

CARBOHYDRATE CONTENT – Per standard portion in gram

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.

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Macaroni Cheese (V) 32 Tomato Bread 28	Chicken Pie 28 Roasted New Potatoes (1/2 ptn) 8	Roast Chicken 0 Sage & Onion Stuffing 9 Roast Potatoes 19 or Wholemeal Pasta 30	Beef Burger 4 Bun 21 Diced Potatoes (1/2 ptn) 14	Battered Fish Fillet 9 Low Fat Chips 26 or Wholemeal Pasta 30
Vegan Chilli (Ve) 15 Potato Wedges 30	Mild Vegetable Curry (Ve) 17 Rice 35	Vegan Sausages (Ve) (3) 6 Gravy 50g/ml: 2 Roast Potatoes 19 or Wholemeal Pasta 30	BBQ Quorn Fillet 15 Savoury Rice 26	Cheese and Tomato Pizza (V) 21 Low Fat Chips (1/2 ptn) 13 or Wholemeal Pasta (1/2 ptn) 15
Chocolate Muffin 17	Fruit Portion	Tropical Crumble 20 Greek Yogurt 2	Fruited Jelly 15	Lemon Shortbread 24
Cheese Sandwich* 34	Chicken Mayo Wrap 30	Tuna Baguette* 35	Tuna Roll* 27	Egg Roll* 27
Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Sausages (3) 6 Gravy 2 Creamed Potatoes 17	Organic Beef Bolognese 8 Pasta 33	Roast Chicken 0 Sage & Onion Stuffing 9 Roast Potatoes 19 or Wholemeal Pasta 30	Quorn Pattie (V) 2 Bun 21 Potato Wedges (1/2 ptn) 15	Fish Fillet Fingers (3) 15 Low Fat Chips 26 or Wholemeal Pasta 30
Roasted Vegetable Lasagne (V) 25 Garlic Bread 13	Tomato and Cheese Tart (V) 12 Potato Wedges (1/2 ptn) 15	Veggie 'Meat-Free Balls' (Ve) (5) 5 Tomato Sauce 4 Wholemeal Pasta 30	Mild Mexican Fajita (Ve) 38 Rice (1/2 ptn) 18	Cheese and Tomato Pizza (V) 21 Low Fat Chips (1/2 ptn) 13 or Wholemeal Pasta (1/2 ptn)

				15
Apple Sponge 17 Greek Yogurt 2	Fruit Portion	Strawberry Mousse 8 Shortbread Finger 11	Fruited Jelly 15	Oaty Cookie 23
Tuna Baguette* 35	Chicken Mayo Wrap 30	Tuna Roll* 27	Cheese Sandwich* 34	Egg Roll* 27
Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**
WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Chicken 17 Potato Wedges 30	Quorn Frankfurter (V) (1) 2 Roll 20 Diced Potatoes (1/2 ptn) 14	Roast Chicken 0 Sage & Onion Stuffing 9 Roast Potatoes 19 or Wholemeal Pasta 30	Organic Beefy Pasta Bake 31 Mixed Salad 2	Crispy Coated Salmon 8 Potato Wedges 30 or Wholemeal Pasta 30
Italian Pasta Bake (Ve) 35 Crusty Bread 10	Tomato & Chickpea Ragu (Ve) 15 Pasta 33	Cheese & Broccoli Bake (V) 24 Roast Potatoes (1/2 ptn) 10 or Wholemeal Pasta (1/2 ptn) 15	Savoury Quiche (V) 15 New Potatoes (1/2 ptn) 8	Cheese and Tomato Pizza (V) 21 Potato Wedges (1/2 ptn) 15 or Wholemeal Pasta (1/2 ptn) 15
Chocolate Brickwall 23	Fruit Portion	Oaty Fruit Crunch 39 Greek Yogurt 2	Fruited Jelly 15	Marbled Cookie 17
Tuna Baguette* 35	Cheese Sandwich* 34	Chicken Mayo Wrap 30	Tuna Roll* 27	Egg Roll* 27
Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 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**

Topping	Carbohydrates/ Portion (g)
Baked Beans	7
Cheese	1
Tuna	0
Tomato & Chickpea Ragu	6

Alternative dessert options available have the following Carb Counts:

Shortbread Biscuit	24g
Iced Fruit Smoothie	15g
Cheese and Biscuits	12g
Yoghurt - Yeo Valley Organic	9g

Fresh Fruit - 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
-----------------	-----

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.