



Hero Winter 2025 Menu - Week 1 - NURSERY

NUTRITION INFORMATION

(in g per standard portion)

Carbohydrate Information: 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.

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.

The carbohydrate counts should be used as a guide only, for the person responsible for administering insulin. Also, informed by resources such as carbs and cals, with training provided by an appropriate healthcare professional.

NURSERY, WEEK 1, MONDAY - 03/11/25, 24/11/25, 15/12/25, 05/01/26, 26/01/26, 23/02/26, 16/03/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Burger Bun	123	0.9	23	4.8	0.5
Beef Burger (Pattie)	106	5.2	5	9.1	0.5
Plant-Based Burger (Ve) (Pattie)	93	5.2	5	7.3	0.5
Quorn Pattie (v)	53	2.1	2	5.5	0.5
Halal Chicken Fillet	85	1.9	1	16.2	0.3
Chicken Fillet	60	2.4	0	9.6	0.4
Potato Frittata (v)	82	4	7	4.7	0.1
Beany Pasta (Ve)	183	3.1	30	6.6	0.6
Potato Wedges (Ve)	98	1.8	17	2	0.1
Potato Wedges (Ve) (Half Portion)	49	0.9	9	1.0	0.1
Pasta (Ve)	90	0.4	18	2.9	0
Pasta (Ve) (Half Portion)	45	0.2	9	1.5	0
Chicken Biryani	206	2.8	31	12.6	0.5
Apple Strudel 50% Fruit	154	8.3	17	2.4	0.2
Custard (v)	66	1.3	11	2.9	0.1
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Strawberry Jelly (Ve)	54	0.1	13	0.1	0

NURSERY, WEEK 1, TUESDAY - 04/11/25, 25/11/25, 16/12/25, 06/01/26, 27/01/26, 24/02/26, 17/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Pie	191	8.8	17	9.8	0.5
Halal Chicken Pie	198	9.1	18	11	0.6
Creamy Quorn Pie (v)	243	12.1	23	9	0.8
Gravy (Ve)	15	0.1	4	0.2	0.7
Plant-Based Meatballs (Ve)	63	3.5	3	4.9	0.3
Swedish Style Sauce (v)	18	0.4	4	0.3	0.6
Mashed Potatoes (Ve)	89	4.1	12	1.3	0.1
Mashed Potatoes (Ve) (Half Portion)	44	2.1	6	0.7	0
Pasta (Ve)	90	0.4	18	2.9	0
Pasta (Ve) (Half Portion)	45	0.2	9	1.5	0
Plant-Based Meatball Sub (Ve)	184	3.5	27	9.6	0.9
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Strawberry Jelly (Ve)	54	0.1	13	0.1	0
NURSERY, WEEK 1, WEDNESDAY - 05/11/25, 26/11/25, 17/12/25, 07/01/26, 28/01/26, 25/02/26, 18/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Roast Chicken	60	2.4	0	9.6	0.4
Halal Roast Chicken	85	1.9	1	16.2	0.3
Sage & Onion Stuffing (Ve)	44	0.5	10	1.2	0.5
Gravy (Ve)	15	0.1	4	0.2	0.7
Plant-Based Shepherds Pie (Ve)	272	15.3	27	6	1
Roast Potatoes	87	3.9	12	1.3	0
Roast Potatoes (Half Portion)	43	2.0	6	0.7	0
Wholemeal Pasta	112	0.7	21	4	0
Wholemeal Pasta (Half Portion)	56	0.4	11	2	0
Bangers & Mash with Gravy	358	20.7	30	13.3	2.1
Fresh Fruit Jelly (Ve)	52	0.1	13	0.3	0
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Frube (v)	34	1	4	1.4	0.1

NURSERY, WEEK 1, THURSDAY - 06/11/25, 27/11/25, 18/12/25, 08/01/26, 29/01/26, 26/02/26, 19/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Quorn Dipper Taco with Sweet Chilli Sauce (Ve)	355	12.9	33	21.3	1.5
Mac 'n' Cheese	175	7.4	20	6.9	0.7
Diced Potatoes (Ve)	75	0.4	17	1.6	0.1
Diced Potatoes (Ve) (Half Portion)	38	0.2	8	0.8	0
Herby Garlic Bread (Ve)	40	1.2	7	1.1	0.1
Cheese & Pesto Panini (v)	210	8	26	8.1	0.8
Chocolate Orange Jelly Mousse (v)	46	0.1	11	0.2	0
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Frube (v)	34	1	4	1.4	0.1
NURSERY, WEEK 1, FRIDAY - 07/11/25, 28/11/25, 19/12/25, 09/01/26, 30/01/26, 27/02/26, 20/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Fish Fillet Fingers	104	4.2	10	6	0.2
Margherita Pizza (v)	151	7.2	15	7.4	0.6
Oven Chips	96	2	17	1.5	0.1
Oven Chips (Half Portion)	48	1	9	0.8	0
Tricolour Pasta	89	0.4	18	2.9	0
Tricolour Pasta (Half Portion)	45	0.2	9	1.5	0
Special Fried Rice Bowl (Ve)	239	4.1	40	9.2	2.1
Gingerbread Biscuits (v)	196	5.3	34	2.6	0.4
Ginger Cookie (Ve)	130	6.3	17	1.3	0.2
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Strawberry Jelly (Ve)	54	0.1	13	0.1	0



