

 <b>Explorer Beef &amp; Pork Free Summer - Autumn 25 Menu - Week 1 - NURSERY</b> <b>NUTRITION INFORMATION</b> (in g per standard portion)					
<p><b>Carbohydrate Information:</b> 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.</p> <p>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.</p> <p>All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.</p> <p><b>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.</b></p>					
NURSERY, WEEK 1, MONDAY – 21/04/25, 12/05/25, 09/06/25, 30/06/25, 21/07/25, 01/09/25, 22/09/25, 13/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Curry	79	3.8	3	7.8	0.2
Chicken Curry (Halal)	104	3.5	8	9.5	0.5
Rice	88	0.5	19	1.9	0
All Day Breakfast (v)	116	6.4	7	6.8	0.4
Hash Browns	109	4.8	14	1.3	0.3
Tropical Crumble	123	4.6	20	1	0.1
Ice Cream (Half Portion)	92	4	11	2.5	0.1
NURSERY, WEEK 1, TUESDAY – 22/04/25, 13/05/25, 10/06/25, 01/07/25, 22/07/25, 02/09/25, 23/09/25, 14/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheese & Tomato Pizza (v)	145	8.5	10	7.3	0.6
Rice (Half Portion)	44	0.3	10	1	0
Potato Wedges (Half Portion)	49	0.9	9	1	0.1
Sweet & Sour Quorn (v)	54	0.8	6	4.5	0.3
Rice	88	0.5	19	1.9	0
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Frube	34	1	4	1.4	0.1
NURSERY, WEEK 1, WEDNESDAY – 23/04/25, 14/05/25, 11/06/25, 02/07/25, 23/07/25, 03/09/25, 24/09/25, 15/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Moroccan Lamb Tagine	83	4	6	6.3	0.4
Cous Cous	90	0.4	18	3.1	0.2
Cheesy Spring Vegetable & Potato Bake (v)	180	7.5	20	6.9	0.8
Herby Garlic Bread (v)	38	1.7	4	1.2	0.2
Fresh Fruit Jelly (Ve)	55	0.1	14	0.3	0
NURSERY, WEEK 1, THURSDAY – 24/04/25, 15/05/25, 12/06/25, 03/07/25, 24/07/25, 04/09/25, 25/09/25, 16/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
BBQ Chicken	117	2.4	14	10	0.8
Diced Potatoes	60	0.1	13	0.8	0.2
Mild Mexican Bean Chilli (Ve)	93	1	13	5.7	0.1
Rice	88	0.5	19	1.9	0
Chocolate Pastry Whirls	92	4.6	11	1.4	0.1
Frube	34	1	4	1.4	0.1
NURSERY, WEEK 1, FRIDAY – 25/04/25, 16/05/25, 13/06/25, 04/07/25, 25/07/25, 05/09/25, 26/09/25, 17/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Battered Fish Fillet	119	6.4	10	5.3	0.5
Oven Chips	90	2.3	16	1.4	0.1
Tricolour Pasta	89	0.4	18	2.9	0
Quorn Burger	53	2.1	2	5.5	0.5
Burger Bun	123	0.9	23	4.8	0.5
Oven Chips (Half Portion)	45	1.2	8	0.7	0.1
Tricolour Pasta (Half Portion)	45	0.2	9	1.5	0
Lemon Shortbread	163	9	18	2	0.2

