



Estimating Carbohydrate Dietary Intake

For our primary school menu, we publish the carbohydrate values as grams per portion (g/portion). The values we publish are estimates, based on carbohydrate data from our suppliers and the quantities of ingredients used in our standardised recipes. We publish data for our 3-week menu, as well as all extras including picnic and jacket potato options.

Our kitchen staff are trained in serving a standard portion size based on standardised recipes, portioned yields and standard serving utensils. To help clarify what a standard portion looks like, additional detail is provided such as the number of items (e.g. 3 x nuggets) or a weight (e.g. vegetables 60g) which is based on an uncooked weight.

For schools- It is important to make sure the kitchen staff are aware of a child that requires a carbohydrate intake estimate, so they can take extra care in serving a standard portion.

We recommend using the standard portion sizes as served by the kitchen. These can then be used with the carbohydrate values taken from our published list to calculate the approximate carbohydrate intake. This is the most accurate method to calculate the carbohydrate intake from our published data. No additional weighing should be required.

The calculations and adjustments for the carbohydrate count should be managed by the school and parent as this can vary for children with differing requirements and insulin regimens.



YOUR SCHOOL MENU

April 2025 – December 2025



	WEEK 1	Portion size (weights are based on uncooked values)	Carbohydrate (g/portion)
MONDAY	Veggie bolognese pasta	1 portion (200g)	42.3
	Chicken Katsu fillet	1 piece (60g)	8.4
	Katsu curry sauce	40ml	3.6
	Brown and white rice blend	1 portion (45g uncooked weight) 1 portion (approx. 125g cooked weight)	33.3
	Vegetable choice	60g	see below
	Shortbread biscuit	1 piece (30g)	15.6
TUESDAY	Vegetarian sausage roll	1 piece (100g)	27.0
	Crinkle cut wedges	1 portion (90g)	23.4
	Ham carbonara	1 portion	41.4
	Vegetable choice	60g	see below
	Dessert option (see below)	Can be a combination of fruit with options such as jelly, mousse or yoghurt.	see below
WEDNESDAY	Handmade margherita pizza	1 standard slice	24.3
	Sticky honey glazed chicken	1 portion (80g)	14.3
	Brown and white rice blend	1 portion (45g uncooked weight) 1 portion (approx. 125g cooked weight)	33.3
	Vegetable choice	60g	see below
	Rice crispy cake	1 piece (30g)	17.0
THURSDAY	Plant-based sausage	1 sausage	4.4
	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
	Dessert option (see below)	Can be a combination of fruit with options such as jelly, mousse or yoghurt.	see below
FRIDAY	Cheese and onion quiche	1 portion (125g)	18.3
	Fish fingers	3 fingers (75g)	15.4
	Chips	1 portion (90g)	22
	Tomato sauce	1 teaspoon (5g)	1.2
	Baked beans	70g	9.0
	Vegetable choice	60g	see below
	Ginger sponge	1 slice (50g)	25.8



YOUR SCHOOL MENU

April 2025 – December 2025



	WEEK 2	Portion size (weights are based on uncooked values)	Carbohydrate (g/portion)
MONDAY	Plant-based sausage	1 sausage	4.4
	Hotdog roll	1 roll (45g)	21.2
	Diced potatoes	1 portion (120g)	20.2
	Chicken curry	1 portion	3.2
	Brown and white rice blend	1 portion (45g uncooked weight) 1 portion (approx. 125g cooked weight)	33.3
	Vegetable choice	60g	see below
	Chocolate pudding	1 piece (55g)	13.7
TUESDAY	Roasted vegetable lasagne	1 portion	41.0
	Pork sausages	3 sausages	8.2
	Mashed potato	1 portion (120g)	20.2
	Gravy	30 ml	1.0
	Vegetable choice	60g	see below
	Dessert option (see below)	Can be a combination of fruit with options such as jelly, mousse or yoghurt.	see below
WEDNESDAY	Handmade margherita pizza	1 standard slice	24.3
	Bubble salmon	1 piece (60g)	10.1
	Crinkle cut wedges	1 portion (90g)	23.4
	Vegetable choice	60g	see below
	Honey biscuit	1 biscuit	17.5
THURSDAY	Quorn pieces (no gravy)	1 portion (50g)	0.6
	Sliced chicken	1 slice	0.1
	Gravy	30 ml	1.0
	Roast potatoes	1 portion (120g)	20.2
	Yorkshire pudding	1 piece (18g)	7.2
	Vegetable choice	60g	see below
	Dessert option (see below)	Can be a combination of fruit with options such as jelly, mousse or yoghurt.	see below
FRIDAY	Sweet potato and lentil curry	1 portion	26.9
	Brown and white rice blend	1 portion (45g uncooked weight) 1 portion (approx. 130g cooked weight)	33.3
	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
	Lemon drizzle cake	1 piece (55g)	23.2