Hero Winter 2025 Menu - Week 2 - NURSERY

NUTRITION INFORMATION

(in g per standard portion)

Carbohydrate Information: 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.

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.

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NURSERY, WEEK 2, MONDAY - 10/11/25, 01/12/25, 12/01/26, 02/02/26, 02/03/26, 23/03/26

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Hot Dog Roll	131	1.9	24	4.4	0.4
Quorn Frankfurter (v)	103	7.7	2	6.3	0.5
Plant-Based Sausage (Ve)	53	3.7	2	3	0.2
Burger Bun	123	0.9	23	4.8	0.5
Quorn Pattie (v)	53	2.1	2	5.5	0.5
Margherita Wrap (v)	144	8.4	10	6.7	0.5
Potato Wedges (Ve)	98	1.8	17	2	0.1
Potato Wedges (Ve) (Half Portion)	49	0.9	9	1	0
Pasta (Ve)	90	0.4	18	2.9	0
Pasta (Ve) (Half Portion)	45	0.2	9	1.5	0
All Day Breakfast Pot (v)	227	7.7	31	9.2	0.6
Pear & Apple Crumble (Ve)	120	5.7	15	1.6	0.1
Chocolate Custard (v)	69	1.4	11	3.2	0.1
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Strawberry Jelly (Ve)	54	0.1	13	0.1	0

NURSERY, WEEK 2, TUESDAY - 11/11/25, 02/12/25, 13/01/26, 03/02/26, 03/03/26, 24/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pork Sausages	143	10.2	5	7.4	0.7
Gravy (Ve)	15	0.1	4	0.2	0.7
Halal Piri Piri Chicken Rice	176	3.6	23	12.8	0.5
Piri Piri Chicken Rice	168	3.2	23	11.3	0.4
Roasted Butternut Squash Curry (Ve)	77	2.1	10	3.5	0.3
Mashed Potatoes (Ve)	89	4.1	12	1.3	0.1
Mashed Potatoes (Ve) (Half Portion)	44	2.1	6	0.7	0.1
Brown & White Rice (Ve)	88	0.5	19	1.9	0
Brown & White Rice (Ve) (Half Portion)	44	0.3	10	1.0	0
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Strawberry Jelly (Ve)	54	0.1	13	0.1	0
NURSERY, WEEK 2, WEDNESDAY - 12/11/25, 03/12/25, 14/01/26, 04/02/26, 04/03/26, 25/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Roast Beef	49	2	0	7.6	0.6
Halal Roast Chicken	85	1.9	1	16.2	0.3
Roast Chicken	60	2.4	0	9.6	0.4
Roast Quorn Fillet (Ve)	58	1.5	0	8.8	0.3
Gravy (Ve)	15	0.1	4	0.2	0.7
Sage & Onion Stuffing (Ve)	44	0.5	10	1.2	0.5
Tuna Sweetcorn Pasta Bake	192	6.2	21	12	0.8
Roast Potatoes	87	3.9	12	1.3	0
Roast Potatoes (Half Portion)	43	2.0	6	0.7	0
Wholemeal Pasta	112	0.7	21	4	0
Wholemeal Pasta (Half Portion)	56	0.4	11	2	0
Loaded Cajun Wedges (v)	164	6.8	18	5.6	0.7
Fresh Fruit Jelly (Ve)	52	0.1	13	0.3	0
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Frube (v)	34	1	4	1.4	0.1

