

**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.

<b>WEEK 1</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Macaroni Cheese (V) 140g: 27  Tomato Bread 65g: 26	Chicken Pie 160g: 23  Roasted New Potatoes (1/2 ptn) 40g (cooked): 7	Roast Pork 0 Sage & Onion Stuffing 45g: 8  Roast Potatoes 55g (cooked): 15 or Wholemeal Pasta 80g (cooked): 22	Beef Burger 4  Bun 55g: 21  Diced Potatoes (1/2 ptn) 40g (cooked): 12	Battered Fish Fillet 9  Low Fat Chips 60g (cooked): 21 or Wholemeal Pasta 80g (cooked): 22
Vegan Chilli (Ve) 155g: 12  Potato Wedges 80g (cooked): 25	Mild Vegetable Curry (Ve) 105g: 14  Rice 80g (cooked): 26	Vegan Sausages (Ve) (2) 4 Gravy 50g/ml: 2 Roast Potatoes 55g (cooked): 15 or Wholemeal Pasta 80g (cooked): 22	BBQ Quorn Fillet 105g: 15  Savoury Rice 75g (cooked): 22	Cheese and Tomato Pizza (V) 80g: 18 Low Fat Chips (1/2 ptn) 30g (cooked): 11 or Wholemeal Pasta (1/2 ptn) 40g (cooked): 11
Chocolate Muffin 40g: 17	Fruit Portion	Tropical Crumble 65g: 18 Greek Yogurt 35g: 2	Fruited Jelly 115g: 14	Lemon Shortbread 45g: 21
Cheese Sandwich* 34	Chicken Mayo Wrap 30	Tuna Baguette* 35	Ham Roll* 27	Egg Roll* 27
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**
<b>WEEK 2</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Pork Sausages (2) 5 Gravy 50g/ml: 2  Creamed Potatoes 90g (cooked): 13	Organic Beef Bolognese 160g: 7  Pasta 75g (cooked): 25	Roast Chicken 0 Sage & Onion Stuffing 45g: 8  Roast Potatoes 55g (cooked): 15 or Wholemeal Pasta 80g (cooked): 22	Quorn Pattie (V) 2 Bun 55g: 21  Potato Wedges (1/2 ptn) 40g (cooked): 13	Fish Fillet Fingers (2) 10 Low Fat Chips 60g (cooked): 21 or Wholemeal Pasta 80g (cooked): 22
Roasted Vegetable Lasagne (V) 190g: 21  Garlic Bread 35g: 13	Tomato and Cheese Tart (V) 100g: 12  Potato Wedges (1/2 ptn) 40g (cooked): 13	Veggie 'Meat-Free Balls' (Ve) (4) 4 Tomato Sauce 80g: 3 Wholemeal Pasta 80g (cooked): 22	Mild Mexican Fajita (Ve) 200g: 38 Rice (1/2 ptn) 40g (cooked): 13	Cheese and Tomato Pizza (V) 80g: 18 Low Fat Chips (1/2 ptn) 30g (cooked): 11 or Wholemeal Pasta (1/2 ptn)

				40g (cooked): 11
Apple Sponge 60g: 14 Greek Yogurt 35g: 2	Fruit Portion	Strawberry Mousse 40g: 8 Shortbread Finger 20g: 11	Fruited Jelly 115g: 14	Oaty Cookie 45g: 23
Tuna Baguette* 35	Chicken Mayo Wrap 30	Ham Roll* 27	Cheese Sandwich* 34	Egg Roll* 27
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**
<b>WEEK 3</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Chicken Grill 9  Potato Wedges 80g (cooked): 25	Quorn Frankfurter (V) (1) 2 Roll 55g: 20 Diced Potatoes (1/2 ptn) 40g (cooked): 12	Roast Gammon 0 Roast Potatoes 55g (cooked): 15 or Wholemeal Pasta 80g (cooked): 22	Organic Beefy Pasta Bake 170g: 26  Mixed Salad 55g: 2	Crispy Coated Salmon 8 Potato Wedges 80g (cooked): 25 or Wholemeal Pasta 80g (cooked): 22
Italian Pasta Bake (Ve) 240g: 29  Crusty Bread 30g: 10	Tomato & Chickpea Ragu (Ve) 150g: 13  Pasta 75g (cooked): 25	Cheese & Broccoli Bake (V) 210g: 20 Roast Potatoes (1/2 ptn) 30g (cooked): 8 or Wholemeal Pasta (1/2 ptn) 40g (cooked): 11	Savoury Quiche (V) 90g: 13  New Potatoes (1/2 ptn) 35g (cooked): 6	Cheese and Tomato Pizza (V) 80g: 18 Potato Wedges (1/2 ptn) 40g (cooked): 13 or Wholemeal Pasta (1/2 ptn) 40g (cooked): 11
Chocolate Brickwall 40g: 21	Fruit Portion	Oaty Fruit Crunch 110g: 36 Greek Yogurt 35g: 2	Fruited Jelly 115g: 14	Marbled Cookie 30g: 17
Tuna Baguette* 35	Cheese Sandwich* 34	Chicken Mayo Wrap 20	Ham Roll* 27	Egg Roll* 27
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.**

*\*Bloomer Sandwich 76g: 34 CHO; Baguette 63g: 34 CHO; 10" Tortilla Wrap 56g: 28 CHO; Roll 70g: 26 CHO (if baked by HCL on location). However, some schools use Malted Baguettes 63g: 32 CHO; bought in high fibre buns 50g: 23g CHO. Please check with your school cook.*

## **\*\* Toppings for Jacket Potatoes**

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

### ***Alternative dessert options available have the following Carb Counts:***

Shortbread Biscuit	21g
Iced Fruit Smoothie	15g
Cheese and Biscuits	12g
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

### ***Sides - Carbohydrate (g)/ per average portion:***

Wholemeal Bread	10g
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### ***Sauces - Carbohydrate (g)/ 50g portion;***

Gravy	2g
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### ***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.**