



### Carbohydrate Values: April - October 2024

# YOUR SCHOOL MENU



WEEK 1	Portion size (weights are based on uncooked values)	Carbohydrate (g/portion)
<b>Monday</b>		
Tomato pasta with cheese	1 portion	37.1
Chicken fajita including wrap	1 portion (chicken filling & 1 wrap)	13.3
Chicken fajita (chicken only)	1 portion (chicken filling)	2.0
Brown and white rice	1 portion (45g uncooked weight) 1 portion (approx. 130g cooked weight)	33.3
Vegetable choice	60g	see below
Chocolate shortbread biscuit	1 piece (30g)	15.1
<b>Tuesday</b>		
Sweet potato and lentil curry	1 portion	26.9
Brown and white rice	1 portion (45g uncooked weight) 1 portion (approx. 130g cooked weight)	33.3
Pork sausages	3 sausages	8.2
Mashed potato	1 portion (120g)	20.2
Gravy	30 ml	1.0
Vegetable choice	60g	see below
Strawberry jelly	1 half-portion (45g)	3.6
Fruit (assorted)	1 portion (40g)	4.5
*more options in desserts below		
<b>Wednesday</b>		
Handmade margherita pizza	1 standard slice	24.3
Bubble salmon	1 piece (60g)	10.1
Crinkle cut wedges (McCain)	1 portion (90g)	22.6
Vegetable choice	60g	see below
Banana cake	1 slice (55g)	19.8
<b>Thursday</b>		
Vegetable wellington	1 portion	23.9
Sliced beef	1 portion (50g)	0.0
Gravy	30 ml	1.0
Roast potatoes	1 portion (120g)	20.2
Yorkshire pudding	1 piece (18g)	7.2
Vegetable choice	60g	see below
Chocolate sponge cake	1 piece (50g)	18.7
<b>Friday</b>		
Roasted vegetable lasagne	1 portion	40.9
Fish fingers	3 fingers (75g)	15.4
Chips	1 portion (90g)	22
Tomato sauce	5g (1 teaspoon)	1.2
Baked beans	70g	9.0
Vegetable choice	60g	see below
Jam and coconut sponge	1 slice (50g)	20.8



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WEEK 2	Portion size (weights are based on uncooked values)	Carbohydrate (g/portion)
<b>Monday</b>		
Vegetarian sausage roll	1 piece (100g)	27.0
Mashed potato	1 portion (120g)	20.2
Macaroni cheese	1 portion	25.2
Vegetable choice	60g	see below
Shortbread biscuit	1 piece (30g)	15.6
<b>Tuesday</b>		
Quesadilla (tomato, cheese, spinach)	2 pieces per portion (62g)	12.4
Diced potatoes	1 portion (120g)	20
Chicken katsu fillet	1 piece (60g)	8.4
Katsu curry sauce	40ml	3.6
Brown and white rice	1 portion (45g uncooked weight) 1 portion (approx. 130g cooked weight)	33.3
Vegetable choice	60g	see below
Fruit Wedges (assorted) *more options in desserts below	80g	9.0
<b>Wednesday</b>		
Handmade margherita pizza	1 standard slice	24.3
Ham carbonara	1 portion	41.4
Vegetable choice	60g	see below
Apple sponge	1 slice (70g)	18.7
<b>Thursday</b>		
Quorn and leek crown	1 portion	22.8
Roast chicken fillet	1 portion (80g)	0.0
Gravy	30 ml	1.0
Roast potatoes	1 portion (120g)	20.2
Yorkshire pudding	1 piece (18g)	7.2
Vegetable choice	60g	see below
Marble sponge cake	1 piece (50g)	16.6
<b>Friday</b>		
Plant-based burger	1 burger patty (50g) & 1 bread bap (50g)	28.2
Plant based burger (patty only)	1 burger patty (50g)	5.0
Cheese slice	1 slice (12.5g)	1.3
Fish fingers	3 fingers (75g)	15.4
Chips	1 portion (90g)	22
Tomato sauce	5g (1 teaspoon)	1.2
Baked beans	70g	9.0
Vegetable choice	60g	see below
Chocolate brownie	1 slice (40g)	19.6



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WEEK 3	Portion size (weights are based on uncooked values)	Carbohydrate (g/portion)
<b>Monday</b>		
Cheese, onion and potato pasty	1 pasty	26.1
Chicken nuggets	3 nuggets (60g)	8.1
Diced potatoes	1 portion (120g)	20
Vegetable choice	60g	see below
Marble shortbread biscuit	1 piece (30g)	15.5
<b>Tuesday</b>		
Meat-free sausage hotdog	1 meat-free sausage (50g) + 1 hotdog roll (45g)	25.6
Meat-free sausage	1 meat-free sausage (50g)	4.4
Diced potatoes	1 portion (120g)	20
Chicken curry (coconut)	1 portion	2.8
Brown and white rice	1 portion (45g uncooked weight) 1 portion (approx. 130g cooked weight)	33.3
Vegetable choice	60g	see below
Apple crumble	1 portion (90g)	26.3
<b>Wednesday</b>		
Handmade margherita pizza	1 standard slice	24.3
Beef bolognese pasta bake	1 portion	36.3
Vegetable choice	60g	see below
Chocolate banana cake	1 slice (55g)	18.4
<b>Thursday</b>		
Quorn pieces (no gravy)	1 portion (50g)	0.6
Roast gammon	1 portion (50g)	1.0
Gravy	30 ml	1.0
Roast potatoes	1 portion (120g)	20.2
Yorkshire pudding	1 piece (18g)	7.2
Vegetable choice	60g	see below
Lemon drizzle cake	1 piece (50g)	20.7
<b>Friday</b>		
Potato and cheese frittata	1 portion	9.3
Fish fingers	3 fingers (75g)	15.4
Chips	1 portion (90g)	22
Tomato sauce	5g (1 teaspoon)	1.2
Baked beans	70g	9.0
Vegetable choice	60g	see below
Flapjack	1 slice (35g)	18.3



