



Hero Winter 2025 Menu - Week 1 - JUNIOR

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 calcs, with training provided by an appropriate healthcare professional.

JUNIOR, 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)	125	6	11	7	0.2
Beany Pasta (Ve)	256	4.3	42	9.2	0.9
Potato Wedges (Ve)	141	2.6	24	2.9	0.1
Potato Wedges (Ve) (Half Portion)	70	1.3	12	1.5	0.1
Pasta (Ve)	164	0.7	34	5.2	0
Pasta (Ve) (Half Portion)	82	0.4	17	2.6	0
Chicken Biryani	274	3.7	41	16.7	0.7
Apple Strudel 50% Fruit	232	12.5	25	3.6	0.3
Custard (v)	66	1.3	11	2.9	0.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

JUNIOR, 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	306	14	28	15.7	0.8
Halal Chicken Pie	316	14.6	28	17.6	1
Creamy Quorn Pie (v)	368	18.1	35	13.4	1.2
Gravy (Ve)	19	0.1	5	0.3	0.9
Plant-Based Meatballs (Ve)	126	7	7	9.9	0.6
Swedish Style Sauce (v)	22	0.4	4	0.3	0.7
Mashed Potatoes (Ve)	115	5.4	16	1.7	0.1
Mashed Potatoes (Ve) (Half Portion)	58	2.7	8	0.9	0.1
Pasta (Ve)	164	0.7	34	5.2	0
Pasta (Ve) (Half Portion)	82	0.4	17	2.6	0
Plant-Based Meatball Sub (Ve)	205	4.2	28	12.1	1.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
JUNIOR, 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)	49	0.5	11	1.3	0.6
Gravy (Ve)	19	0.1	5	0.3	0.9
Plant-Based Shepherds Pie (Ve)	408	22.9	40	9.1	1.6
Roast Potatoes	113	5.1	16	1.7	0
Roast Potatoes (Half Portion)	57	2.6	8	0.9	0
Wholemeal Pasta	152	0.9	29	5.5	0
Wholemeal Pasta (Half Portion)	76	0.5	15	2.8	0
Bangers & Mash with Gravy	358	20.7	30	13.3	2.1
Fresh Fruit Jelly (Ve)	63	0.2	15	0.4	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Frube (v)	34	1	4	1.4	0.1

JUNIOR, 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)	175	5.3	21	8.9	0.8
Mac 'n' Cheese	280	11.8	32	11	1.1
Diced Potatoes (Ve)	107	0.6	24	2.3	0.1
Diced Potatoes (Ve) (Half Portion)	54	0.3	12	1.2	0.1
Herby Garlic Bread (v)	54	1.6	9	1.5	0.2
Cheese & Pesto Panini (v)	425	15.4	55	15.2	1.5
Chocolate Orange Jelly Mousse (v)	55	0.1	13	0.2	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Frube (v)	34	1	4	1.4	0.1
JUNIOR, 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	156	6.2	16	8.9	0.3
Margherita Pizza (v)	202	9.6	20	9.8	0.7
Oven Chips	127	2.6	23	2	0.1
Oven Chips (Half Portion)	64	1.3	12	1.0	0.1
Tricolour Pasta	162	0.7	33	5.2	0
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0
Special Fried Rice Bowl (Ve)	303	5.4	50	11.7	0.8
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)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Strawberry Jelly (Ve)	65	0.1	16	0.1	0



Hero Winter 2025 Menu - Week 2 - JUNIOR

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.

