

**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  |
| Pork Sausages<br>(3)<br>8<br>Gravy<br>2<br>Diced Potatoes<br>27                                    | Lamb Slice<br>19<br>Creamed Potatoes<br>(1/2 ptn)<br>9 | Roast Beef<br>0<br>Yorkshire Pudding<br>7<br>Gravy<br>2<br>Roast Potatoes<br>19<br>or<br>Wholemeal Pasta<br>30        | Chicken Deli Wrap<br>33<br>Rice<br>(1/2 ptn)<br>18               | Battered Fish Fillet<br>9<br>Potato Wedges<br>30<br>or<br>Wholemeal Pasta<br>30                                   |
| Quorn Pattie (V)<br>2<br>Bun<br>21<br>Diced Potatoes<br>(1/2 ptn)<br>14                            | Macaroni Cheese<br>(V)<br>32<br>Garlic Bread<br>13     | Veggie 'Meat-Free balls' (V)<br>(5)<br>5<br>Gravy<br>2<br>Roast Potatoes<br>19<br>or<br>Wholemeal Pasta<br>30         | Italian Pasta Bake<br>29<br>Mixed Salad<br>2                     | Cheese and Tomato Pizza (V)<br>22<br>Potato Wedges<br>(1/2 ptn)<br>15<br>or<br>Wholemeal Pasta<br>(1/2 ptn)<br>15 |
| Mexican Beef<br>8<br>Rice<br>35  | BBQ Bean Topping (V)<br>11<br>Potato Wedges<br>25      | Chicken Tikka Bagel<br>31   | Posh Dog (V)<br>2<br>Homemade Roll<br>20<br>Bought-in Roll<br>24 | Sweet Chilli Chicken<br>14<br>Rice<br>35  |
| Jacket Potato<br>72<br>with Various Toppings**   | Jacket Potato<br>72<br>with Various Toppings**         | Jacket Potato<br>72<br>with Various Toppings**  | Jacket Potato<br>72<br>with Various Toppings**                   | Jacket Potato<br>72<br>with Various Toppings**  |
| Cheese Sandwich*<br>34   | Chicken Mayo Wrap<br>30                                | Tuna Baguette*<br>35  | Ham Flatbread*<br>20   | Egg Roll*<br>27   |
| Fruit Mousse<br>8  | Fruit Portion  | Lemon Cake<br>17  | Fruited Jelly<br>15  | Chocolate Brickwall<br>23   |
| WEEK 2   |  |   |  |   |
| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
| Beef Burger<br>4<br>Bun<br>21<br>Potato Wedges<br>(1/2 ptn)<br>15<br>or<br>Rice<br>(1/2 ptn)<br>18 | Creamy Chicken Pasta<br>33<br>Garlic Bread<br>13       | Roast Chicken<br>0<br>Sage & Onion Stuffing<br>9<br>Gravy<br>2<br>Roast Potatoes<br>19<br>or<br>Wholemeal Pasta<br>30 | Organic Beef Lasagne<br>21<br>Herby Bread<br>13                  | Salmon Fish Fingers<br>(3)<br>15<br>Low Fat Chips<br>26<br>or<br>Wholemeal Pasta<br>30                            |
| Beany Bolognese (V)<br>23<br>Potato Wedges<br>30<br>or<br>Rice                                     | Quorn Frankfurter (V)<br>(1)<br>2<br>Roll<br>20        | Crispy Topped Vegetarian Pie (V)<br>24<br>Roast Potatoes<br>(1/2 ptn)<br>10   | Cheese Pinwheel (V)<br>12<br>Potato Wedges<br>(1/2 ptn)<br>15    | Cheese and Tomato Pizza (V)<br>22<br>Low Fat Chips<br>(1/2 ptn)<br>13   |

