

<b>Week 1</b>				
<i>30/10/2017, 20/11/2017, 11/12/2017, 08/01/2018, 29/01/2018, 26/02/2018, 19/03/2018</i>				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Meat Free Friday</b>
Lamb Mint Grills 60g <b>5.8g</b>	Pasta Bolognese 273g <b>64.6g</b>	BBQ Chicken 80g <b>4.2g</b>	Roast Pork 50g <b>0.9g</b>	Birds Eye Fish Fingers 84g <b>16.8g</b>
Fish & Tomato Bake 246g <b>17.7g</b>	Topped Jacket Potato	Cod in Parsley Sauce 131g <b>6.1g</b>	Chicken & Vegetable Cobbler 146.5g <b>28.9g</b>	Cheese & Potato Melt 151g <b>19.1g</b>
Macaroni Cheese 306g <b>84.4g</b>	Vegetarian Bolognese 278g <b>65.4g</b>	Broccoli & Cauliflower Cheese Bake 207g <b>8.2g</b>	Vegetarian Sausage Roll 57g <b>15.2g</b>	Sweet Potato & Butterbean Korma 150g <b>22.8g</b>
Potato Wedges 114g <b>34.3g</b>	Garlic Bread 50g <b>17.8g</b>	50/50 Rice 84g <b>64.6g</b>	Roast Potatoes 130g <b>21.5g</b> Yorkshire Pudding 13g <b>4.5g</b>	Oven Baked Chips 114g <b>24.0g</b>
50/50 Pasta 102g <b>68.5g</b>		New Potatoes 83g <b>13.4g</b>		50/50 Rice 84g <b>64.6g</b>
Sweetcorn 71g <b>8.3g</b>	Roasted Vegetables 58g <b>2.0g</b>	Broccoli 100g <b>1.8g</b>	Fresh Organic Carrots 71g <b>7.5g</b>	Fresh Cauliflower 100g <b>3.0g</b>
Garden Peas 71g <b>6.4g</b>	Baked Beans 101g <b>15.3g</b>	Sweetcorn 71g <b>8.3g</b>	Green Cabbage 111g <b>4.6g</b>	Garden Peas 71g <b>6.4g</b>
Raspberry Ripple Ice Cream Tub 90ml <b>21.6g</b>	Toffee Sponge and Custard 92g <b>42.7g</b> 78g <b>9.7g</b>	Lemon Drizzle Cake 70g <b>27.1g</b>	Angel Delight 88g <b>6.7g</b>	Banana Cake 80g <b>27.5g</b>
Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>
A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>
Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>
Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>

\*New in 2015, all our pasta dishes contain a minimum of 50% Organic Wholemeal Pasta

## Week 2

06/11/2017, 27/11/2017, 18/12/2017, 15/01/2018, 05/02/2018, 05/03/2018, 26/03/2018

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Pork Sausages 75g <b>13.1g</b>	Pepperoni Pizza 85g <b>21.4g</b>	Flavoured Chicken 91g <b>0.9g</b>	Roast Chicken 60g <b>1.3g</b>	Battered Fish Fillet 60g <b>10.3g</b>
Tuna & Sweetcorn Pasta Bake 237g <b>77.4g</b>	Caribbean Cod 111g <b>14.3g</b>	Beef & MacCheese Bake 310g <b>80.3g</b>	Quorn Strognoaff 136g <b>8.9g</b>	Bean Chilli 133g <b>11.8g</b>
Red Onion & Rosemary Sausage 100g <b>6.9g</b>	Cheese & Tomato Pizza 84g <b>21.4g</b>	Vegetarian Sausage Roll 57g <b>15.2g</b>	Vegetable Fingers 85g <b>19.6g</b>	Topped Jacket Potato
Mash Potato 125g <b>20.1g</b>	50/50 Rice 84g <b>64.6g</b>	Rice & Peas 180g <b>75.6g</b>	Roast Potatoes 130g <b>21.5g</b> Yorkshire Pudding 13g <b>4.5g</b>	Oven Baked Chips 114g <b>24.0g</b>
Baked Beans 101g <b>15.3g</b>	50/50 Pasta 102g <b>68.5g</b>	Diced Potato 115g <b>28.6g</b>	50/50 Rice 84g <b>64.6g</b>	50/50 Rice 84g <b>64.6g</b>
Baked Beans 101g <b>15.3g</b>	Sweetcorn 71g <b>8.3g</b>	Broccoli 100g <b>1.8g</b>	Green Cabbage 111g <b>4.6g</b>	Baked Beans 101g <b>15.3g</b>
Garden Peas 71g <b>6.4g</b>	Green Beans 71g <b>1.4g</b>	Fresh Organic Carrots 71g <b>7.5g</b>	Sweetcorn 71g <b>8.3g</b>	Fresh Cauliflower 100g <b>3.0g</b>
Pancakes with Strawberry Sauce 58g <b>26.9g</b>	Oaty Fruit Crunch with Custard 103g <b>27.5g</b> 78g <b>9.7g</b>	Orange Cake 53g <b>13.8g</b>	Lime & Courgette Muffin 59g <b>21g</b>	Marble Cake & Custard 64g <b>25.1g</b> 78g <b>9.7g</b>
Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>
A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>
Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>
Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>

