

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
Beef Bolognaise 180g: 7 Pasta 70g (cooked): 23	Lamb Flatbread 150g: 25 Rice (1/2 ptn) 40g (cooked): 13	Roast Chicken 1 Sage and Onion Stuffing 9 Roast Potatoes 75g (cooked): 20 or Wholemeal Pasta 70g (cooked): 21	Beef Burger 4 Bun 55g: 21 Diced Potatoes (1/2 ptn) 40g (cooked): 10	Fish Fingers (3) 15 Low Fat Chips 75g (cooked): 24 or Pasta 70g (cooked): 23
Sweet Potato Slice (V) 130g: 23 Tri Colour Pasta (1/2 ptn) 35g (cooked): 12	Jacket Potato 200g (cooked): 39 BBQ Beans (V) 120g: 19	Sage and Onion Quorn Pieces (V) 70g: 2 Roast Potatoes 75g (cooked): 20 or Wholemeal Pasta 70g (cooked): 21	Beany Pasta Bake (V) 260g: 43 Wholemeal Bread Wedge 30g: 10	Cheese and Tomato Pizza (V) 90g: 22 Low Fat Chips (1/2 ptn) 40g (cooked): 12 or Pasta (1/2 ptn) 35g (cooked): 12
Fruity Brownie 70g: 20	Mini Sponge Finger 20g: 9	Lemon Sponge 40g: 22 Custard 90g: 9	Mini Shortbread 25g: 13	Favourite Cookie 30g: 17 with Flavour Variations***
Tuna Baguette* 34	Cheese Roll* 27	Ham Roll* 26	Chicken Baguette* 34	Egg Roll* 26
Jacket Potato 200g (cooked): 39 with Various Toppings**	Vegetarian Sausage Pasta Bake (V) 200g: 35	Jacket Potato 200g (cooked): 39 with Various Toppings**	Jacket Potato 200g (cooked): 39 with Various Toppings**	Jacket Potato 200g (cooked): 39 with Various Toppings**
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Meat Balls (3) 4 Gravy 35g: 2 Savoury Rice 100g (cooked): 24	Beefy Joes 85g: 5 Bun 55g: 21 Potato Wedges (1/2 ptn) 40g (cooked): 11	Roast Pork 1 Apple Sauce 4 Roast Potatoes 75g (cooked): 20 or Wholemeal Pasta 70g (cooked): 21	Chicken Pie 195g: 27 New Potatoes (1/2 ptn) 50g (cooked): 7	Battered Fish Fillet 9 Low Fat Chips 75g (cooked): 24 or Pasta 70g (cooked): 23
Sticky Vegetarian Sausages (V) 145g: 13 Savoury Rice 100g (cooked): 24	Quorn Pattie (V) 3 Potato Wedges 75g (cooked): 21	Vegetable Lasagne (V) 245g: 28 Roast Potatoes (1/2 ptn) 40g (cooked): 10 or Wholemeal Pasta (1/2 ptn) 35g (cooked): 11	Sweet Potato Curry (V) 170g: 22 Rice 80g (cooked): 25	Pizza Whirl (V) 85g: 21 Low Fat Chips (1/2 ptn) 40g (cooked): 12 or Pasta (1/2 ptn) 35g (cooked): 12
Fruity Twist Cupcake 30g: 10	Ice Cream 40g: 8	Apple Sponge 70g: 20 Custard	Mini Cookie 15g: 8	Chocolate Brickwall 40g: 24

		90g: 9		
Tuna Roll* 26	Ham Roll* 26	Chicken Baguette* 34	Cheese Roll* 27	Egg Baguette* 34
Jacket Potato 200g (cooked): 39 with Various Toppings**	Jacket Potato 200g (cooked): 39 with Various Toppings**	Jacket Potato 200g (cooked): 39 with Various Toppings**	Jacket Potato 200g (cooked): 39 with Various Toppings**	Jacket Potato 200g (cooked): 39 with Various Toppings**
WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish Goujons (5) 13 Potato Wedges 75g (cooked): 21	Pork Sausages (3) 8 Onion Gravy 35g: 2 Creamed Potatoes 80g (cooked): 14	Roast Beef 0 Yorkshire Pudding 7 Roast Potatoes 75g (cooked): 20 or Wholemeal Pasta 70g (cooked): 21	Ratatouille Pork 155g: 5 Diced Potatoes 75g (cooked): 19	Salmon Pinwheel 110g: 11 Low Fat Chips 75g (cooked): 24 or Pasta 70g (cooked): 23
Macaroni Cheese (V) 170g: 33 Wholemeal Garlic Bread 35g: 13	Vegetarian Roll (V) 60g: 15 Creamed Potatoes (1/2 ptn) 40g (cooked): 7	Tomato Bolognese (V) 150g: 11 Roast Potatoes 75g (cooked): 20 or Wholemeal Pasta 70g (cooked): 21	Quorn Frankfurter (V) 2 Roll 55g: 21 Diced Potatoes (1/2 ptn) 40g (cooked): 10	Cheese and Tomato Pizza (V) 90g: 22 Low Fat Chips (1/2 ptn) 40g (cooked): 12 or Pasta (1/2 ptn) 35g (cooked): 12
Banana Muffin 80g: 37	Mini Chocolate Sponge 20g: 9	Strawberry Mousse 40g: 8 Mini Shortbread 25g: 13	Mini Cookie 15g: 8	Homemade Digestive Biscuit 50g: 27
Chicken Baguette* 34	Tuna Roll* 26	Ham Roll* 26	Cheese Baguette* 35	Egg Roll* 26
Jacket Potato 200g (cooked): 39 with Various Toppings**	Jacket Potato 200g (cooked): 39 with Various Toppings**	Jacket Potato 200g (cooked): 39 with Various Toppings**	Jacket Potato 200g (cooked): 39 with Various Toppings**	Jacket Potato 200g (cooked): 39 with Various Toppings**

The numbers in the menu are referring to the total amount of carbohydrates in grams.

**Baguette 63g: 34 CHO; Roll 70g: 26 CHO (if baked by HCL on location) However, some schools use bought in high fibre buns 50g: 23g CHO. Please check with your school cook.*

**** Toppings for Jacket Potatoes**

Topping	Portion Size	Carbohydrates/ Portion (g)
Cheese & Coleslaw	75g	2
Baked Beans	90g	15
Cheese	40g	1
Vegetarian Chilli	155g	13
Tuna	40g	0

Tuna & Sweetcorn	50g	2
Bolognese	130g	5
Beef Chilli	175g	11
Ratatouille	110g	4
B.B.Q Vege Sausage	140g	16

*** Cookie Flavour Variations

Flavour Variations	Carbohydrates/ Portion (g)
Cinnamon	0
Cocoa	1
Ginger	1
Sultana	3

Alternative dessert options available have the following Carb Counts:

Shortbread Biscuit, large	26g
Shortbread Biscuit, small	13g
Iced Fruit Smoothie	15g
Cheese and Biscuits	9g
Yoghurt - Yeo Valley Organic	9g
Fruit Jelly	13g

Fresh Fruit - Carbohydrate (g)/ 50g portion (on average):

Banana	12g
Grapes	8g
Apple	5g
Pear	5g
Orange	4g

Sides - Carbohydrate (g)/ per average portion:

Wholemeal Bread	10g
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Starchy Side Vegetables - Carbohydrate (g)/ 50g portion;

Sweetcorn	8g
Baked Beans	7g
Peas	4g
Parsnips	6g
Carrots	4g
Beetroot	5g

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.