

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 |
| Macaroni Cheese (V) 140g: 32 Tomato Bread 70g: 28 | Chicken Pie 190g: 28 Roasted New Potatoes (1/2 ptn) 50g (cooked): 8 | Roast Pork 0 Sage & Onion Stuffing 50g: 9 Roast Potatoes 70g (cooked): 19 or Wholemeal Pasta 110g (cooked): 30 | Beef Burger 4 Bun 55g: 21 Diced Potatoes (1/2 ptn) 50g (cooked): 14 | Battered Fish Fillet 9 Low Fat Chips 75g (cooked): 26 or Wholemeal Pasta 110g (cooked): 30 |
| Vegan Chilli (Ve) 185g: 15 Potato Wedges 100g (cooked): 30 | Mild Vegetable Curry (Ve) 125g: 17 Rice 110g (cooked): 35 | Vegan Sausages (Ve) (3) 6 Gravy 50g/ml: 2 Roast Potatoes 70g (cooked): 19 or Wholemeal Pasta 110g (cooked): 30 | BBQ Quorn Fillet 105g: 15 Savoury Rice 90g (cooked): 26 | Cheese and Tomato Pizza (V) 90g: 21 Low Fat Chips (1/2 ptn) 40g (cooked): 13 or Wholemeal Pasta (1/2 ptn) 55g (cooked): 15 |
| Chocolate Muffin 40g: 17 | Fruit Portion | Tropical Crumble 70g: 20 Greek Yogurt 35g: 2 | Fruited Jelly 125g: 15 | Lemon Shortbread 50g: 24 |
| 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** |
| WEEK 2 | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Pork Sausages (3) 8 Gravy 50g/ml: 2 Creamed Potatoes 115g (cooked): 17 | Organic Beef Bolognese 190g: 8 Pasta 100g (cooked): 33 | Roast Chicken 0 Sage & Onion Stuffing 50g: 9 Roast Potatoes 70g (cooked): 19 or Wholemeal Pasta 110g (cooked): 30 | Quorn Pattie (V) 2 Bun 55g: 21 Potato Wedges (1/2 ptn) 50g (cooked): 15 | Fish Fillet Fingers (3) 15 Low Fat Chips 75g (cooked): 26 or Wholemeal Pasta 110g (cooked): 30 |
| Roasted Vegetable Lasagne (V) 220g: 25 Garlic Bread 35g: 13 | Tomato and Cheese Tart (V) 100g: 12 Potato Wedges (1/2 ptn) 50g (cooked): 15 | Veggie 'Meat-Free Balls' (Ve) (5) 5 Tomato Sauce 90g: 4 Wholemeal Pasta 110g (cooked): 30 | Mild Mexican Fajita (Ve) 200g: 38 Rice (1/2 ptn) 55g (cooked): 18 | Cheese and Tomato Pizza (V) 90g: 21 Low Fat Chips (1/2 ptn) 40g (cooked): 13 or Wholemeal Pasta (1/2 ptn) |

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|---|--|--|--|---|
| | | | | 55g (cooked): 15 |
| Apple Sponge 70g: 17 Greek Yogurt 35g: 2 | Fruit Portion | Strawberry Mousse 40g: 8 Shortbread Finger 20g: 11 | Fruited Jelly 125g: 15 | 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** |
| WEEK 3 | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Chicken Grill 9 Potato Wedges 100g (cooked): 30 | Quorn Frankfurter (V) (1) 2 Roll 55g: 20 Diced Potatoes (1/2 ptn) 50g (cooked): 14 | Roast Gammon 0 Roast Potatoes 70g (cooked): 19 or Wholemeal Pasta 110g (cooked): 30 | Organic Beefy Pasta Bake 200g: 31 Mixed Salad 55g: 2 | Crispy Coated Salmon 8 Potato Wedges 100g (cooked): 30 or Wholemeal Pasta 110g (cooked): 30 |
| Italian Pasta Bake (Ve) 285g: 35 Crusty Bread 30g: 10 | Tomato & Chickpea Ragu (Ve) 175g: 15 Pasta 100g (cooked): 33 | Cheese & Broccoli Bake (V) 250g: 24 Roast Potatoes (1/2 ptn) 35g (cooked): 10 or Wholemeal Pasta (1/2 ptn) 55g (cooked): 15 | Savoury Quiche (V) 105g: 15 New Potatoes (1/2 ptn) 50g (cooked): 8 | Cheese and Tomato Pizza (V) 90g: 21 Potato Wedges (1/2 ptn) 50g (cooked): 15 or Wholemeal Pasta (1/2 ptn) 55g (cooked): 15 |
| Chocolate Brickwall 45g: 23 | Fruit Portion | Oaty Fruit Crunch 120g: 39 Greek Yogurt 35g: 2 | Fruited Jelly 125g: 15 | Marbled Cookie 30g: 17 |
| Tuna Baguette* 35 | Cheese Sandwich* 34 | Chicken Mayo Wrap 30 | 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**

| Topping | Portion size | Carbohydrates/ Portion (g) |
|------------------------|---------------------|---------------------------------------|
| Baked Beans | 70g | 7 |
| Cheese | 30g | 1 |
| Tuna | 50g | 0 |
| Tomato & Chickpea Ragu | 70g | 6 |

Alternative dessert options available have the following Carb Counts:

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|------------------------------|-----|
| 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:

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|-----------------|-----|
| Wholemeal Bread | 10g |
|-----------------|-----|

Sauces- Carbohydrate (g)/ 50g portion;

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| Gravy | 2g |
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Starchy Side Vegetables - Carbohydrate (g)/ 50g portion;

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|-------------|----|
| 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.