



Hero Winter 2025 Menu - Week 1 - ADULT

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.

ADULT, 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)	211	10.4	9	18.1	0.9
Plant-Based Burger (Ve) (Pattie)	185	10.3	10	14.5	0.9
Quorn Pattie (v)	107	4.1	5	10.9	0.9
Halal Chicken Fillet	169	3.7	1	32.4	0.5
Chicken Fillet	119	4.7	0	19.2	0.9
Potato Frittata	156	7.5	14	8.7	0.3
Beany Pasta (Ve)	256	4.3	42	9.2	0.9
Potato Wedges (Ve)	227	4.2	39	4.6	0.2
Potato Wedges (Ve) (Half Portion)	113	2.1	20	2.3	0.1
Pasta (Ve)	180	0.8	37	5.8	0
Pasta (Ve) (Half Portion)	90	0.4	18	2.9	0
Chicken Biryani	418	5.4	65	25	1
Apple Strudel 50% Fruit	309	16.6	34	4.8	0.3
Custard	98	1.9	16	4.4	0.1
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Strawberry Jelly (Ve)	81	0.1	20	0.1	0.1

ADULT, 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	382	17.5	35	19.6	1
Halal Chicken Pie	395	18.2	35	22	1.2
Creamy Quorn Pie (v)	361	18.1	34	13.3	0.9
Gravy (Ve)	22	0.1	6	0.3	1.1
Plant-Based Meatballs (Ve)	157	8.7	8	12.3	0.7
Swedish Style Sauce (v)	26	0.5	5	0.4	0.8
Mashed Potatoes (Ve)	165	7.6	23	2.4	0.2
Mashed Potatoes (Ve) (Half Portion)	82	3.8	12	1.2	0.1
Pasta (Ve)	180	0.8	37	5.8	0
Pasta (Ve) (Half Portion)	90	0.4	18	2.9	0
Plant-Based Meatball Sub (Ve)	257	5.9	31	17.2	1.6
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Strawberry Jelly (Ve)	81	0.1	20	0.1	0.1
ADULT, 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	119	4.7	0	19.2	0.9
Halal Roast Chicken	169	3.7	1	32.4	0.5
Sage & Onion Stuffing (Ve)	65	0.7	14	1.7	0.7
Gravy (Ve)	22	0.1	6	0.3	1.1
Plant-Based Shepherds Pie (Ve)	510	28.6	50	11.3	1.9
Roast Potatoes	161	7.3	23	2.4	0
Roast Potatoes (Half Portion)	81	3.7	12	1.2	0
Wholemeal Pasta	168	1	32	6	0
Wholemeal Pasta (Half Portion)	84	0.5	16	3	0
Bangers & Mash with Gravy	477	27.7	39	17.7	2.8
Fresh Fruit Jelly (Ve)	70	0.2	17	0.4	0
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Frube (v)	34	1	4	1.4	0.1

ADULT, 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)	351	10.7	42	17.8	1.7
Mac 'n' Cheese (v)	350	14.7	40	13.7	1.4
Diced Potatoes (Ve)	173	1	39	3.7	0.2
Diced Potatoes (Ve) (Half Portion)	87	0.5	19	1.85	0.1
Herby Garlic Bread (v)	80	2.4	13	2.2	0.2
Cheese & Pesto Panini	425	15.4	55	15.2	1.5
Chocolate Orange Jelly Mousse (v)	61	0.1	15	0.3	0
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Frube (v)	34	1	4	1.4	0.1
ADULT, 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	208	8.3	21	11.9	0.4
Margherita Pizza (v)	303	14.4	30	14.7	1.1
Oven Chips	227	4.6	41	3.6	0.2
Oven Chips (Half Portion)	113	2.3	21	1.8	0.1
Tricolour Pasta	179	0.8	37	5.8	0
Tricolour Pasta (Half Portion)	89	0.4	18	2.9	0
Special Fried Rice Bowl (Ve)	394	6.6	66	15.1	3.4
Gingerbread Biscuits (v)	391	10.6	68	5.2	0.7
Ginger Cookie (Ve)	260	12.6	34	2.6	0.5
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Strawberry Jelly (Ve)	81	0.1	20	0.1	0.1



Hero Winter 2025 Menu - Week 2 - ADULT

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.

