

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
	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		
Macaroni Cheese (V) 140g: 32 Tomato Bread 70g: 28			BBQ Quorn Fillet 105g: 15 Savoury Rice 90g (cooked): 26	Cheese and Tomato Pizza (V) 90g: 21 Potato Wedges (1/2 ptn) 50g (cooked): 15
Chocolate Muffin 40g: 17	Fruit Portion or Yoghurt 9	Banana Loaf Cake 45g: 21	Fruit Portion or Yoghurt 9	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		Roast Chicken 0 Sage & Onion Stuffing 50g: 9 Roast Potatoes 70g (cooked): 19 or Wholemeal Pasta 110g (cooked): 30		
	Tomato and Cheese Tart (V) 100g: 12 Potato Wedges (1/2 ptn) 50g (cooked): 15		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

Apple Sponge 70g: 17	Fruit Portion or Yoghurt 9	Shortbread 50g: 24	Fruit Portion or Yoghurt 9	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		Roast Gammon 0 Roast Potatoes 70g (cooked): 19 or Wholemeal Pasta 110g (cooked): 30		
	Cheese & Leek Slice (V) 105g: 21 Diced Potatoes (1/2 ptn) 60g (cooked): 14		Savoury Quiche (V) 105g: 15 New Potatoes (1/2 ptn) 50g (cooked): 8	Cheese and Tomato Pizza (V) 90g: 21 Low Fat Chips (1/2 ptn) 40g (cooked): 13
Chocolate Brickwall 45g: 23	Fruit Portion or Yoghurt 9	Carrot & Orange Cupcake 45g: 17	Fruit Portion or Yoghurt 9	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**

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:

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
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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.