NURSERY, WEEK 2, THURSDAY - 13/11/25, 04/12/25, 15/01/26, 05/02/26, 05/03/26, 26/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Curry	79	3.8	2	7.9	0.2
Halal Chicken Curry	63	1.1	2	10.8	0.5
Mild Bean Chilli (Ve)	86	1.9	11	4.8	0.5
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Brown & White Rice (Ve)	88	0.5	19	1.9	0
Pasta (Ve)	90	0.4	18	2.9	0
Margherita Quesadilla (v)	87	3.8	10	3.3	0.2
Iced School Sponge (v)	106	2.6	19	1.7	0.3
EF Iced Sponge	117	4.1	18	1.5	0.3
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Frube (v)	34	1	4	1.4	0.1
NURSERY, WEEK 2, FRIDAY - 14/11/25, 05/12/25, 16/01/26, 06/02/26, 06/03/26, 27/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Fish Fillet Fingers	104	4.2	10	6	0.2
Margherita Pizza (v)	151	7.2	15	7.4	0.6
Oven Chips	96	2	17	1.5	0.1
Oven Chips (Half Portion)	48	1	9	0.8	0
Tricolour Pasta	89	0.4	18	2.9	0
Tricolour Pasta (Half Portion)	45	0.2	9	1.5	0
Tuna Sweetcorn Pasta Bake	192	6.2	21	12	0.8
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Strawberry Jelly (Ve)	54	0.1	13	0.1	0



Hero Winter 2025 Menu - Week 3 - NURSERY

NUTRITION INFORMATION

(in g per standard portion)

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NURSERY, WEEK 3, MONDAY - 17/11/25, 08/12/25, 19/01/26, 09/02/26, 09/03/26

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Beef Bolognese	98	5.1	6	5.9	0.6
Halal Lamb Bolognese	115	7	7	5.5	0.5
Lamb Bolognese	105	6	7	5.9	0.5
Tomato Bolognese (Ve)	99	2.4	13	5.2	0.4
Plant-Based Grill (Ve)	93	5.2	5	7.3	0.5
Pasta Spaghetti (Ve)	90	0.4	18	2.9	0
Potato Wedges (Ve)	98	1.8	17	2	0.1
Plant-Based Meat Ball & Tomato Pasta Pot (Ve)	157	4.6	21	7.7	0.5
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Strawberry Jelly (Ve)	54	0.1	13	0.1	0

NURSERY, WEEK 3, TUESDAY - 18/11/25, 09/12/25, 20/01/26, 10/02/26, 10/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Breaded Chicken	135	6.5	8	11.7	0.3
Halal Roast Chicken	85	1.9	1	16.2	0.3
Roast Chicken	60	2.4	0	9.6	0.4
Roast Quorn Fillet (Ve)	58	1.5	0	8.8	0.3
Katsu Curry Sauce (Ve)	26	0.9	4	0.2	0.3
Cheese Pinwheel (v)	127	8.2	8	4.9	0.3
EF Cheese Pinwheel (v)	124	7.9	8	4.5	0.3
Brown & White Rice (Ve)	88	0.5	19	1.9	0
Brown & White Rice (Ve) (Half Portion)	44	0.3	10	1.0	0
Pasta (Ve)	90	0.4	18	2.9	0
Pasta (Ve) (Half Portion)	45	0.2	9	1.5	0
Cheese & Bacon Loaded Fries	223	10.2	23	8.7	1.1
Oaty Fruit Crunch (Ve)	234	9.9	29	3.2	0.2
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Frube (v)	34	1	4	1.4	0.1
NURSERY, WEEK 3, WEDNESDAY - 19/11/25, 10/12/25, 21/01/26, 11/02/26, 11/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Roast Chicken	60	2.4	0	9.6	0.4
Halal Roast Chicken	85	1.9	1	16.2	0.3
Gravy (Ve)	15	0.1	4	0.2	0.7
Sage & Onion Stuffing (Ve)	44	0.5	10	1.2	0.5
Cheesy Leek & Potato Bake (v)	157	7	18	5.9	0.6
Plant-Based Sausages (Ve)	107	7.5	5	6	0.4
Roast Potatoes	87	3.9	12	1.3	0
Roast Potatoes (Half Portion)	43	2.0	6	0.7	0
Wholemeal Pasta	112	0.7	21	4	0
Wholemeal Pasta (Half Portion)	56	0.4	11	2	0
Fish Finger Sub	261	8.4	35	10.4	0.7
Fresh Fruit Jelly (Ve)	52	0.1	13	0.3	0
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Frube (v)	34	1	4	1.4	0.1

