

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
Potato Frittata (V) 8 Diced Potatoes 23	Lamb Slice 16 Creamed Potatoes (1/2 ptn) 7	Roast Beef 0 Yorkshire Pudding 7 Gravy 2 Roast Potatoes 15 or Wholemeal Pasta 22	Chicken Deli Wrap 33 Rice (1/2 ptn) 13	Battered Fish Fillet 9 Potato Wedges 25 or Wholemeal Pasta 22
Quorn Pattie (V) 2 Bun 21 Diced Potatoes (1/2 ptn) 12	Macaroni Cheese (V) 27 Garlic Bread 13	Veggie 'Meat-Free balls' (V) (4) 4 Gravy 2 Roast Potatoes 15 or Wholemeal Pasta 22	Italian Pasta Bake 25 Mixed Salad 2	Cheese and Tomato Pizza (V) 19 Potato Wedges (1/2 ptn) 13 or Wholemeal Pasta (1/2 ptn) 11
Fruit Mousse 7	Fruit Portion	Lemon Cake 16	Fruited Jelly 14	Chocolate Brickwall 21
Cheese Sandwich* 34	Chicken Mayo Wrap 30	Tuna Baguette* 35	Ham Flatbread* 20	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
Savoury Quiche (V) 13 Potato Wedges (1/2 ptn) 13 or Rice (1/2 ptn) 13	Creamy Chicken Pasta 28 Garlic Bread 13	Roast Chicken 0 Sage & Onion Stuffing 8 Gravy 2 Roast Potatoes 15 or Wholemeal Pasta 22	Organic Beef Lasagne 17 Herby Bread 13	Salmon Fish Fingers (2) 10 Low Fat Chips 21 or Wholemeal Pasta 22
Beany Bolognese (V) 19 Potato Wedges 25 or Rice 26	Quorn Frankfurter (V) (1) 2 Roll 20 Diced Potatoes (1/2 ptn) 12	Crispy Topped Vegetarian Pie (V) 18 Roast Potatoes (1/2 ptn) 8 or Wholemeal Pasta (1/2 ptn) 11	Cheese Pinwheel (V) 10 Potato Wedges (1/2 ptn) 13	Cheese and Tomato Pizza (V) 19 Low Fat Chips (1/2 ptn) 11 or Wholemeal Pasta (1/2 ptn) 11

Banana Peasant Pudding 20 Custard 11	Fruit Portion	Carrot and Orange Cupcake 17	Fruited Jelly 14	Marbled Cookie 17
Cheese Sandwich* 34	Chicken Mayo Wrap 30	Tuna Baguette* 35	Ham Flatbread* 20	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
Vegetable Curry (V) 19 Tri-colour Pasta 25	Organic Beef Bolognese 7 Diced Potatoes 23 or Wholemeal Pasta 22	Roast Pork 0 Sage & Onion Stuffing 8 Gravy 2 Roast Potatoes 15 or Wholemeal Pasta 22	Chicken Pie 23 Creamed Potatoes (1/2 ptn) 7 or Vegetable Rice (1/2ptn) 13	Fish Fillet Fingers (2) 10 Low Fat Chips 21 or Wholemeal Pasta 22
Tortilla Stack (V) 23 Tri-colour Pasta (1/2 ptn) 13	Cheese and Leek Slice (V) 17 Diced Potatoes (1/2 ptn) 12 or Wholemeal Pasta (1/2 ptn) 11	Quorn Fillet (V) 1 Gravy 2 Roast Potatoes 15 or Wholemeal Pasta 22	Sticky Vegetarian Sausages (V) 13 Creamed Potatoes 13 or Vegetable Rice 25	Cheese and Tomato Pizza (V) 19 Low Fat Chips (1/2 ptn) 11 or Wholemeal Pasta (1/2 ptn) 11
Apple Crumble 19 Custard 11	Fruit Portion	Chocolate Sponge 16	Fruited Jelly 14	Shortbread 21
Cheese Sandwich* 34	Chicken Mayo Wrap 30	Tuna Baguette* 35	Ham Flatbread* 20	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; Flat Bread 54g: 20 CHO (if baked by HCL on location); 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
Vegetarian Beany Bolognaise	6

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
-----------------	-----

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.