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VEGETABLES OF THE DAY	Portion size (weights are based on uncooked values)	Carbohydrate (g/portion)
Baked beans	70g	9.0
Broccoli	60g	1.8
Carrots	60g	4.4
Green beans	60g	1.9
Mixed vegetables	60g	4.7
Peas	60g	5.1
Sweetcorn (frozen)	60g	9.4

SPECIAL DIET ITEMS	Portion size (weights are based on uncooked values)	Carbohydrate (g/portion)
Vegetable goujons	2 goujons (70g)	19.8
Plain/Roast chicken fillet	1 fillet (80g)	0.0
Schar gluten free roll	1 roll (50g)	20.5

DESSERTS	Portion size	Carbohydrate (g/portion)
Yoghurt (Ubley low fat strawberry)	1 serving (80g)	11.6
Fruit smoothie (strawberry)	1 pouch (60-80ml)	13.2
Fruit Smoothie (Mango and orange)	1 pouch (60-80ml)	13.7
Shortbread biscuit	1 piece (30g)	15.5
Flapjack	1 piece (35g)	18.3
Jelly (McDougalls) (orange/strawberry)	1 full portion (115g)	9.2
Fruit-salad (full portion)	80g	9.0
Fruit salad (half portion)	40g	4.5
Fresh fruit- apple wedges	40g	4.6
Fresh fruit- orange wedges	40g	3.5



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For the following self-serve items, all carbohydrate values are per 100g.  
Use this value to calculate the amount of carbohydrate in the actual amount eaten  
(amount eaten (g) / 100g x carbohydrate value)

SALAD OPTIONS (SELF-SERVE)	Per 100g	Carbohydrate (g/portion)
Carrots	100g	7.9
Cucumber	100g	1.5
Diced beetroot	100g	6.6
Peppers	100g	6.4
Plain pasta	100g (cooked weight)	32.7
Sweetcorn (from tin)	100g	12.2

ADDITIONAL BREAD AND SPREAD	Portion size	Carbohydrate (g/portion)
Kerrymaid buttery spread	1 portion (15g per slice)	0.1
Sliced bread (Fletchers half and half)	1 slice (24g)	10.6
Homemade bread roll (Middleton's bread mix) -small	1 cooked roll (28g / 1 oz)	11.6
Homemade bread roll (Middleton's bread mix) -medium	1 cooked roll (57g / 2 oz)	21.1
Burger bap (MK4)	1 bap (50g)	23.2
Hotdog roll	1 hotdog roll (45g)	21.2
Tortilla wrap (15cm)	1 wrap (27g)	11.3
Schar gluten free roll	1 roll (50g)	20.5



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PICNIC/COLD LUNCH	Portion size	Carbohydrate (g/portion)
<b>Bread</b>		
Sliced bread (Fletchers half and half)	2 slices (48g)	21.1
Homemade bread roll (Middleton's bread mix)	1 cooked roll (57g / 2 oz)	21.1
Burger Bap (MK4)	1 bap (50g)	23.2
Hotdog Roll	1 roll (45g)	21.2
Tortilla wrap	1 x 15cm wrap (27g)	11.3
Schar gluten free roll	1 roll (50g)	20.5
<b>Filling</b>		
Kerrymaid Buttery spread	30g (15g per slice of bread)	0.2
Ham	25g	0.2
Cheese slice	20g	0.0
Cheese (grated)	25g	0.4
Tuna (plain)	55g	0.0
Tuna mixed with mayo (40g tuna and 15g mayonnaise)	55g	0.9
<b>On the side</b>		
Cucumber sticks	50g	0.8
Carrot sticks	50g	4.0
Cucumber and carrot sticks combined	100g	4.8
Apple slices	30g	3.5
Orange wedges	30g	2.6
Shortbread biscuit	30g (1 portion)	15.1
<b>Pasta Pot</b>		
Tomato pasta salad	95g	36.7

JACKET POTATO	Portion size	Carbohydrate (g/portion)
Baked potato	250g (uncooked weight)	43
<b>Fillings</b>		
Cheese (grated)	25g	0.4
Baked beans	70g	9.0
Tuna (plain)	55g	0.0
Tuna mixed with mayo (40g tuna and 15g mayonnaise)	55g	0.9