4. Houmous
Ice-cream, dairy-free	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 3. Ice-cream, ice lolly --> 1. Dairy-free ice-cream
Infant corn snacks (e.g. organix carrot stix)	1. Commercial infant food or toddler meal	6. Infant finger foods or snacks --> 2. Corn snacks
Jelly	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 6. Other dessert --> select jelly from drop down menu

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ketchup	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	8. Ketchup, mustard, pickle, other sauces --> 4. Tomato ketchup
Kheema, beef	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 9. Other beef or veal dishes --> 5. Beef kheema
kiev, vegetable	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 4. Stuffed vegetables --> 6. Vegetable kiev
Korma, beef	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 5. Curry
Korma, chicken	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 6. Chicken, other poultry, game, poultry dish --> 2. Chicken curry, korma, tikka massala --> 2. Korma
Korma, lamb	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 2. Lamb, lamb dishes --> 3. Curry
korma, vegetarian	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 5. Vegetable curry or quorn korma (select curry if you did not use quorn)
Lamb korma	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 2. Lamb, lamb dishes --> 3. Curry
Lamb lasagne	No option for lamb lasagne. Please enter beef lasagne instead (see "beef lasagne" for location)	
Lamb samosas	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 2. Lamb, lamb dishes --> 6. Samosas
Lamb stew	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 2. Lamb, lamb dishes --> 4. Lancashire hotpot/Irish stew
Lamb tikka massala	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 2. Lamb, lamb dishes --> 3. Curry
Lasagne, beef. (Please note there is no option for lamb so please use beef option here as a suitable alternative)	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 4. Lasagne, cannelloni
Lasagne, children's ready meal (not home made)	1. Commercial infant food or toddler meal	7. Toddler ready meal --> 1. Beef, lamb or pork meal --> 1. Cheesy pasta dish
Lasagne, vegetarian	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 6. vegetarian lasagne, cannelloni, tagliatelle or stuffed pasta --> 4. Lasagne
Macaroni cheese	4. Egg, cheese or egg, cheese dishes	9. Egg or cheese dishes --> 3. Macaroni cheese
Marshmallows	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 3. Other confectionery --> select marshmallows from drop down menu
Mashed potato	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	1. Potatoes or other starchy veg --> 8. Potato --> 3. Mashed potato
Mayonnaise	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	6. Salad dressing --> 3. Mayonnaise
Mayonnaise (dairy and egg- free)	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	6. Salad dressing --> 8. Dairy and egg-free mayonnaise
Milk, condensed	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	4. Cream --> 7. Condensed milk
Mince pie	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 8. Buns, pastries--> select mince pie from drop down menu
Moussaka	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 2. Lamb, lamb dishes --> 7. Moussaka
Mustard	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	8. Ketchup, mustard, pickle, other sauces --> 6. Mustard
Oat cream	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	4. Cream --> 8. oat cream
Pancake	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 2. Cake --> select pancake from drop down menu
Pasta salad	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	6. Tomatoes, salad vegetables, salad options --> 9. Vegetable salad, potato salad or other salad --> 2. Pasta salad
Peanut and tahini cookies (EAT recipe)	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	9. EAT recipe (incl food from Follow-on Tips & Recipes booklet) --> 2. Peanut and tahini cookies
Peanut butter	6. Fruit, nuts, seeds (including nut, seed dishes)	9. Other fruit, nuts, seeds or nut seed dishes --> select "yes" for nut or seed --> 6. Peanuts, peanut butter or peanut snack --> 3. Peanut butter
Peppers, stuffed	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 4. Stuffed vegetables --> 3. Stuffed peppers
Pesto	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	3. White, cheese sauce or pesto --> 3. Pesto
Philadelphia (cream cheese)	4. Egg, cheese or egg, cheese dishes	7. Soft cheese, cheese spreads or cottage cheese --> 4. Select relevant cream cheese from options (regular, light or extra light)
Plain risotto	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	9. Rice, pasta, noodles, cous cous options --> 8. Rice options --> 4. Plain risotto
Popadum	2. Bread, breakfast cereal, pizza, sandwich	7. More bread options --> 9. More bread options --> 5. Popadum