|   |   |  |   |  |
|---|---|--|---|--|
| 35  | Diced Potatoes<br>(1/2 ptn)<br>14   | or<br>Wholemeal Pasta<br>(1/2 ptn)<br>15   |   | or<br>Wholemeal Pasta<br>(1/2 ptn)<br>15   |
| Chicken Curry<br>14<br>Rice<br>35   | BBQ Bean<br>Topping (V)<br>11<br>Potato Wedges<br>25  | Tomato Bolognese (V)<br>18<br>Pasta<br>33  | Tuna Bagel Melt<br>30   | Chicken Bao Bun<br>25  |
| Jacket Potato<br>72<br>with Various<br>Toppings**   | Jacket Potato<br>72<br>with Various<br>Toppings**   | Jacket Potato<br>72<br>with Various<br>Toppings**  | Jacket Potato<br>72<br>with Various Toppings**  | Jacket Potato<br>72<br>with Various<br>Toppings**  |
| Cheese Sandwich*<br>34  | Chicken Mayo<br>Wrap<br>30  | Tuna Baguette*<br>35   | Ham Flatbread*<br>20  | Egg Roll*<br>27  |
| Banana Peasant<br>Pudding<br>24<br>Custard<br>11  | Fruit Portion   | Carrot and Orange<br>Cupcake<br>17   | Fruited Jelly<br>15   | Marbled Cookie<br>17   |
| <b>WEEK 3</b>   |   |  |   |  |
| <b>MONDAY</b>   | <b>TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
| Chicken and<br>Sweetcorn Meatballs<br>(4)<br>5<br>Tomato Sauce<br>4<br>Tri-colour Pasta<br>33 | Organic Beef<br>Bolognese<br>9<br>Diced Potatoes<br>27<br>or<br>Wholemeal Pasta<br>30                               | Roast Pork<br>0<br>Sage & Onion Stuffing<br>9<br>Gravy<br>2<br>Roast Potatoes<br>19<br>or<br>Wholemeal Pasta<br>30 | Chicken Pie<br>28<br>Creamed Potatoes<br>(1/2 ptn)<br>9<br>or<br>Vegetable Rice<br>(1/2ptn)<br>18 | Fish Fillet Fingers<br>(3)<br>15<br>Low Fat Chips<br>26<br>or<br>Wholemeal Pasta<br>30                               |
| Tortilla Stack (V)<br>47<br>Tri-colour Pasta<br>(1/2 ptn)<br>17                               | Cheese and Leek<br>Slice (V)<br>21<br>Diced Potatoes<br>(1/2 ptn)<br>14<br>or<br>Wholemeal Pasta<br>(1/2 ptn)<br>15 | Quorn Fillet (V)<br>1<br>Gravy<br>2<br>Roast Potatoes<br>19<br>or<br>Wholemeal Pasta<br>30                         | Sticky Vegetarian<br>Sausages (V)<br>13<br>Creamed Potatoes<br>17<br>or<br>Vegetable Rice<br>35   | Cheese and Tomato<br>Pizza (V)<br>22<br>Low Fat Chips<br>(1/2 ptn)<br>13<br>or<br>Wholemeal Pasta<br>(1/2 ptn)<br>15 |
| Tuna Bagel Melt<br>30   | Posh Dog (V)<br>2<br>Homemade Roll<br>20<br>Bought-in Roll<br>24  | Chicken Curry<br>14<br>Rice<br>35  | Tomato Bolognese (V)<br>18<br>Pasta<br>33   | Mild Lamb Burrito<br>38  |
| Jacket Potato<br>72<br>with Various<br>Toppings**   | Jacket Potato<br>72<br>with Various<br>Toppings**   | Jacket Potato<br>72<br>with Various<br>Toppings**  | Jacket Potato<br>72<br>with Various Toppings**  | Jacket Potato<br>72<br>with Various<br>Toppings**  |
| Cheese Sandwich*<br>34  | Chicken Mayo<br>Wrap<br>30  | Tuna Baguette*<br>35   | Ham Flatbread*<br>20  | Egg Roll*<br>27  |
| Apple Crumble<br>20<br>Custard<br>11  | Fruit Portion   | Chocolate Sponge<br>18   | Fruited Jelly<br>15   | Shortbread<br>24   |

**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**

| <b>Topping</b>       | <b>Carbohydrates/<br/>Portion (g)</b> |
|----------------------|---------------------------------------|
| Baked Beans          | 7                                     |
| Cheese               | 1                                     |
| Tuna                 | 0                                     |
| Vegetarian Bolognese | 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 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.**