

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 |
| Gluten Free Pork Sausages (2) 5 Gravy 2 Diced Potatoes 23 | | Roast Beef 0 (no Yorkshire Pudding) Gravy 2 Roast Potatoes 15 | Plain Chicken Breast Fillet and Vegetable Mixture (no Tortilla Wrap) 4 Rice 26 | Gluten Free Fishcake 13 Potato Wedges 25 |
| | Gluten Free Vegetable & Bean Bake (V) 16 Creamed Potatoes 13 | | | Gluten Free Ciabatta Pizza (V) 12 Potato Wedges (1/2 ptn) 13 |
| Fruit Mousse 7 | Fruit Portion | Gluten Free Sponge 13 | Fruited Jelly 14 | Gluten Free Shortbread Biscuit 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 72 with Various Toppings** | Jacket Potato 72 with Various Toppings** | Jacket Potato 72 with Various Toppings** | Jacket Potato 72 with Various Toppings** | Jacket Potato 72 with Various Toppings** |
| WEEK 2 | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Gluten Free Beef Burger 4 Gluten Free Bun 21 Potato Wedges (1/2 ptn) 13 or Rice (1/2 ptn) 13 | | Roast Chicken 0 (no Sage & Onion Stuffing) Gravy 2 Roast Potatoes 15 | | Gluten Free Fish Fingers (3) 16 Low Fat Chips 21 |
| Beany Bolognese (V) 19 Potato Wedges 25 or Rice 26 | Quorn Frankfurter (V) (1) 2 Gluten Free Roll 21 Diced Potatoes (1/2 ptn) 12 | Crispy Topped Vegetarian Pie (V) 18 Roast Potatoes (1/2 ptn) 8 | Gluten Free Vegetable & Bean Bake (V) 16 Potato Wedges 25 | Gluten Free Ciabatta Pizza (V) 12 Low Fat Chips (1/2 ptn) 11 |
| Gluten Free Sponge 13 Custard 11 | Fruit Portion | Gluten Free Cupcake 13 | Fruited Jelly 14 | Gluten Free Shortbread Biscuit 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 |

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|---|---|--|---|--|
| Jacket Potato 72 with Various Toppings** | Jacket Potato 72 with Various Toppings** | Jacket Potato 72 with Various Toppings** | Jacket Potato 72 with Various Toppings** | Jacket Potato 72 with Various Toppings** |
| WEEK 3 | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Gluten Free Chicken and Sweetcorn Meatballs (3) 4 Tomato Sauce 4 Gluten Free Pasta 25 | Organic Beef Bolognese 7 Gluten Free Pasta 25 | Roast Pork 0 (no Sage & Onion Stuffing) Gravy 2 Roast Potatoes 15 | Plain Chicken Breast Fillet 0 Creamed Potatoes 13 or Vegetable Rice 25 | Gluten Free Fish Fingers (3) 16 Low Fat Chips 21 |
| | | Quorn Fillet (V) 1 Gravy 2 Roast Potatoes 15 | | Gluten Free Ciabatta Pizza (V) 12 Low Fat Chips (1/2 ptn) 11 |
| Gluten Free Sponge 13 Custard 11 | Fruit Portion | Gluten Free Sponge 13 | Fruited Jelly 14 | Gluten Free Shortbread Biscuit 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 72 with Various Toppings** | Jacket Potato 72 with Various Toppings** | Jacket Potato 72 with Various Toppings** | Jacket Potato 72 with Various Toppings** | Jacket Potato 72 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 Beany Bolognese | 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 |
|-------|----|

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.