 <b>Explorer Beef &amp; Pork Free Summer 25 - Autumn 25</b> <b>Menu - Week 2 - NURSERY</b> <b>NUTRITION INFORMATION</b> <b>(in g per standard portion)</b>					
<p><b>Carbohydrate Information:</b> 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.</p> <p>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.</p> <p>All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.</p> <p>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.</p>					
<b>NURSERY, WEEK 2, MONDAY – 28/04/25, 19/05/25, 16/06/25, 07/07/25, 08/09/25, 29/09/25, 20/10/25</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheese & Tomato Pizza (v)	145	8.5	10	7.3	0.6
Tricolour Pasta (Half Portion)	45	0.2	9	1.5	0
Bean & Cheese Slice (v)	176	9.3	17	5.3	0.5
Diced Potatoes (Half Portion)	30	0.1	7	0.4	0.1
Apple Cornflake Crunch	114	4.8	17	0.9	0.2
<b>NURSERY, WEEK 2, TUESDAY – 29/04/25, 20/05/25, 17/06/25, 08/07/25, 09/09/25, 30/09/25, 21/10/25</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Butter Lamb Curry	134	7.3	8	8.5	0.3
Rice	88	0.5	19	1.9	0
Beany Seashell Pasta (Ve)	183	3.1	30	6.6	0.6
Herby Garlic Bread (v)	38	1.7	4	1.2	0.2
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Frube	34	1	4	1.4	0.1
<b>NURSERY, WEEK 2, WEDNESDAY – 30/04/25, 21/05/25, 18/06/25, 09/07/25, 10/09/25, 01/10/25, 22/10/25</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Pie	193	8.7	18	9.8	0.5
Gravy	15	0.1	4	0.1	0.7
Roast Potatoes (Half Portion)	44	2	6	0.7	0
Wholemeal Pasta (Half Portion)	56	0.4	11	2	0
Creamy Quorn & Sweetcorn Pasta Bake (v)	210	5.8	27	10.4	1.1
Fresh Fruit Jelly (Ve)	55	0.1	14	0.3	0
<b>NURSERY, WEEK 2, THURSDAY – 01/05/25, 22/05/25, 19/06/25, 10/07/25, 11/09/25, 02/10/25, 23/10/25</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Fillet	60	2.4	0	9.6	0.4
Burger Bun	123	0.9	23	4.8	0.5
Diced Potatoes (Half Portion)	30	0.1	7	0.4	0.1
Roasted Summer Veg Pasta (Ve)	198	4	30	7.4	0.5
Jammy Cookie	114	6.1	13	1.3	0.1
Frube	34	1	4	1.4	0.1
<b>NURSERY, WEEK 2, FRIDAY – 02/05/25, 23/05/25, 20/06/25, 11/07/25, 12/09/25, 03/10/25, 24/10/25</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Salmon & Sweet Potato Fishcake	121	4.8	14	4.2	0.4
Sweet Chilli Sauce	9	0	2	0	0.2
Oven Chips	90	2.3	16	1.4	0.1
Tricolour Pasta	89	0.4	18	2.9	0
Veggie "Meatball" Sub (Ve)	184	3.5	27	9.6	0.9
Oven Chips (Half Portion)	45	1.2	8	0.7	0.1
Tricolour Pasta (Half Portion)	45	0.2	9	1.5	0
Chocolate Muffin	169	8	22	1.9	0.3