NURSERY, WEEK 3, THURSDAY - 20/11/25, 11/12/25, 22/01/26, 12/02/26, 12/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Burger Bun	123	0.9	23	4.8	0.5
Quorn Pattie (v)	53	2.1	2	5.5	0.5
Plant-Based Burger (Ve) (Pattie)	93	5.2	5	7.3	0.5
Vegetarian Lasagne (v)	119	2.9	15	7.7	0.6
Diced Potatoes (Ve)	75	0.4	17	1.6	0.1
Diced Potatoes (Ve) (Half Portion)	38	0.2	8	0.8	0.1
Herby Garlic Bread (Ve)	40	1.2	7	1.1	0.1
Burrito Bowl (v)	147	4.3	20	6	0.4
Apple Sponge (v) 50% Fruit	82	1.9	15	1.3	0.2
Custard (v)	66	1.3	11	2.9	0.1
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Strawberry Jelly (Ve)	54	0.1	13	0.1	0
NURSERY, WEEK 3, FRIDAY - 21/11/25, 12/12/25, 23/01/26, 13/02/26, 13/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Battered Fish Fillet	119	6.4	10	5.3	0.5
Margherita Pizza (v)	151	7.2	15	7.4	0.6
Oven Chips	96	2	17	1.5	0.1
Oven Chips (Half Portion)	48	1	9	0.8	0
Tricolour Pasta	89	0.4	18	2.9	0
Tricolour Pasta (Half Portion)	45	0.2	9	1.5	0
Tuna Melt Bagel	287	8.7	30	21.5	1.3
Chocolate Brickwall (Ve)	165	8.6	20	2.1	0.2
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Favourite Cookie (Ve)	64	3.2	8	0.6	0.1
Strawberry Jelly (Ve)	54	0.1	13	0.1	0



Hero Winter 2025 Menu - Extra Options - NURSERY

NUTRITION INFORMATION

(in g per standard portion)

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Pasta Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheesy Pasta (v)	175	7.4	20	6.9	0.7
Herby Tomato Pasta with Cheese (v)	155	6.6	16	6.8	0.5
Pesto Pasta (v)	237	14.3	20	6.5	0.4

Jacket Potato Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Jacket Potato Plain	94	0.3	22	2.6	0
JP Tuna Filling	33	0.3	0	7.5	0.3
JP Baked Beans Filling (Ve)	41	0.2	6	2.4	0.3
JP Cheese Filling (v)	104	8.6	0	6.3	0.5
JP Tuna Mayo Filling	60	3	1	7.5	0.4
JP Tuna Mayo Filling (Vegan Mayo)	60	3	1	7.5	0.4
JP Cheese & Baked Beans Filling (v)	62	3.5	3	3.7	0.3
JP Salmon Mayo Filling	69	4.1	1	7.1	0.4

Cold Roll Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread Roll with Spread	159	4.9	23	4.8	0.6
Bread Roll without Spread	123	0.9	23	4.8	0.5
CO Egg Filling (V)	38	2.6	0	3.7	0.1
CO Tuna Filling	33	0.3	0	7.5	0.3
CO Tuna Mayo Filling (Vegan Mayo)	86	6.1	0	7.5	0.4
CO Egg Mayo Filling (v)	73	6.1	1	3.7	0.3
CO Tuna Mayo Filling	57	2.6	1	7.5	0.4
CO Ham Filling	26	0.4	0	5.3	0.4
CO Cheese Filling (v)	104	8.6	0	6.3	0.5
CO Salmon Mayo Filling	65	3.8	1	7.1	0.3
CO Salmon Mayo Filling (Vegan Mayo)	95	7.3	0	7.1	0.4
CO Salmon Filling	41	1.4	0	7.1	0.2



Hero Winter 2025 Menu - Special Diet Menu Items - NURSERY NUTRITION INFORMATION (in g per standard portion)

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Dairy Free Menu Items

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
DF Herby Tomato Pasta (Ve)	90	1.2	16	2.9	0.2
DF Halal Chicken Gravy Pie	184	7.2	14	15.6	1.2
DF Chicken Gravy Pie	173	6.7	14	13.7	1

Egg Free Menu Items

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
EF Cheese Pinwheel (v)	124	7.9	8	4.5	0.3
EF Iced Sponge	117	4.1	18	1.5	0.3
EF Sponge (V)	110	4.1	16	1.5	0.3
EF Apple Sponge (v)	123	4.2	19	1.5	0.3
EF Margherita Pizza (v)	148	7.4	14	7	0.6
Ginger Cookie (Ve)	130	6.3	17	1.3	0.2