## Week 3

13/11/2017, 04/12/2017, 01/01/2018, 22/01/2018, 19/02/2018, 12/03/2018

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Beef Burger 106g <b>23.9g</b>	Sticky Chicken 75g <b>4.1g</b>	Beef Burrito Boats 285g <b>93.5g</b>	Roast Turkey 50g <b>0.1g</b>	Salmon Fish Fingers 84g <b>17.6g</b>
Pea & Bacon Pasta 235g <b>78.9g</b>	Cottage Pie 198g <b>21.3g</b>	Chicken Meatballs 110g <b>5.1g</b>	Fish Pie 219g <b>20.5g</b>	Mixed Bean Jambalaya 385g <b>121.6g</b>
Vegetable Burger 100g <b>34.7g</b>	Vegetarian Cottage Pie 198g <b>23.7g</b>	Cheese & Tomato Pizza 84g <b>21.4g</b>	Sticky Quorn Sausages 135g <b>11.8g</b>	Vegetable Burrito Boat 255g <b>90.5g</b>
Potato Wedges 114g <b>34.3g</b>	Potato Wedges 114g <b>34.3g</b>	50/50 Pasta 50g <b>33.8g</b>	Roast Potatoes 130g <b>21.5g</b> Yorkshire Pudding 13g <b>4.5g</b>	Oven Baked Chips 114g <b>24.0g</b>
		Oven Baked Chips 114g <b>24.0g</b>		
Spgahetti Rings 94g <b>10.1g</b>	Fresh Broccoli 100g <b>1.8g</b>	Sweetcorn 71g <b>8.3g</b>	Roasted Parsnips 50g <b>6.3g</b>	Baked Beans 101g <b>15.3g</b>
Mixed Vegetables 62.5g <b>4.4g</b>	Fresh Organic Carrots 71g <b>7.5g</b>	Swede & Carrot Mix 75g <b>4.0g</b>	Garden Peas 71g <b>6.4g</b>	Sweetcorn & Pepper Mix 75.7g <b>8.5g</b>
Iced Fruit Smoothies 80ml <b>15.2g</b>	Apple & Pear Sponge with Custard 127g <b>31.3g</b> 78g <b>9.7g</b>	Ripple Sponge & Custard 81g <b>23.8g</b> 78g <b>9.7g</b>	Carrot Cake 86g <b>31.9g</b>	Fruit Jelly 202g <b>8.3g</b>
Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>
A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>	A selection of Chilled Yoghurts <b>18.2g</b>
Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>	Fresh Fruit Pot 83g <b>2.7g</b>
Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>	Cheese and Crackers 32g <b>11.6g</b>

## Topped Jacket Potato Carb List

<b>Topped Jacket Potato</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
<b>Cheese</b>	<b>310g</b>	<b>45.2g</b>
<b>Cheese &amp; Baked Beans</b>	<b>300g</b>	<b>47.8g</b>
<b>Baked Beans</b>	<b>300g</b>	<b>50.6g</b>
<b>Tuna Mayonnaise</b>	<b>306g</b>	<b>43.1g</b>

## Yoghurt Carb List

<b>Yoghurt</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
<b>Veo Valley Organic Mango &amp; Vanilla Yoghurt</b>	<b>80g</b>	<b>8.8g</b>
<b>Veo Valley Organic Raspberry Yoghurt</b>	<b>80g</b>	<b>8.8g</b>
<b>Veo Valley Organic Strawberry Yoghurt</b>	<b>80g</b>	<b>8.8g</b>
<b>Golden Acre: Strawberry Yoghurt</b>	<b>100g</b>	<b>19.6g</b>
<b>Golden Acre: Raspberry Yoghurt</b>	<b>100g</b>	<b>19.6g</b>
<b>Golden Acre: Peach &amp; Passion Fruit Yoghurt</b>	<b>100g</b>	<b>19.6g</b>