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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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JUNIOR, 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)	107	7.5	5	6	0.4
Burger Bun	123	0.9	23	4.8	0.5
Quorn Pattie (v)	53	2.1	2	5.5	0.5
Margherita Wrap (v)	260	11.3	29	9.8	0.7
Potato Wedges (Ve)	141	2.6	24	2.9	0.1
Potato Wedges (Ve) (Half Portion)	70	1.3	12	1.5	0.1
Pasta (Ve)	164	0.7	34	5.2	0
Pasta (Ve) (Half Portion)	82	0.4	17	2.6	0
All Day Breakfast Pot (V)	227	7.7	31	9.2	0.6
Pear & Apple Crumble (Ve)	160	7.6	20	2.1	0.2
Chocolate Custard (v)	69	1.4	11	3.2	0.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

JUNIOR, 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	215	15.3	8	11.1	0.1
Gravy (Ve)	19	0.1	5	0.3	0.9
Halal Piri Piri Chicken Rice	264	5.4	34	19.2	0.7
Piri Piri Chicken Rice	252	4.8	34	17	0.5
Roasted Butternut Squash Curry (Ve)	123	3.4	16	5.6	0.4
Mashed Potatoes (Ve)	115	5.4	16	1.7	0.1
Mashed Potatoes (Ve) (Half Portion)	58	2.7	8	0.9	0
Brown & White Rice (Ve)	160	0.8	35	3.4	0
Brown & White Rice (Ve) (Half Portion)	80	0.4	18	1.7	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
JUNIOR, 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	8.9	0.3
Gravy (Ve)	19	0.1	5	0.3	0.9
Sage & Onion Stuffing (Ve)	49	0.5	11	1.3	0.6
Tuna Sweetcorn Pasta	307	9.9	34	19.2	1.2
Roast Potatoes	113	5.1	16	1.7	0
Roast Potatoes (Half Portion)	57	2.6	8	0.9	0
Wholemeal Pasta	152	0.9	29	5.5	0
Wholemeal Pasta (Half Portion)	76	0.5	15	2.8	0
Loaded Cajun Wedges (v)	235	9.8	26	7.9	1.1
Fresh Fruit Jelly (Ve)	63	0.2	15	0.4	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Frube (v)	34	1	4	1.4	0.1

JUNIOR, 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	111	5.3	3	11	0.3
Halal Chicken Curry	104	1.7	4	17.3	0.7
Mild Bean Chilli (Ve)	123	2.6	16	6.6	0.7
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Brown & White Rice (Ve)	160	0.8	35	3.4	0
Pasta (Ve)	164	0.7	34	5.2	0
Iced School Sponge (v)	113	2.8	20	1.9	0.3
EF Iced Sponge	167	5.8	26	2.1	0.4
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Frube (v)	34	1	4	1.4	0.1
JUNIOR, 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	156	6.2	16	8.9	0.3
Margherita Pizza (v)	202	9.6	20	9.8	0.7
Oven Chips	127	2.6	23	2	0.1
Oven Chips (Half Portion)	64	1.3	12	1.0	0.1
Tricolour Pasta	162	0.7	33	5.2	0
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0
Tuna Sweetcorn Pasta	307	9.9	34	19.2	1.2
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Strawberry Jelly (Ve)	65	0.1	16	0.1	0



Hero Winter 2025 Menu - Week 3 - JUNIOR

NUTRITION INFORMATION

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JUNIOR, 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	157	8.1	10	9.5	0.9
Halal Lamb Bolognese	184	11.3	11	8.8	0.9
Lamb Bolognese	169	9.5	11	9.5	0.9
Tomato Bolognese (Ve)	159	3.8	20	8.2	0.7
Plant-Based Grill (Ve)	93	5.2	5	7.3	0.5
Pasta Spaghetti (Ve)	164	0.7	34	5.2	0
Potato Wedges (Ve)	141	2.6	24	2.9	0.1
Plant-Based Meat Ball & Tomato Pasta Pot (Ve)	277	8.8	35	14.3	1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

