

CARBOHYDRATE CONTENT – with Weight of Standard Portion in gram (g)

The calculation of the carbohydrate content (in gram) is based on the nutritional information of all the raw ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu. There will always be a certain degree of variation in portion size for any given food. Therefore, the portion sizes should be treated as estimates.

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Roast Pork 0 (no Sage & Onion Stuffing) Roast Potatoes 55g (cooked): 15	Gluten Free Beef Burger 4 Gluten Free Bun 50g: 21 Diced Potatoes (1/2 ptn) 40g (cooked): 12	Gluten Free Fish Fingers (2) 12 Low Fat Chips 60g (cooked): 21
Vegan Chilli (Ve) 155g: 12 Potato Wedges 80g (cooked): 25	Mild Vegetable Curry (Ve) 105g: 14 Rice 80g (cooked): 26			Gluten Free Ciabatta Pizza (V) 65g: 12 Low Fat Chips (1/2 ptn) 30g (cooked): 11
Gluten Free Cupcake 30g: 13	Fruit Portion	Gluten Free Sponge 30g: 13 Greek Yogurt 35g: 2	Fruited Jelly 115g: 14	Gluten Free Shortbread Biscuit 40g: 23
Cheese in a Gluten Free Roll* 21	Chicken Mayo in a Gluten Free Roll* 22	Tuna in a Gluten Free Roll* 21	Ham in a Gluten Free Roll* 21	Egg in a Gluten Free Roll* 21
Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gluten Free Pork Sausages (2) 5 Gravy 50g/ml: 2 Creamed Potatoes 90g (cooked): 13	Organic Beef Bolognese 160g: 7 Gluten Free Pasta 75g (cooked): 25	Roast Chicken 0 (no Sage & Onion Stuffing) Roast Potatoes 55g (cooked): 15		Gluten Free Fish Fingers (2) 12 Low Fat Chips 60g (cooked): 21
			Gluten Free Vegetable & Bean Bake (V) 16 Potato Wedges 80g (cooked): 25	Gluten Free Ciabatta Pizza (V) 65g: 12 Low Fat Chips (1/2 ptn) 30g (cooked): 11

Gluten Free Sponge 30g: 13 Greek Yogurt 35g: 2	Fruit Portion	Strawberry Mousse 40g: 8 Gluten Free Shortbread Finger 20g: 11	Fruited Jelly 115g: 14	Gluten Free Shortbread Biscuit 40g: 23
Tuna in a Gluten Free Roll* 21	Chicken Mayo in a Gluten Free Roll* 22	Ham in a Gluten Free Roll* 21	Cheese in a Gluten Free Roll* 21	Egg in a Gluten Free Roll* 21
Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**
WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gluten Free Chicken Grill 9 Potato Wedges 80g (cooked): 25	Quorn Frankfurter (V) (1) 2 Gluten Free Roll 50g: 21 Diced Potatoes (1/2 ptn) 40g (cooked): 12	Roast Gammon 0 Roast Potatoes 55g (cooked): 15	Plain Beef Mince 0 Gluten Free Pasta 75g (cooked): 25	Crispy Coated Salmon 8 Potato Wedges 80g (cooked): 25
	Tomato & Chickpea Ragu (Ve) 150g: 13 Gluten Free Pasta 75g (cooked): 25			Gluten Free Ciabatta Pizza (V) 65g: 12 Potato Wedges (1/2 ptn) 40g (cooked): 13
Gluten Free Sponge 30g: 13	Fruit Portion	Gluten Free Cupcake 30g: 13 Greek Yogurt 35g: 2	Fruited Jelly 115g: 14	Gluten Free Shortbread Biscuit 40g: 23
Tuna in a Gluten Free Roll* 21	Cheese in a Gluten Free Roll* 21	Chicken Mayo in a Gluten Free Roll* 22	Ham in a Gluten Free Roll* 21	Egg in a Gluten Free Roll* 21
Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**

The numbers in the menu are referring to the total amount of carbohydrates in grams.

**Gluten Free Roll 50g: 21 CHO (if baked by HCL on location)*

**** Toppings for Jacket Potatoes**

Topping	Portion Size	Carbohydrates/ Portion (g)
Baked Beans	70g	7
Cheese	30g	1
Tuna	50g	0
Tomato & Chickpea Ragu	50g	4

Alternative dessert options available have the following Carb Counts:

Gluten free Shortbread Biscuit, large	23g
Iced Fruit Smoothie	15g
Yoghurt - Yeo Valley Organic	9g

Fresh Fruits - Carbohydrate (g)/ 50g portion (on average):

Apple	5g
Banana	12g
Blueberries	5g
Grapes	8g
Mango	7g
Orange	4g
Papaya	4g
Pear	5g
Pineapple	5g
Watermelon	4g

Sauces - Carbohydrate (g)/ 50g portion;

Gravy	2g
-------	----

Starchy Side Vegetables - Carbohydrate (g)/ 50g portion;

Sweetcorn	8g
Baked Beans	5g
Peas	4g
Parsnips	6g
Carrots	4g
Beetroot	5g

Please note that side vegetable offerings vary from school to school, and only "starchy" side vegetables have been listed.

IT IS POSSIBLE THAT THERE WILL ALWAYS BE A CERTAIN DEGREE OF VARIATION IN PORTION SIZE FOR ANY GIVEN FOOD, DEPENDING ON FACTORS INCLUDING THE COOKING METHOD, LENGTH OF COOKING TIME, TEMPERATURE, AMOUNT OF WATER USED AND SURFACE AREA OF THE FOOD.

ALL APPROPRIATE PROCESSES WILL BE MANAGED BUT PLEASE NOTE THAT NO GUARANTEES CAN BE GIVEN. THEREFORE, THE PORTION SIZES SHOULD BE TREATED AS ESTIMATES.

THE CARBOHYDRATE COUNTS SHOULD BE USED AS A GUIDE ONLY, FOR THE PERSON RESPONSIBLE FOR ADMINISTERING INSULIN. ALSO, INFORMED BY RESOURCES SUCH AS CARBS AND CALS, WITH TRAINING PROVIDED BY AN APPROPRIATE HEALTHCARE PROFESSIONAL.