



Hero Beef & Pork Free Summer - Autumn 25 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 – 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 |
| Rice | 88 | 0.5 | 19 | 1.9 | 0 |
| All Day Breakfast (v) | 116 | 6.5 | 7 | 6.9 | 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) |
|------------------------------|---------------|---------|------------------|-------------|----------|
| Quorn Burger | 53 | 2.1 | 2 | 5.5 | 0.5 |
| Burger Bun | 123 | 0.9 | 23 | 4.8 | 0.5 |
| Potato Wedges (Half Portion) | 49 | 0.9 | 9 | 1 | 0.1 |
| 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 |

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) |
|---|---------------|---------|------------------|-------------|----------|
| 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 |
| Roast Potatoes | 87 | 3.9 | 12 | 1.3 | 0 |
| Cheesy Spring Vegetable & Potato Bake (v) | 180 | 7.5 | 20 | 6.9 | 0.8 |
| Wholemeal Pasta (Half Portion) | 56 | 0.4 | 11 | 2.0 | 0.0 |
| 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) |
|-------------------------------|---------------|---------|------------------|-------------|----------|
| Lamb Slice | 238 | 14.3 | 17 | 9.9 | 0.5 |
| Diced Potatoes (Half Portion) | 30 | 0.1 | 7 | 0.4 | 0.1 |
| Sweet & Sour Quorn (v) | 54 | 0.8 | 6 | 4.5 | 0.3 |
| 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 |
| Potato Wedges | 98 | 1.8 | 17 | 2 | 0.1 |
| Cheese & Tomato Pizza | 145 | 8.5 | 10 | 7.3 | 0.6 |
| Tricolour Pasta (Half portion) | 45 | 0.2 | 9 | 1.4 | 0 |
| Lemon Shortbread | 163 | 9 | 18 | 2 | 0.2 |



Hero Beef & Pork Free Summer 25 - Autumn 25 Menu -

Week 2 - NURSERY

NUTRITION INFORMATION

(in g per standard portion)

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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

| Menu Item | Energy (kcal) | Fat (g) | Carbohydrate (g) | Protein (g) | Salt (g) |
|-------------------------------|---------------|---------|------------------|-------------|----------|
| Bean & Cheese Slice (v) | 176 | 9.3 | 17 | 5.3 | 0.5 |
| Diced Potatoes (Half Portion) | 30 | 0.1 | 7 | 0.4 | 0.1 |
| Macaroni Cheese | 175 | 7.4 | 20 | 6.9 | 0.7 |
| Herby Garlic Bread (v) | 38 | 1.7 | 4 | 1.2 | 0.2 |
| Apple Cornflake Crunch | 114 | 4.8 | 17 | 0.9 | 0.2 |

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

| 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 |
| Potato Wedges (Half Portion) | 49 | 0.9 | 9 | 1.0 | 0.1 |
| Mild Mexican Bean Chilli (Ve) | 93 | 1 | 13 | 5.7 | 0.1 |
| 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 2, WEDNESDAY – 30/04/25, 21/05/25, 18/06/25, 09/07/25, 10/09/25, 01/10/25, 22/10/25

| 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 |
| Plant Sausages (Ve) | 91 | 5.5 | 4 | 6.6 | 0.4 |
| Wholemeal Pasta | 112 | 0.7 | 21 | 4 | 0 |
| Fresh Fruit Jelly (Ve) | 55 | 0.1 | 14 | 0.3 | 0 |

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

| 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 |
| Wholemeal Pasta (Half Portion) | 56 | 0.4 | 11 | 2.0 | 0.0 |
| Jammy Cookie | 114 | 6.1 | 13 | 1.3 | 0.1 |
| Frube | 34 | 1 | 4 | 1.4 | 0.1 |