Allergy/Lifestyle Menu Items					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
50/50 Burger Bun	120	1.1	24	4	0.3
Chicken Breast Fillet	60	2.4	0	9.6	0.4
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Plant-Based Grill (Ve)	93	5.2	5	7.3	0.5
Roast Quorn Fillet (Ve)	58	1.5	0	8.8	0.3
50/50 Hot Dog Roll	113	1	22	3.8	0.3
Plant-Based Sausages (2)	107	7.5	5	6	0.4
Vegetable Sausages (Ve)	68	0.2	14	1.9	0.4
Quorn Dipper Taco (Ve)	343	12.9	30	21.3	1.3
Tomato Sauce (HO)	24	1.1	3	0.6	0.3
Tomato Sauce with Cheese (v) (HO)	91	6.6	3	4.5	0.6
Tomato Only Sauce (Ve)	19	0.7	2	0.7	0.1
Tomato Only Sauce with Cheese (v)	83	6.1	3	4.6	0.3
Vegetable Fingers (Ve)	105	4.5	14	1.9	0.5
Quorn Nuggets (Ve)	86	1.3	11	5.2	0.6
Vegetarian Lasagne Sauce (Ve)	56	0.9	6	5.5	0.4
Cheese Pinwheel (no Tomato Slice)	143	9.3	9	5.8	0.4
50/50 Bread Roll with Spread	186	5.3	30	5	0.4
50/50 Bread Roll without Spread	150	1.3	30	5	0.3
CO Plant-Based Sausage Filling (Ve)	53	3.7	2	3	0.2
CO Quorn Mayo Filling (Ve)	87	6.9	0	4.9	0.3
CO Chickpea & Sweetcorn Mayo Filling (Ve)	166	10.5	12	4.8	0.2
CO Egg Mayo Filling (v) (Vegan Mayo)	117	11.3	1	3.7	0.3
Orange Jelly (Ve)	55	0.1	14	0.1	0
Modern Sponge - Plain (v)	89	2.4	16	1.6	0.3

Gluten Free Menu Items					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
GF Burger Bun	115	1.7	21	2.3	0.5
GF Beef Bolognese	100	5.9	4	6.9	0.6
GF Lamb Bolognese	94	5.4	4	7.1	0.6
Halal GF Lamb Bolognese	121	8.5	4	6.3	0.6
GF Ciabatta Pizza (Ve)	168	9.5	12	7.7	0.7
GF Mac 'n' Cheese (v)	172	6.5	20	7.4	0.3
GF Fish Fillet Fingers	119	5.4	10	7.8	0.5
GF Fishcake	148	7.5	14	5.8	0.4
GF Tuna Sweetcorn Pasta Bake	243	6.4	31	14.7	0.5
GF Beany Pasta (Ve)	180	3.1	30	5.5	0.6
GF Pasta (Ve)	87	0.4	19	1.8	0
GF Pasta (Half Portion)	44	0.2	9	0.9	0
GF Garlic Bread (Ve)	62	3.9	6	0.7	0.2
GF Roll with Spread (Ve)	151	5.7	21	2.3	0.6
GF Roll without Spread (Ve)	115	1.7	21	2.3	0.5
GF Pesto Pasta (v)	235	14.4	20	5.5	0.4
GF Herby Tomato Pasta with Cheese (v)	157	6.5	18	5.9	0.5
GF Herby Tomato Pasta (Ve)	106	1.3	21	2.3	0.3
GF Cheesy Pasta (v)	172	6.5	20	7.4	0.3
GF Shortbread	164	9	20	0.9	0.2
GF Sponge (V)	96	4.8	12	1.4	0.2
GF Ginger Cookie (Ve)	131	6.3	18	0.7	0.4
GF Pear & Apple Crumble (Ve)	116	5.1	17	0.8	0.1
GF Chocolate Shortbread (Ve)	169	9.2	20	1.3	0.2
GF Banana & Raisin Cookie (Ve)	121	4.4	19	1	0.2
GF Basic Cookie (Ve)	130	6.3	18	0.6	0.4
Some items on special diet menus may be listed in the standard menu section as they are suitable without adjustment.					



Meal Additional - CARBOHYDRATE INFORMATION (in g per standard portion)

Carbohydrate Information: 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.

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.

The carbohydrate counts should be used as a guide only, for the person responsible for administering insulin. Also, informed by resources such as carbs and cals, with training provided by an appropriate healthcare professional.

Bread	Carbohydrate (g) per portion (on average)
50/50 Bread	6g
Bread	4g
Fresh Fruit	Carbohydrate (g)/ 50g portion (on average)
Apple	5g
Banana	12g
Blueberries	5g
Grapes	8g
Mango	7g
Orange	4g
Papaya	4g
Pear	5g
Pineapple	5g
Watermelon	4g
Starchy Side Vegetables	Carbohydrate (g)/ 50g portion (on average)
Sweetcorn	8g
Baked Beans	5g
Peas	4g
Parsnips	6g
Carrots	4g
Beetroot	5g

Please note that side vegetable offerings vary from school to school, and only "starchy" side vegetables have been listed.