ADULT, 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)	206	15.3	4	12.6	1
Plant-Based Sausage (Ve)	160	11.2	7	9	0.6
Burger Bun	123	0.9	23	4.8	0.5
Quorn Pattie (v)	107	4.1	5	10.9	0.9
Margherita Wrap (v)	398	22.8	30	18.2	1.3
Potato Wedges (Ve)	227	4.2	39	4.6	0.2
Potato Wedges (Ve) (Half Portion)	113	2.1	20	2.3	0.1
Pasta (Ve)	180	0.8	37	5.8	0
Pasta (Ve) (Half Portion)	90	0.4	18	2.9	0
All Day Breakfast Pot (v)	227	7.7	31	9.2	0.6
Pear & Apple Crumble (Ve)	248	11.5	33	2.9	0.2
Chocolate Custard	103	2.1	16	4.8	0.1
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Strawberry Jelly (Ve)	81	0.1	20	0.1	0.1

ADULT, 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	287	20.4	11	14.7	1.5
Gravy (Ve)	22	0.1	6	0.3	1.1
Halal Piri Piri Chicken Rice	352	7.2	46	25.6	1
Piri Piri Chicken Rice	337	6.4	46	22.7	0.7
Roasted Butternut Squash Curry (Ve)	153	4.2	19	6.9	0.5
Mashed Potatoes (Ve)	165	7.6	23	2.4	0.2
Mashed Potatoes (Ve) (Half Portion)	82	3.8	12	1.2	0.1
Brown & White Rice (Ve)	176	0.9	39	3.7	0
Brown & White Rice (Ve) (Half Portion)	88	0.45	19	1.85	0
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Strawberry Jelly (Ve)	81	0.1	20	0.1	0.1
ADULT, 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	98	4	0	15.1	1.2
Halal Roast Chicken	169	3.7	1	32.4	0.5
Roast Chicken	119	4.7	0	19.2	0.9
Roast Quorn Fillet (Ve)	129	3.4	0	19.7	0.6
Gravy (Ve)	22	0.1	6	0.3	1.1
Sage & Onion Stuffing (Ve)	65	0.7	14	1.7	0.7
Tuna Sweetcorn Pasta	384	12.3	42	24	1.5
Roast Potatoes	161	7.3	23	2.4	0
Roast Potatoes (Half Portion)	81	3.7	12	1.2	0
Wholemeal Pasta	168	1	32	6	0
Wholemeal Pasta (Half Portion)	84	0.5	16	3	0
Loaded Cajun Wedges (v)	379	15.8	42	12.8	1.7
Fresh Fruit Jelly (Ve)	70	0.2	17	0.4	0
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Frube (v)	34	1	4	1.4	0.1

ADULT, 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	158	7.6	5	15.7	0.4
Halal Chicken Curry	130	2.2	6	21.6	0.9
Mild Bean Chilli (Ve)	205	4.3	27	11.1	1.2
Breaded Bean & Vegetable Grill (Ve)	275	13	31	5.7	0.9
Brown & White Rice (Ve)	176	0.9	39	3.7	0
Pasta (Ve)	180	0.8	37	5.8	0
Margherita Quesadilla (v)	260	11.3	29	9.8	0.7
Iced Vanilla Sponge (v)	159	3.9	29	2.6	0.5
EF Iced Sponge	234	8.2	36	2.9	0.6
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Frube (v)	34	1	4	1.4	0.1
ADULT, 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	208	8.3	21	11.9	0.4
Margherita Pizza (v)	303	14.4	30	14.7	1.1
Oven Chips	227	4.6	41	3.6	0.2
Oven Chips (Half Portion)	113	2.3	21	1.8	0.1
Tricolour Pasta	179	0.8	37	5.8	0
Tricolour Pasta (Half Portion)	89	0.4	18	2.9	0
Tuna Sweetcorn Pasta	384	12.3	42	24	1.5
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Strawberry Jelly (Ve)	81	0.1	20	0.1	0.1



Hero Winter 2025 Menu - Week 3 - ADULT

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.

ADULT, 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	196	10.1	13	11.9	1.1
Halal Lamb Bolognese	230	14.1	13	11.1	1.1
Lamb Bolognese	211	11.9	13	11.9	1.1
Tomato Bolognese (Ve)	199	4.8	25	10.3	0.9
Plant-Based Grill (Ve)	185	10.3	10	14.5	0.9
Pasta Spaghetti (Ve)	180	0.8	37	5.8	0
Potato Wedges (Ve)	227	4.2	39	4.6	0.2
Plant-Based Meat Balls & Tomato Pasta Pot (Ve)	346	11	44	17.9	1.2
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Strawberry Jelly (Ve)	81	0.1	20	0.1	0.1