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

| Menu Item | Energy (kcal) | Fat (g) | Carbohydrate (g) | Protein (g) | Salt (g) |
|--------------------------------|---------------|---------|------------------|-------------|----------|
| Salmon & Sweet Potato Fishcake | 121 | 4.8 | 14 | 4.2 | 0.4 |
| Oven Chips | 90 | 2.3 | 16 | 1.4 | 0.1 |
| Cheese & Tomato Pizza (v) | 145 | 8.5 | 10 | 7.3 | 0.6 |
| Tricolour Pasta (Half portion) | 45 | 0.2 | 9 | 1.4 | 0 |
| Chocolate Muffin | 169 | 8 | 22 | 1.9 | 0.3 |

|  Hero Beef & Pork Free Summer 25 - Autumn 25 Menu - Week 3 - NURSERY NUTRITION INFORMATION (in g per standard portion) | | | | | |
|--|---------------|---------|------------------|-------------|----------|
| <p>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.</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 calcs, with training provided by an appropriate healthcare professional.</p> | | | | | |
| NURSERY, WEEK 3, MONDAY – 05/05/25, 02/06/25, 23/06/25, 14/07/25, 15/09/25, 06/10/25 | | | | | |
| Menu Item | Energy (kcal) | Fat (g) | Carbohydrate (g) | Protein (g) | Salt (g) |
| Ratatouille Chicken | 52 | 0.5 | 3 | 8.0 | 0.2 |
| Rice | 88 | 0.5 | 19 | 1.9 | 0 |
| 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 |
| NURSERY, WEEK 3, TUESDAY – 06/05/25, 03/06/25, 24/06/25, 15/07/25, 16/09/25, 07/10/25 | | | | | |
| Menu Item | Energy (kcal) | Fat (g) | Carbohydrate (g) | Protein (g) | Salt (g) |
| Lamb Bolognese | 104 | 4.61 | 9 | 6.1 | 0.5 |
| Pasta Spaghetti | 90 | 0.4 | 18 | 2.9 | 0 |
| Mild Sweet Potato & Chickpea Curry (Ve) | 64 | 1.6 | 10 | 1.6 | 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 3, WEDNESDAY – 07/05/25, 04/06/25, 25/06/25, 16/07/25, 17/09/25, 08/10/25 | | | | | |
| 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 |
| Roast Potatoes | 87 | 3.9 | 12 | 1.3 | 0 |
| Wholemeal Pasta | 112 | 0.7 | 21 | 4 | 0 |
| Creamy Quorn & Sweetcorn Pasta Bake (v) | 210 | 5.8 | 27 | 10.4 | 1.1 |
| Wholemeal Pasta (Half Portion) | 56 | 0.4 | 11 | 2.0 | 0.0 |
| Fresh Fruit Jelly (Ve) | 55 | 0.1 | 14 | 0.3 | 0 |
| NURSERY, WEEK 3, THURSDAY – 08/05/25, 05/06/25, 26/06/25, 17/07/25, 18/09/25, 09/10/25 | | | | | |
| Menu Item | Energy (kcal) | Fat (g) | Carbohydrate (g) | Protein (g) | Salt (g) |
| Quorn Frankfurter (v) | 103 | 7.7 | 2 | 6.3 | 0.5 |
| Hot Dog Roll | 131 | 1.9 | 24 | 4.4 | 0.4 |
| Potato Wedges (Half Portion) | 49 | 0.9 | 9 | 1 | 0.1 |
| Roasted Veg Lasagne (v) | 179 | 9.5 | 16 | 6.4 | 0.8 |
| Herby Garlic Bread (v) | 38 | 1.7 | 4 | 1.2 | 0.2 |
| Ice Cream with Chocolate Cookie Wafer | 79 | 3.6 | 10 | 1.6 | 0.1 |
| Frube | 34 | 1 | 4 | 1.4 | 0.1 |
| NURSERY, WEEK 3, FRIDAY – 09/05/25, 06/06/25, 27/06/25, 18/07/25, 19/09/25, 10/10/25 | | | | | |
| 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 |
| Herby Tomato Pasta with Cheese (v) | 206 | 8.8 | 22 | 9 | 0.7 |
| Tricolour Pasta (Half Portion) | 45 | 0.2 | 9 | 1.4 | 0 |
| Pineapple Pastry Squares | 69 | 3.2 | 9 | 1 | 0.1 |



Hero Beef & Pork Free Summer - Autumn 25 Menu -

Additional Items - NURSERY

NUTRITION INFORMATION

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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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| 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.