JUNIOR, 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	8.9	0.3
Katsu Curry Sauce (Ve)	39	1.4	6	0.3	0.4
Cheese Pinwheel (v)	213	13.6	14	8.2	0.5
EF Cheese Pinwheel (v)	207	13.2	14	7.6	0.5
Brown & White Rice (Ve)	160	0.8	35	3.4	0
Brown & White Rice (Ve) (Half Portion)	80	0.4	18	1.7	0
Pasta (Ve)	164	0.7	34	5.2	0
Pasta (Ve) (Half Portion)	82	0.4	17	2.6	0
Cheese & Bacon Loaded Fries	223	10.2	23	8.7	1.1
Oaty Fruit Crunch (Ve)	298	13.2	39	4.2	0.3
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Frube (v)	34	1	4	1.4	0.1
JUNIOR, 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)	19	0.1	5	0.3	0.9
Sage & Onion Stuffing (Ve)	49	0.5	11	1.3	0.6
Cheesy Leek & Potato Bake (v)	270	13.1	27	11.1	0.7
Plant-Based Sausages (Ve)	160	11.2	7	9	0.6
Roast Potatoes	113	5.1	16	1.7	0
Roast Potatoes (Half Portion)	57	2.6	8	0.9	0
Wholemeal Pasta	152	0.9	29	5.5	0
Wholemeal Pasta (Half Portion)	76	0.5	15	2.8	0
Fish Finger Sub	261	8.4	35	10.4	0.7
Fresh Fruit Jelly (Ve)	63	0.2	15	0.4	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Frube (v)	34	1	4	1.4	0.1

JUNIOR, 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)
Burger Bun	123	0.90	23	4.80	0.50
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)	190	4.7	24	12.2	1
Diced Potatoes (Ve)	107	0.6	24	2.3	0.1
Diced Potatoes (Ve) (Half Portion)	54	0.3	12	1.2	0.1
Herby Garlic Bread (v)	54	1.6	9	1.5	0.2
Burrito Bowl (v)	196	5.7	27	8.1	0.6
Apple Sponge 50% Fruit	115	2.6	21	1.8	0.3
Custard (v)	66	1.3	11	2.9	0.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
JUNIOR, 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)	202	9.6	20	9.8	0.7
Oven Chips	127	2.6	23	2	0.1
Oven Chips (Half Portion)	64	1.3	12	1.0	0.1
Tricolour Pasta	162	0.7	33	5.2	0
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0
Tuna Melt Bagel	287	8.7	30	21.5	1.3
Chocolate Brickwall (Ve)	188	9.8	23	2.4	0.2
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	128	6.3	17	1.3	0.2
Strawberry Jelly (Ve)	65	0.1	16	0.1	0



Hero Winter 2025 Menu - Extra Options - JUNIOR

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)	280	11.8	32	11	1.1
Herby Tomato Pasta with Cheese (v)	247	10.5	26	10.8	0.8
Pesto Pasta (v)	380	22.9	32	10.4	0.7

Jacket Potato Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Jacket Potato Plain	188	0.5	43	5.3	0
JP Tuna Filling	55	0.5	0	12.5	0.5
JP Tuna Mayo Filling (Vegan Mayo)	146	10.5	1	12.5	0.6
JP Bean Filling (Ve)	57	0.3	9	3.4	0.4
JP Cheese Filling (v)	125	10.3	0	7.5	0.5
JP Tuna Mayo Filling	95	4.5	1	12.5	0.6
JP Cheese & Beans Filling (v)	91	5.3	5	5.5	0.5
JP Salmon Mayo Filling	110	6.4	1	11.9	0.6

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	150	1.3	30	5	0.3
CO Egg Filling (V)	76	5.2	0	7.3	0.2
CO Tuna Filling	55	0.5	0	12.5	0.5
CO Tuna Mayo Filling (Vegan Mayo)	135	9.3	1	12.5	0.6
CO Egg Mayo Filling	101	8	1	6.3	0.3
CO Tuna Mayo Filling	90	4	1	12.5	0.6
CO Ham Filling	38	0.6	1	7.9	0.6
CO Cheese Filling (v)	125	10.3	0	7.5	0.5
CO Salmon Mayo Filling	105	5.9	1	11.8	0.6
CO Salmon Mayo Filling (Vegan Mayo)	149	11.2	1	11.8	0.6
CO Salmon Filling	69	2.4	0	11.8	0.4