ADULT, 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	270	13	15	23.4	0.6
Halal Roast Chicken	169	3.7	1	32.4	0.5
Roast Chicken	119	4.7	0	19.2	0.9
Roast Quorn Fillet (Ve)	129	3.4	0	19.7	0.6
Katsu Curry Sauce (Ve)	51	1.8	8	0.4	0.5
Cheese Pinwheel (v)	256	16.4	17	9.8	0.6
EF Cheese Pinwheel (v)	248	15.8	17	9.1	0.6
Brown & White Rice (Ve)	176	0.9	39	3.7	0
Brown & White Rice (Ve) (Half Portion)	88	0.45	19	1.85	0
Pasta (Ve)	180	0.8	37	5.8	0
Pasta (Ve) (Half Portion)	90	0.4	18	2.9	0
Cheese & Bacon Loaded Fries	398	18.2	41	15.5	1.9
Oaty Fruit Crunch	447	19.8	58	6.3	0.4
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Frube (v)	34	1	4	1.4	0.1
ADULT, 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	119	4.7	0	19.2	0.9
Halal Roast Chicken	169	3.7	1	32.4	0.5
Gravy (Ve)	22	0.1	6	0.3	1.1
Sage & Onion Stuffing (Ve)	65	0.7	14	1.7	0.7
Cheesy Leek & Potato Bake (v)	314	14.1	36	11.9	1.2
Plant-Based Sausages (Ve)	213	14.9	9	12	0.9
Roast Potatoes	161	7.3	23	2.4	0
Roast Potatoes (Half Portion)	81	3.7	12	1.2	0
Wholemeal Pasta	168	1	32	6	0
Wholemeal Pasta (Half Portion)	84	0.5	16	3	0
Fish Finger Sub	521	16.8	69	20.9	1.4
Fresh Fruit Jelly (Ve)	70	0.2	17	0.4	0
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Frube (v)	34	1	4	1.4	0.1

ADULT, 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	0.90	23	4.80	0.50
Quorn Pattie (v)	107	4.1	5	10.9	0.9
Plant-Based Burger (Ve) (Pattie)	185	10.3	10	14.5	0.9
Vegetarian Lasagne (v)	238	5.9	29	15.3	1.3
Diced Potatoes (Ve)	173	1	39	3.7	0.2
Diced Potatoes (Ve) (Half Portion)	87	0.5	19	1.85	0.1
Herby Garlic Bread (v)	80	2.4	13	2.2	0.2
Burrito Bowl (v)	294	8.6	40	12.1	0.8
Apple Sponge 50% Fruit	144	3.3	26	2.2	0.4
Custard	98	1.9	16	4.4	0.1
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Strawberry Jelly (Ve)	81	0.1	20	0.1	0.1
ADULT, 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	238	12.7	20	10.7	0.9
Margherita Pizza (v)	303	14.4	30	14.7	1.1
Oven Chips	227	4.6	41	3.6	0.2
Oven Chips (Half Portion)	113	2.3	21	1.8	0.1
Tricolour Pasta	179	0.8	37	5.8	0
Tricolour Pasta (Half Portion)	89	0.4	18	2.9	0
Tuna Melt Bagel	574	17.4	59	43	2.5
Chocolate Brickwall	264	13.8	32	3.3	0.3
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Favourite Cookie (Ve)	257	12.6	33	2.5	0.5
Strawberry Jelly (Ve)	81	0.1	20	0.1	0.1



Hero Winter 2025 Menu - Extra Options - ADULT

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.

Pasta Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheesy Pasta (v)	349.8	14.7	40	13.7	1.4
Herby Tomato Pasta with Cheese (v)	309.2	13.2	32.7	13.5	1
Pesto Pasta (v)	474.7	28.7	40.2	13	0.9

Jacket Potato Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Jacket Potato Plain	281.2	0.8	64.5	7.9	0.1
JP Tuna Filling	76.3	0.7	0	17.4	0.6
JP Bean Filling (Ve)	82	0.4	12.8	4.8	0.6
JP Cheese Filling (v)	166	13.8	0.6	10	0.7
JP Tuna Mayo Filling	130.5	6	1.5	17.5	0.9
JP Tuna Mayo Filling (Vegan Mayo)	198	14	1	17.4	0.9
JP Cheese & Beans Filling (v)	124	7.1	6.7	7.4	0.6
JP Salmon Mayo Filling	130.5	6	1.5	17.5	0.9

Cold Roll Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread Roll with Spread	318	9.8	46.4	9.6	1.1
Bread Roll without Spread	200	1.8	39.4	6.7	0.4
CO Egg Filling (v)	152	10.4	0	14.6	0.4
CO Tuna Filling	76.3	0.7	0	17.4	0.6
CO Tuna Mayo Filling (Vegan Mayo)	123.8	5.3	1.3	17.5	0.8
CO Egg Mayo Filling	199	15	1.3	14.7	0.6
CO Tuna Mayo Filling	123.8	5.3	1.3	17.5	0.8
CO Ham Filling	51	0.8	0.6	10.5	0.8
CO Cheese Filling (v)	166	13.8	0.6	10	0.7
CO Salmon Mayo Filling	123.8	5.3	1.3	17.5	0.8
CO Salmon Mayo Filling (Vegan Mayo)	204	15	1	16.5	0.8
CO Salmon Filling	97	3.4	0	16.5	0.6



Hero Winter 2025 Menu - Special Diet Menu Items - ADULT 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.

