

**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
		Roast Pork 0  (no Sage & Onion Stuffing)  Roast Potatoes 19	Gluten Free Beef Burger 4  Gluten Free Bun 21  Diced Potatoes (1/2 ptn) 14	Gluten Free Fish Fingers (3) 18  Low Fat Chips 26
Vegan Chilli (Ve) 15  Potato Wedges 30	Mild Vegetable Curry (Ve) 17  Rice 35			Gluten Free Ciabatta Pizza (V) 12  Low Fat Chips (1/2 ptn) 13
Gluten Free Cupcake 15	Fruit Portion	Gluten Free Sponge 15 Greek Yogurt 2	Fruited Jelly 15	Gluten Free Shortbread Biscuit 26
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 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
Gluten Free Pork Sausages (3) 8  Gravy 50g/ml: 2  Creamed Potatoes 17	Organic Beef Bolognese 8  Gluten Free Pasta 33	Roast Chicken 0 (no Sage & Onion Stuffing)  Roast Potatoes 19		Gluten Free Fish Fingers (3) 18  Low Fat Chips 26
			Gluten Free Vegetable & Bean Bake (V) 16  Potato Wedges 30	Gluten Free Ciabatta Pizza (V) 12  Low Fat Chips (1/2 ptn) 13
Gluten Free Sponge 15  Greek Yogurt	Fruit Portion	Strawberry Mousse 8 Gluten Free Shortbread Finger 11	Fruited Jelly 15	Gluten Free Shortbread Biscuit 26

2				
Tuna in a <b>Gluten Free Roll*</b> 21	Chicken Mayo in a <b>Gluten Free Roll*</b> 22	Ham in a <b>Gluten Free Roll*</b> 21	Cheese in a <b>Gluten Free Roll*</b> 21	Egg in a <b>Gluten Free Roll*</b> 21
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**
<b>WEEK 3</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Gluten Free Chicken Grill</b> 9  Potato Wedges 30	Quorn Frankfurter (V) (1) 2 <b>Gluten Free Roll</b> 21 Diced Potatoes (1/2 ptn) 21	Roast Gammon 0  Roast Potatoes 19	<b>Plain Beef Mince</b> 0  <b>Gluten Free Pasta</b> 33	Crispy Coated Salmon 8  Potato Wedges 30
	Tomato & Chickpea Ragu (Ve) 15  <b>Gluten Free Pasta</b> 33			<b>Gluten Free Ciabatta Pizza (V)</b> 12  Potato Wedges (1/2 ptn) 15
<b>Gluten Free Sponge</b> 15	Fruit Portion	<b>Gluten Free Cupcake</b> 15 Greek Yogurt 2	Fruited Jelly 15	<b>Gluten Free Shortbread Biscuit</b> 26
Tuna in a <b>Gluten Free Roll*</b> 21	Cheese in a <b>Gluten Free Roll*</b> 21	Chicken Mayo in a <b>Gluten Free Roll*</b> 22	Ham in a <b>Gluten Free Roll*</b> 21	Egg in a <b>Gluten Free Roll*</b> 21
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.

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

**\*\* 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:**

Gluten Free Shortbread Biscuit	26g
Iced Fruit Smoothie	15g
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

**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.**