Hero Winter 2025 Menu - Allergy Menu Items - JUNIOR 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)	180	2.4	32	5.7	0.5
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)	207	13.2	14	7.6	0.5
EF Iced Sponge	167	5.8	26	2.1	0.4
EF Sponge (V)	156	5.8	23	2.1	0.4
EF Apple Sponge (v)	176	6	27	2.2	0.4
EF Margherita Pizza (v)	197	9.9	19	9.4	0.8
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	8.9	0.3
50/50 Hot Dog Roll	113	1	22	3.8	0.3
Plant-Based Sausages (3)	160	11.2	7	9	0.6
Vegetable Sausages (Ve)	137	0.5	28	3.8	0.7
Quorn Dipper Taco (Ve)	157	5.3	16	8.9	0.6
Tomato Sauce (HO)	24	1.1	3	0.6	0.3
Tomato Sauce with Cheese (v) (HO)	146	10.5	5	7.2	0.9
Tomato Only Sauce (Ve)	30	1.1	4	1.1	0.1
Tomato Only Sauce with Cheese (v)	133	9.7	4	7.3	0.5
Vegetable Fingers (Ve)	158	6.8	21	2.8	0.7
Quorn Nuggets (Ve)	171	2.6	22	10.3	1.3
Vegetarian Lasagne Sauce (Ve)	90	1.4	9	8.8	0.6
Cheese Pinwheel (no Tomato Slice)	228	14.9	14	9.3	0.6
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)	107	7.5	5	6	0.4
CO Quorn Mayo Filling (Ve)	147	10.7	1	9.9	0.5
CO Chickpea & Sweetcorn Mayo Filling (Ve)	166	10.5	12	4.8	0.2
CO Egg Mayo Filling (v) (Vegan Mayo)	145	13.2	1	6.3	0.3
Orange Jelly (Ve)	66	0.1	16	0.1	0
Modern Sponge - Plain (v)	102	2.8	18	1.9	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	160	9.4	7	11	0.9
GF Lamb Bolognese	151	8.6	7	11.3	0.9
Halal GF Lamb Bolognese	194	13.6	7	10	0.9
GF Ciabatta Pizza (Ve)	168	9.5	12	7.7	0.7
GF Mac 'n' Cheese (v)	229	8.7	27	9.9	0.5
GF Fish Fillet Fingers	178	8.1	14	11.7	0.8
GF Fishcake	148	7.5	14	5.8	0.4
GF Tuna Sweetcorn Pasta Bake	389	10.3	49	23	0.8
GF Beany Pasta (Ve)	252	4.4	42	7.8	0.9
GF Pasta	159	0.7	34	3.3	0
GF Pasta (Half Portion)	80	0.4	17	1.7	0
GF Garlic Bread (Ve)	124	7.9	11	1.3	0.4
GF Roll with Spread	151	5.7	21	2.3	0.6
GF Roll without Spread	115	1.7	21	2.3	0.5
GF Pesto Pasta (v)	375	23	32	8.7	0.7
GF Herby Tomato Pasta with Cheese (v)	252	10.4	29	9.4	0.8
GF Herby Tomato Pasta (Ve)	148	1.8	29	3.2	0.4
GF Cheesy Pasta (v)	229	8.7	27	9.9	0.5
GF Shortbread	218	12	26	1.3	0.3
GF Sponge (V)	128	6.4	16	1.8	0.3
GF Ginger Cookie	131	6.3	18	0.7	0.4
GF Pear & Apple Crumble (Ve)	155	6.8	22	1	0.2
GF Chocolate Shortbread (Ve)	226	12.2	27	1.7	0.3
GF Banana & Raisin Cookie (Ve)	173	6.3	28	1.4	0.3
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.