 <b>Explorer Beef &amp; Pork Free Summer 25 - Autumn 25</b> <b>Menu - Week 3 - NURSERY</b> <b>NUTRITION INFORMATION</b> <b>(in g per standard portion)</b>					
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<b>NURSERY, WEEK 3, MONDAY – 05/05/25, 02/06/25, 23/06/25, 14/07/25, 15/09/25, 06/10/25</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Piri Piri Chicken Rice	171	3.2	24	11.3	0.4
Diced Potatoes (Half Portion)	30	0.1	7	0.4	0.1
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Diced Potatoes	60	0.1	13	0.8	0.2
Strawberry Mousse (v)	46	1.4	7	1.8	0.2
<b>NURSERY, WEEK 3, TUESDAY – 06/05/25, 03/06/25, 24/06/25, 15/07/25, 16/09/25, 07/10/25</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Lamb & Potato Moussaka	210	8	23	10.6	0.6
Macaroni Cheese	175	7.4	20	6.9	0.7
Herby Garlic Bread (v)	38	1.7	4	1.2	0.2
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Frube	34	1	4	1.4	0.1
<b>NURSERY, WEEK 3, 04/06/25, 25/06/25, 16/07/25, 17/09/25, 08/10/25</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Roast Chicken	60	2.4	0	9.6	0.4
Sage & Onion Stuffing	44	0.5	10	1.2	0.5
Gravy	15	0.1	4	0.1	0.7
Plant Sausages (Ve)	91	5.5	4	6.6	0.4
Roast Potatoes	87	3.9	12	1.3	0
Wholemeal Pasta	112	0.7	21	4	0
Fresh Fruit Jelly (Ve)	55	0.1	14	0.3	0
<b>NURSERY, WEEK 3, THURSDAY – 08/05/25, 05/06/25, 26/06/25, 17/07/25, 18/09/25, 09/10/25</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheese & Tomato Pizza (v)	145	8.5	10	7.3	0.6
Potato Wedges (Half Portion)	49	0.9	9	1	0.1
Rice (Half Portion)	44	0.3	10	1	0
Mild Sweet Potato & Chickpea Curry (Ve)	64	1.6	10	1.6	0.3
Potato Wedges	98	1.8	17	2	0.1
Rice	88	0.5	19	1.9	0
Ice Cream with Chocolate Cookie Wafer	100	4.4	12	2.6	0.2
Frube	34	1	4	1.4	0.1
<b>NURSERY, WEEK 3, FRIDAY – 09/05/25, 06/06/25, 27/06/25, 18/07/25, 19/09/25, 10/10/25</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Fish Fillet Fingers	104	4.2	10	6	0.2
Oven Chips	90	2.3	16	1.4	0.1
Quorn Frankfurter	103	7.7	2	6.3	0.5
Hot Dog Roll	131	1.9	24	4.4	0.4
Oven Chips (Half Portion)	45	1.2	8	0.7	0.1
Tricolour Pasta (Half Portion)	45	0.2	9	1.5	0
Pineapple Pastry Squares	69	3.2	9	1	0.1



## Explorer Beef & Pork Free - Autumn 25 Menu -

### Additional Items - NURSERY

### NUTRITION INFORMATION

(in g per standard portion)

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#### Daily Offerings

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread	21	0.1	4	0.9	0.1

#### Jacket Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Jacket Potato Plain	94	0.3	22	2.6	0
Baked Bean Filling	41	0.2	6	2.4	0.3
Cheese Filling	104	8.6	0	6.3	0.5
Tuna Filling	33	0.3	0	7.5	0.3
Tuna Mayo Filling	60	3	1	7.5	0.4

#### Cold 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
Tuna Mayo Filling	57	2.6	1	7.5	0.4
Tuna Filling	33	0.3	0	7.5	0.3
Cheese Spread Filling	30	2.1	1	1.8	0.2
Ham Filling	37	2.2	1	3.6	0.4
Egg Filling	38	2.6	0	3.7	0.1
Egg Mayo Filling	73	6.1	1	3.7	0.3
Cheese Filling	104	8.6	0	6.3	0.5

#### Alternative Dessert Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Plain Cookie	64	3.2	8	0.6	0.1
Plain Sponge	88	2.3	16	17	0.3
Plain Jelly	54	0.1	13	0.1	0.0
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Shortbread	162	9	18	2	0.2



## Fruit & Starchy Vegetables - CARBOHYDRATE INFORMATION (in g per standard portion)

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<b>Fresh Fruit</b>	<b>Carbohydrate (g)/ 50g portion (on average)</b>
Apple	5g
Banana	12g
Blueberries	5g
Grapes	8g
Mango	7g
Orange	4g
Papaya	4g
Pear	5g
Pineapple	5g
Watermelon	4g
<b>Starchy Side Vegetables</b>	<b>Carbohydrate (g)/ 50g portion (on average)</b>
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.