

# Beef & Pork Free Menu Winter 2021 Gluten Free Menu - Junior

## 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
<b>Chicken Strips in Tomato Sauce</b> 7 Diced Potatoes 27		Roast Chicken 0 <b>(no Sage &amp; Onion Stuffing)</b> Gravy 2 Roast Potatoes 19	<b>Plain Chicken Breast and Vegetable Mixture (no Tortilla Wrap)</b> 4 Rice 35	<b>Gluten Free Fishcake</b> 13 Potato Wedges 30
	<b>Gluten Free Vegetable &amp; Bean Bake (V)</b> 16 Creamed Potatoes 17			<b>Gluten Free Ciabatta Pizza (V)</b> 12 Potato Wedges (1/2 ptn) 15
Fruit Mousse 8	Fruit Portion	<b>Gluten Free Sponge</b> 15	Fruited Jelly 15	<b>Gluten Free Shortbread Biscuit</b> 26
Cheese in a <b>Gluten Free Roll*</b> 21	Chicken Mayo in a <b>Gluten Free Roll*</b> 22	Tuna in a <b>Gluten Free Roll*</b> 21	Tuna 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**
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Gluten Free Lamb Burger</b> 6 <b>Gluten Free Bun</b> 21 Potato Wedges (1/2 ptn) 15 or Rice (1/2 ptn) 18		Roast Chicken 0 <b>(no Sage &amp; Onion Stuffing)</b> Gravy 2 Roast Potatoes 19		<b>Gluten Free Fish Fingers (3)</b> 16 Low Fat Chips 26
Beany Bolognese (V) 23 Potato Wedges 30 or Rice 35	Quorn Frankfurter (V) (1) 2 <b>Gluten Free Roll</b> 21 Diced Potatoes (1/2 ptn) 14	Crispy Topped Vegetarian Pie (V) 24 Roast Potatoes (1/2 ptn) 10	<b>Gluten Free Vegetable &amp; Bean Bake (V)</b> 16 Potato Wedges 30	<b>Gluten Free Ciabatta Pizza (V)</b> 12 Low Fat Chips (1/2 ptn) 13
<b>Gluten Free Sponge</b> 15 Custard 11	Fruit Portion	<b>Gluten Free Cupcake</b> 15	Fruited Jelly 15	<b>Gluten Free Shortbread Biscuit</b> 26

Cheese in a <b>Gluten Free Roll*</b> 21	Chicken Mayo in a <b>Gluten Free Roll*</b> 22	Tuna in a <b>Gluten Free Roll*</b> 21	Tuna 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>Tuna in Tomato Sauce</b> 3 <b>Gluten Free Pasta</b> 33	Lamb Bolognese 9 <b>Gluten Free Pasta</b> 33	Roast Chicken 0 <b>(no Sage &amp; Onion Stuffing)</b> Gravy 2 Roast Potatoes 19	<b>Plain Chicken Breast Fillet</b> 0 Creamed Potatoes 17 or Vegetable Rice 35	<b>Gluten Free Fish Fingers (3)</b> 16 Low Fat Chips 26
		Quorn Fillet (V) 1 Gravy 2 Roast Potatoes 19		<b>Gluten Free Ciabatta Pizza (V)</b> 12 Low Fat Chips (1/2 ptn) 13
<b>Gluten Free Sponge</b> 15 Custard 11	Fruit Portion	<b>Gluten Free Sponge</b> 15	Fruited Jelly 15	<b>Gluten Free Shortbread Biscuit</b> 26
Cheese in a <b>Gluten Free Roll*</b> 21	Chicken Mayo in a <b>Gluten Free Roll*</b> 22	Tuna in a <b>Gluten Free Roll*</b> 21	Tuna 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
Vegetarian Bolognaise	6

**Alternative dessert options available have the following Carb Counts:**

Gluten free Shortbread Biscuit, large	26g
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.**