Popcorn (salted or plain)	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 4. Popcorn (sweet/salt/plain) --> 2. salted or plain
Popcorn (sweet)	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 4. Popcorn (sweet/salt/plain) --> 1. sweet
Potato salad	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	6. Tomatoes, salad vegetables, salad options --> 9. Vegetable salad, potato salad or other salad --> 2. Potato salad
Potato wedges	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	1. Potatoes or other starchy veg --> 8. Potato --> 5. Select roast potato as no option for wedges
Prawn risotto	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	2. Fish, seafood, fish, seafood dishes --> 9. Fish, seafood dishes, fish fingers, fish cakes or pate --> 9. Prawn pilau or risotto --> select "yes" for risotto
Pretzels	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 6. Other savoury snack --> 6. Pretzels
Pureed fruit/fruit pots	1. Commercial infant food or toddler meal	3. Infant fruit purees

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Quavers	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 6. Other savoury snack --> 4. Puffed potato snack
Quiche	4. Egg, cheese or egg, cheese dishes	9. Egg or cheese dishes --> select type of quiche from available options (Lorraine, plain or mushroom)
Ratatouille	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 3. Ratatouille
Rice cakes	1. Commercial infant food or toddler meal	6. Infant finger food/snacks --> 3. Rice cakes
Rice pudding	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 6. Other dessert --> select rice pudding from drop down menu
Risotto, chicken	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 6. Chicken, other poultry, game, poultry dish --> 5. Chicken casserole, fricassee, or risotto --> 3. Risotto
Risotto, plain	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	9. Rice, pasta, noodles, cous cous options --> 8. Rice options --> 4. Plain risotto
Risotto, prawn	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	2. Fish, seafood, fish, seafood dishes --> 9. Fish, seafood dishes, fish fingers, fish cakes or pate --> 9. Prawn pilau or risotto --> select "yes" for risotto
Risotto, vegetarian	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 5. Vegetarian risotto, pilau or pilaf --> 1. Risotto
Ryvita	2. Bread, breakfast cereal, pizza, sandwich	5. Cream crackers, ryvita
Samosa, vegetable	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 7. Vegetarian samosas
Samosas, beef	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 9. other beef or veal dishes --> 6. Meat samosas
Samosas, lamb	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. meat, meat dishes --> 2. Lamb, lamb dishes --> 6. Samosas
Sausage roll	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 8. Sausage, liver, other offal, faggots, black pudding --> scroll down to sausage roll or toad in the hole
Sausages, vegetarian	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 8. Vegetarian sausages
Scone	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 2. Cake --> select scone from drop down menu
Semolina	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 6. Other dessert --> select milk pudding, semolina, tapioca pudding from drop down menu
Sesame cookies (EAT recipe)	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	9. EAT recipe (incl food from Follow-on Tips & Recipes booklet) --> 3. Sesame cookies
Sesame seeds	6. Fruit, nuts, seeds (including nut, seed dishes)	9. Other fruit, nuts, seeds or nut seed dishes --> select "yes" for nut or seed --> 7. Sesame seeds, tahini or houmous --> 3. Sesame seeds
Shepherd's pie	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 8. Shepherd's pie, cottage pie
Shepherd's pie, children's ready meal (not home made)	1. Commercial infant food or toddler meal	7. Toddler ready meal --> 1. Beef, lamb or pork meal --> 3. Cottage/shepherd's pie
Shepherd's pie, vegetarian	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 8. Vegetarian shepherd's pie
Smarties	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 1. Chocolate confectionery --> 7. Smarties
Soup, chicken	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	1. Soup --> 1. Chicken soup
Soup, tomato	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	1. Soup --> 7. Tomato soup
Soup, vegetable	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	1. Soup --> 8. Vegetable soup
Soya cheese	4. Egg, cheese or egg, cheese dishes	8. Soya cheese
Soya cream	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	4. Cream --> 9. Soya cream
Soya custard (homemade with Alpro soya 1+ milk- Giraffe!)	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	2. Custard --> 4. Homemade, with alpro soya 1+ milk
Soya custard (ready to eat, e.g. Alpro or Provamel)	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	2. Custard --> 7. Commercial soya custard