YOUR SCHOOL MENU

April 2025 – December 2025



	WEEK 3	Portion size (weights are based on uncooked values)	Carbohydrate (g/portion)
MONDAY	Macaroni cheese	1 portion	37.9
	Beef chili	1 portion	4.2
	Tortilla chips	1 portion (7g)	2.8
	Brown and white rice blend	1 portion (45g uncooked weight) 1 portion (approx. 125g cooked weight)	33.3
	Vegetable choice	60g	see below
	Chocolate brownie	1 piece (40g)	19.6
TUESDAY	Veggie cottage pie	1 portion	22.4
	Chicken nuggets	3 nuggets (60g)	8.1
	Diced potatoes	1 portion (120g)	20.2
	Vegetable choice	60g	see below
	Dessert option (see below)	Can be a combination of fruit with options such as jelly, mousse or yoghurt.	see below
WEDNESDAY	Vegetable and bean burrito	1 burrito (veg, bean and rice mix with tortilla wrap)	31.8
	Tortilla	1 tortilla wrap only (no filling) 27g	11.3
	BBQ pizza with chicken	1 standard slice	31.6
	Vegetable choice	60g	see below
	Jammy shortbread biscuit	1 biscuit (30g)	16.9
THURSDAY	Quorn and leek crown	1 portion	22.6
	Sliced pork	1 portion (50g)	0.5
	Gravy	30 ml	1.0
	Roast potatoes	1 portion (120g)	20.2
	Yorkshire pudding	1 piece (18g)	7.2
	Vegetable choice	60g	see below
	Dessert option (see below)	Can be a combination of fruit with options such as jelly, mousse or yoghurt.	see below
FRIDAY	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
	Toffee apple sponge	1 portion (60g)	22.1



YOUR SCHOOL MENU

April 2025 – December 2025



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
Chicken breast strips	60g	0.0
Schar gluten free roll	1 roll (50g)	20.5

DESSERTS	Portion size	Carbohydrate (g/portion)
Yoghurt (Ubley Low Fat Strawberry)	1 portion (80g)	8.3
Jelly (McDougalls) (orange/strawberry)	1 full portion (80g)	12.9
Jelly (McDougalls) (orange/strawberry)	½ portion (40g) to accompany fruit	6.5
Mousse (Middleton) (banana/chocolate)	1 full portion (96g)	19.8
Mousse (Middleton) (banana/chocolate)	½ portion (48g) to accompany fruit	9.9
Fruit-salad (full portion)	1 full portion 80g	9.0
Fruit salad (half portion)	½ portion 40g	4.5
Fresh fruit- apple wedges	40g	4.6
Fresh fruit- orange wedges	40g	3.5
Fruit smoothie (Strawberry)	1 pot (70ml)	13.2
Fruit Smoothie (Mango and Orange)	1 pot (70ml)	13.7
Shortbread biscuit	1 piece (30g)	15.6



YOUR SCHOOL MENU

April 2025 – December 2025



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

JACKET POTATO	Portion size	Carbohydrate (g/portion)
Baked potato	250g (uncooked weight)	43
Fillings		
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

PASTA	Portion size	Carbohydrate (g/portion)
BBQ Pasta with cheese	1 portion	49
Macaroni cheese	1 portion	37.9
Pesto Pasta	1 portion	39.5
Tomato Pasta with cheese	1 portion	37.1
Vegetable pasta	1 portion	38



YOUR SCHOOL MENU

April 2025 – December 2025



PICNIC/COLD LUNCH	Portion size	Carbohydrate (g/portion)
BREAD		
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
FILLING		
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
ON THE SIDE		
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)	15.6

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