Dairy Free Menu Items

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
DF Herby Tomato Pasta (Ve)	180	2.4	32	5.7	0.5
DF Halal Chicken Gravy Pie	368	14.4	28	31.2	2.5
DF Chicken Gravy Pie	347	13.3	28	27.3	2.1

Egg Free Menu Items

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
EF Cheese Pinwheel (v)	248	15.8	17	9.1	0.6
EF Iced Sponge	234	8.2	36	2.9	0.6
EF Sponge (V)	219	8.2	32	2.9	0.6
EF Apple Sponge (v)	247	8.4	38	3.1	0.6
EF Margherita Pizza (v)	296	14.8	28	14	1.1
Ginger Cookie (Ve)	260	12.6	34	2.6	0.5

Allergy/Lifestyle Menu Items					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
50/50 Burger Bun	138	1.23	27	4.6	0.3
Chicken Breast Fillet	119	4.7	0	19.2	0.9
Breaded Bean & Vegetable Grill (Ve)	275	13	31	5.7	0.9
Plant-Based Grill (Ve)	185	10.3	10	14.5	0.9
Roast Quorn Fillet (Ve)	129	3.4	0	19.7	0.6
50/50 Hot Dog Roll	150	1.3	30	5	0.3
Plant-Based Sausages (4)	213	14.9	9	12	0.9
Vegetable Sausages (Ve)	205	0.7	42	5.7	1.1
Quorn Dipper Taco (Ve)	313	10.6	33	17.7	1.1
Tomato Sauce (HO)	49	2.2	6	1.1	0.6
Tomato Sauce with Cheese (v) (HO)	183	13.2	7	9	1.2
Tomato Only Sauce (Ve)	37	1.4	5	1.3	0.1
Tomato Only Sauce with Cheese (v)	167	12.1	5	9.1	0.7
Vegetable Fingers (Ve)	210	9.1	27	3.8	1
Quorn Nuggets (Ve)	214	3.3	27	12.9	1.6
Vegetarian Lasagne Sauce (Ve)	112	1.8	12	11	0.8
Cheese Pinwheel (no Tomato Slice)	228	14.9	14	9.3	0.6
50/50 Bread Roll with Spread	272	9.8	39	6.7	0.6
50/50 Bread Roll without Spread	200	1.8	39	6.7	0.4
CO Plant-Based Sausage Filling (Ve)	160	11.2	7	9	0.63
CO Quorn Mayo Filling (Ve)	207	14.5	1	14.8	0.7
CO Chickpea & Sweetcorn Mayo Filling (Ve)	332	21.1	24	9.5	0.3
CO Egg Mayo Filling (v) (Vegan Mayo)	258	22	1	14.6	0.6
Orange Jelly (Ve)	82	0.1	20	0.1	0.1
Modern Sponge - Plain (v)	143	3.9	25	2.6	0.5

Gluten Free Menu Items					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
GF Burger Bun	115	6.4	21	2.3	0.5
GF Beef Bolognese	207	11.7	11	13.6	1.1
GF Lamb Bolognese	195	10.6	11	14	1.1
Halal GF Lamb Bolognese	249	16.9	11	12.4	1.1
GF Ciabatta Pizza (Ve)	336	18.9	24	15.5	1.4
GF Mac 'n' Cheese (v)	344	13	41	14.8	0.7
GF Fish Fillet Fingers	238	10.8	19	15.6	1
GF Fishcake	296	15	28	11.5	0.8
GF Tuna Sweetcorn Pasta Bake	486	12.9	62	29.4	1
GF Beany Pasta (Ve)	315	5.5	52	9.7	1.1
GF Pasta	175	0.8	37	3.7	0
GF Pasta (Half Portion)	88	0.4	19	1.9	0
GF Garlic Bread (Ve)	247	15.7	22	2.6	0.8
GF Roll with Spread	302	11.3	42	4.6	1.2
GF Roll without Spread	230	3.3	42	4.6	1
GF Pesto Pasta (v)	469	28.7	40	10.9	0.9
GF Herby Tomato Pasta with Cheese (v)	315	13	37	11.8	1
GF Herby Tomato Pasta (Ve)	185	2.3	36	3.9	0.5
GF Cheesy Pasta (v)	344	13	41	14.8	0.7
GF Shortbread	262	14.4	32	1.5	0.3
GF Sponge (V)	154	7.7	19	2.2	0.4
GF Ginger Cookie (Ve)	263	12.6	36	1.3	0.7
GF Pear & Apple Crumble (Ve)	232	10.2	33	1.5	0.2
GF Chocolate Shortbread (Ve)	271	14.7	32	2	0.3
GF Banana & Raisin Cookie (Ve)	242	8.8	39	2	0.4
GF Basic Cookie (Ve)	259	12.6	35	1.3	0.7
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	7g
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.