Soya dessert	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 6. Other dessert --> select soya dessert from drop down menu
Spaghetti bolognese, beef (Please note there is no option for lamb so please use beef option here as a suitable alternative)	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 7. spaghetti bolognese or stuffed pasta --> 1. spaghetti bolognese
Spaghetti bolognese, children's ready meal (not home made)	1. Commercial infant food or toddler meal	7. Toddler ready meal --> 1. Beef, lamb or pork meal --> 2. Mince with pasta/rice
Stew, Lamb	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 2. Lamb, lamb dishes --> 4. Lancashire hotpot/Irish stew
Stroganoff, beef	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 9. Other beef or veal dishes --> 1. Beef stroganoff
Stuffed peppers	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 4. Stuffed vegetables --> 3. Stuffed peppers
Stuffed tomatoes	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 4. Stuffed vegetables --> 4. Stuffed tomatoes
Sweet & sour chicken	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 6. Chicken, other poultry, game, poultry dish --> 4. Chicken chow mein or stir-fry or sweet and sour chicken --> 3. Sweet and sour chicken
Sweet & sour pork	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 3. Pork, pork dish --> 4. Sweet and sour pork
Sweet potato	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	1. Potatoes or other starchy veg --> 5. Sweet potato

Food/dish	Food home page number and category	Location
Tahini	6. Fruit, nuts, seeds (including nut, seed dishes)	9. Other fruit, nuts, seeds or nut seed dishes --> select "yes" for nut or seed --> 7. Sesame seeds, tahini or houmous -->1 Tahini
Tartare sauce	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	8. ketchup, mustard, pickle, other sauces --> 7. Tartare sauce
Teacake	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 8. Buns, pastries--> select teacake from drop down menu
Tikka massala, beef	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 1. Beef, veal, burger, beef dishes --> 5. Curry
Tikka massala, chicken	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 6. Chicken, other poultry, game, poultry dish --> 2. Chicken curry, korma, tikka massala --> 3. Tikka massala
Tikka massala, lamb	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 2. Lamb, lamb dishes --> 3. Curry
Toad in the hole	3. Meat or meat dishes, fish, seafood or fish, seafood dishes	1. Meat, meat dishes --> 8. Sausage, liver, other offal, faggots, black pudding --> scroll down to sausage roll or toad in the hole
Tomato sauce (ketchup)	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	8. Ketchup, mustard, pickle, other sauces --> 4. Tomato ketchup
Tomato soup	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	1. Soup --> 7. Tomato soup
Tomatoes, stuffed	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 4. Stuffed vegetables --> 4. Stuffed tomatoes
Tortilla chips	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 6. Other savoury snack --> 7. Tortilla chips
Turkish delight	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 3. Other confectionery --> select turkish delight from drop down menu
Tzatziki	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	5. Dips --> 7. Tzatziki
Vegetable kiev	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 4. Stuffed vegetables --> 6. Vegetable kiev
Vegetable samosa	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish -->7. Vegetarian samosas
Vegetable soup	8. Soup, sauces, dips (e.g. houmous), EAT recipes, other	1. Soup --> 8. Vegetable soup
Vegetarian "shepherd's pie"	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 8. Vegetarian shepherd's pie
Vegetarian korma	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 5. Vegetable curry or quorn korma (select curry if you did not use quorn)
Vegetarian lasagne	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 6. vegetarian lasagne, cannelloni, tagliatelle or stuffed pasta --> 4. Lasagne
Vegetarian risotto	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 5. Vegetarian risotto, pilau or pilaf --> 1. Risotto
Vegetarian sausages	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 8. Vegetarian sausages
Veggie burger	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 3. Veg, bean burger
Vine leaves, stuffed	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	8. Vegetable, vegetarian dishes --> 9. Other dish --> 9. Other dish --> 4. Stuffed vegetables --> 5. Stuffed vine leaves
Wotsits	7. Cake, biscuit, pudding, yoghurt, confectionery, savoury snacks	select 2. "No" --> 9. Confectionery, cereal bar, crisps, savoury snack --> 6. Other savoury snack --> 3. Corn snack
Yam	5. Veg, veg dishes (incl pulses), salads, potatoes, rice, pasta	1. Potatoes or other starchy veg --> 7. Yam
Yoghurt options	1. Commercial infant food or toddler meal	5. Yoghurt/fromage frais, then select appropriate option