

Week 1

29/10/2018, 19/11/2018, 10/12/2018, 14/01/2019, 04/02/2018, 04/03/2019, 25/03/2019

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Beef Burger in a Bun 106g 23.9g	Spaghetti Bolognese 256g 58.1g	Roast Gammon Dinner 50g 0.5g	Baked Fish in Parsley Sauce 181g 6.0g	Fish Fingers 75g 14.6g
Cheesy Tomato Pasta Pot 208g 78.2g	Topped Jacket Potato	Chicken Meatball Pasta Pot 218g 79.7g	Hot Gammon Baguette White 123g 40.7g Malted Wheat 113g 33.2g	Topped Jacket Potatoes
Vegetable Burger in a Bun 100g 34.7g	Vegetarian Sausage Roll 57g 15.2g	Quorn Sausage Casserole 115g 17.3g	Cheese & Tomato Pizza 84g 12.7g	Cauliflower & Broccoli Cheese Bake 190g 7.4g
Wedges 100g 30.2g	Diced Potatoes 101g 25.2g	Roast Potatoes Homemade 130g 21.5g McCains 113g 24.0g	New Potatoes 83g 13.4g	Oven Baked Chips 113g 24.0g
		Yorkshire Pudding 13g 4.5g		
Sweetcorn 71g 8.3g	Broccoli 60g 1.1g	Cabbage 67g 2.8g	Sweetcorn 71g 8.3g	Baked Beans 101g 15.3g
Peas 71g 6.4g	Cauliflower 60g 1.8g	Roast Parsnips 59g 7.3g	Broccoli 60g 1.1g	Mixed Vegetables 71g 5.0g
Oaty Fruit Crunch & Custard 103g 26.0g 78g 9.7g	Marble Cake & Custard 62g 25.1g 78g 9.7g	Strawberry & Vanilla Mousse 90ml 19.8g	Banana Cake 86g 27.0g	Autumn Sponge & Custard 71g 25.3g 78g 9.7g
Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g
A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts
Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g
Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g

Week 2

05/11/2018, 26/11/2018, 17/12/2018, 21/01/2019, 11/02/2019, 11/03/2019, 01/04/2019

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Hot Dog 100g 24.5g	Chicken & Vegetable Pie 144g 36.1g	Roast Beef Dinner 50g 0.5g	BBQ Chicken 80g 4.2g	Salmon Crumb Fillet 60g 13.4g
Creamy Cheese Pasta Pot 256g 74.2g	Topped Jacket Potato	Cheesy Tomato Pasta Pot 208g 78.2g	Hot Beef Baguette White 123g 41.2g Malted Wheat 113g 33.2g	Topped Jacket Potato
Veggie Hot Dog 109g 29.0g	Macaroni Cheese 290g 75.2g	Quorn Mince Puff 92g 24.5g	Quorn Sausage Paella 253g 70.8g	Cheese & Tomato Pizza 84g 12.7g
Wedges 100g 30.2g	Diced Potatoes 101g 25.2g	Roast Potatoes Homemade 130g 21.5g McCains 113g 24.0g	Rice 84g 64.6g	Oven Baked Chips 113g 24.0g
		Yorkshire Pudding 13g 4.5g		
Sweetcorn 71g 8.3g	Broccoli 60g 1.1g	Organic Carrots 71g 7.5g	Sweetcorn 71g 8.3g	Peas 71g 6.4g
Spaghetti Hoops 94g 10.1g	Baked Beans 101g 15.3g	Cabbage 67g 2.8g	Cauliflower 60g 1.8g	Baked Beans 101g 15.3g
Vanilla Muffin 62g 24.9g	Pear & Apple Sponge with Custard 94g 28.3g 78g 9.7g	Lemon Cookie 55g 28.8g	Sticky Toffee Pudding & Custard 96g 40.5g 78g 9.7g	Strawberry Ice Cream 80ml 20.8g
Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g
A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts
Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g
Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g

Week 3

12/11/2018, 03/12/2018, 07/01/2019, 28/01/2019, 25/02/2019, 18/03/2019, 08/04/2019

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Pork Sausages 75g 13.1g	Sticky Chicken 81g 5.6g	Roast Turkey Dinner 50g 0.5g	Buttermilk Chicken 60g 3.7g	Fish Fingers 75g 14.6g
Cheesy Tomato Pasta Pot 208g 78.2g	Topped Jacket Potato	Quorn Bolognaise Pasta Pot 166g 45.8g	Hot Turkey Baguette White 123g 40.8g Malted Wheat 113g 33.2g	Topped Jacket Potato
Vegetable Fingers 85g 19.6g	Vegetarian Cottage Pie 178g 28.1g	Cheese & Potato Puff 109g 23.3g	Cheese & Tomato Pizza 84g 12.7g	Quorn Keema Curry 146g 21.2g
Mash Potato 125g 20.1g	Rice 84g 64.6g	Roast Potatoes Homemade 130g 21.5g McCains 113g 24.0g	Wedges 100g 30.2g	Oven Baked Chips 113g 24.0g
		Yorkshire Pudding 13g 4.5g		Rice 84g 64.6g
Peas 71g 6.4g	Broccoli 60g 1.1g	Cabbage 67g 2.8g	Sweetcorn 71g 8.3g	Peas 71g 6.4g
Baked Beans 101g 15.3g	Sweetcorn 71g 8.3g	Organic Carrots 71g 7.5g	Green Beans 71g 1.4g	Baked Beans 101g 15.3g
Frozen Yoghurt 56g 12.7g	Molly's Carrot Cake & Custard 95g 27.6g 78g 9.7g	Fruit Jelly 161g 5.4g	Lemon Drizzle Cake 70g 27.1g	Cherry Muffin 61g 27.7g
Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g
A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts
Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g
Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g	Cheese and Crackers Jacobs: 47g 21.3g Van Allen: 49g 46.7g

Topped Jacket Potato Carb List

Topped Jacket Potato	Portion Size (g)	Carbohydrates per portion (g)
Cheese	290g	43.0g
Cheese & Coleslaw	318g	45.5g
Baked Beans	325g	54.4g
Tuna Mayonnaise	306g	43.2g
Cheese & Baked Beans	308g	48.7g

Yoghurt Carb List		
Yoghurt	Portion Size (g)	Carbohydrates per portion (g)
Veo Valley Organic Mango & Vanilla Yoghurt	80g	8.8g
Veo Valley Organic Raspberry Yoghurt	80g	8.8g
Veo Valley Organic Strawberry Yoghurt	80g	8.8g
Golden Acre: Strawberry Yoghurt	100g	19.6g
Golden Acre: Raspberry Yoghurt	100g	19.6g
Golden Acre: Peach & Passion Fruit Yoghurt	100g	19.6g