

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
Gluten Free Pork Sausages (2) 5 Gravy 50g/ml: 2 Diced Potatoes 80g (cooked): 23		Roast Beef 0 (no Yorkshire Pudding) Gravy 50g/ml: 2 Roast Potatoes 55g (cooked): 15	Plain Chicken Breast Fillet and Vegetable Mixture (no Tortilla Wrap) 100g: 4 Rice 80g (cooked): 26	Gluten Free Fishcake 13 Potato Wedges 80g (cooked): 25
	Gluten Free Vegetable & Bean Bake (V) 16 Creamed Potatoes 90g (cooked): 13			Gluten Free Ciabatta Pizza (V) 65g: 12 Potato Wedges (1/2 ptn) 40g (cooked): 13
Fruit Mousse 60g: 7	Fruit Portion	Gluten Free Sponge 30g: 13	Fruited Jelly 115g: 14	Gluten Free Shortbread Biscuit 40g: 23
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 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
Gluten Free Beef Burger 4 Gluten Free Bun 50g: 21 Potato Wedges (1/2 ptn) 40g (cooked): 13 or Rice (1/2 ptn) 40g (cooked): 13		Roast Chicken 0 (no Sage & Onion Stuffing) Gravy 50g/ml: 2 Roast Potatoes 55g (cooked): 15		Gluten Free Fish Fingers (3) 16 Low Fat Chips 60g (cooked): 21
Beany Bolognese (V) 165g: 19 Potato Wedges 80g (cooked): 25 or Rice 80g (cooked): 26	Quorn Frankfurter (V) (1) 2 Gluten Free Roll 50g: 21 Diced Potatoes (1/2 ptn) 40g (cooked): 12	Crispy Topped Vegetarian Pie (V) 210g: 18 Roast Potatoes (1/2 ptn) 30g (cooked): 8	Gluten Free Vegetable & Bean Bake (V) 16 Potato Wedges 80g (cooked): 25	Gluten Free Ciabatta Pizza (V) 65g: 12 Low Fat Chips (1/2 ptn) 30g (cooked): 11
Gluten Free Sponge 30g: 13 Custard 90g/ml: 11	Fruit Portion	Gluten Free Cupcake 30g: 13	Fruited Jelly 115g: 14	Gluten Free Shortbread Biscuit 40g: 23

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 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
Gluten Free Chicken and Sweetcorn Meatballs (3) 4 Tomato Sauce 80g: 4 Gluten Free Pasta 75g (cooked): 25	Organic Beef Bolognese 160g: 7 Gluten Free Pasta 75g (cooked): 25	Roast Pork 0 (no Sage & Onion Stuffing) Gravy 50g/ml: 2 Roast Potatoes 55g (cooked): 15	Plain Chicken Breast Fillet 0 Creamed Potatoes 90g (cooked): 13 or Vegetable Rice 85g (cooked): 25	Gluten Free Fish Fingers (3) 16 Low Fat Chips 60g (cooked): 21
		Quorn Fillet (V) 1 Gravy 50g/ml: 2 Roast Potatoes 55g (cooked): 15		Gluten Free Ciabatta Pizza (V) 65g: 12 Low Fat Chips (1/2 ptn) 30g (cooked): 11
Gluten Free Sponge 30g: 13 Custard 90g/ml: 11	Fruit Portion	Gluten Free Sponge 30g: 13	Fruited Jelly 115g: 14	Gluten Free Shortbread Biscuit 40g: 23
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 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.

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

**** Toppings for Jacket Potatoes**

Topping	Portion size	Carbohydrates/ Portion (g)
Baked Beans	70g	7
Cheese	30g	1
Tuna	50g	0
Vegetarian Beany Bolognese	60g	6

Alternative dessert options available have the following Carb Counts:

Gluten free Shortbread Biscuit, large	23g
Iced Fruit Smoothie	15g
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

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.