




<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><i>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.</i></p>	 <p>Pupil's Choice Extra Winter 24 - Spring 25 Menu - JUNIOR</p> <p>NUTRITION INFORMATION</p> <p>(in g per standard portion)</p>				
Junior, Winter 24, Week 1, Day 1					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Breaded Chicken Grill	135	6.5	8	11.7	0.3
Rice	160	0.9	34	3.8	0.1
Pasta Penne Rigate Quill	164	0.7	34	5.2	0.0
Margherita Wrap (v)	260	11.3	29	9.8	0.7
Rice (1/2 ptn)	80	0.5	17	1.9	0.0
Pasta Penne Rigate Quill (1/2 ptn)	82	0.4	17	2.6	0.0
Bread Roll with Spread	176	5.6	28	5.0	0.4
Cold Option Tuna Mayo Filling	90	4.0	1	12.5	0.6
Iced Vanilla Sponge	112	2.6	21	2.0	0.3
Junior, Winter24, Week 1, Day 2					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Pie	359	17.4	32	17.5	0.6
Veggie Sausage Bow Pasta (Ve)	233	5.2	35	10.2	0.6
Diced Potatoes (1/2 ptn)	43	0.0	10	0.6	0.1
Sandwich with Spread	202	5.1	29	7.4	0.7
Cold Option Cheese Spread Filling (v)	40	2.8	1	2.4	0.3
Yoghurt	76	3.2	9	3.5	0.1
Junior, Winter24, Week 1, Day 3					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Roast Beef	49	2.0	0	7.6	0.6
Gravy	10	0.1	2	0.1	0.4
Shepherdess Pie (Ve)	379	22.9	33	8.6	0.9
Roast Potatoes	113	5.1	16	1.7	0.0
Wholemeal Pasta	152	0.9	29	5.5	0.0
Bread Roll with Spread	176	5.6	28	5.0	0.4
Cold Option Ham Filling	56	3.3	1	5.4	0.6
Fresh Fruit Jelly (Ve)	65	0.2	16	0.4	0.0

Junior, Winter24, Week 1, Day 4					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Quorn Hot Dog (v)	103	7.7	2	6.3	0.5
Hot Dog Roll	105	1.2	21	3.7	0.3
Pasta Penne Rigate Quill (1/2 ptn)	82	0.4	17	2.6	0.0
Hash Browns	109	4.8	14	1.3	0.3
Egg Breakfast Muffin (v)	166	6.8	17	8.5	0.6
Cold Option Cheese Filling	125	10.3	1	7.5	0.6
Baguette with Spread	195	4.6	34	5.3	0.6
Black Cherry Chocolate Pudding	202	4.6	37	4.0	0.5
Chocolate Custard	71	1.4	11	3.1	0.1
Yoghurt	76	3.2	9	3.5	0.1
Junior, Winter24, Week 1, Day 5					
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	141	2.6	24	2.9	0.1
Tricolour Pasta	162	0.7	33	5.2	0.0
Cheese & Tomato Pizza (v)	220	9.9	23	10.0	0.9
Potato Wedges (1/2 ptn)	71	1.3	12	1.5	0.0
Tricolour Pasta (1/2 ptn)	81	0.4	17	2.6	0.0
Bread Roll with Spread	176	5.6	28	5.0	0.4
Cold Option Egg Mayo Filling (v)	101	8.0	1	6.3	0.3
Oat Cookie	210	11.9	23	2.5	0.3
Daily Offerings & Jacket Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread	56	0.6	11	2.0	0.1
Jacket Potato Plain	188	0.5	43	5.3	0.0
Jacket Potato Baked Bean Filling	46	0.1	7	5.0	0.3
Jacket Potato Cheese Filling	125	10.3	1	7.5	0.6
Jacket Potato Tuna Mayo Filling	95	4.5	1	12.5	0.6
Alternative Dessert Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Iced Fruit Smoothie	66	0.0	16	0.4	0.0
Plain Cookie	128	6.3	17	1.3	0.2
Plain Sponge	101	2.6	18	2.0	0.3
Plain Jelly	65	0.0	16	0.0	0.0
Fresh Fruit Wedges	25	0.2	6	0.5	0.0
Shortbread	216	12.0	24	2.6	0.3

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Junior, Winter24, Week 2, Day 1					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Veggie Sausages (Ve)	136	8.3	6	9.9	0.6
Gravy	10	0.1	2	0.1	0.4
Macaroni Cheese (v)	328	15.6	32	14.0	0.7
Mashed Potatoes - no milk	68	0.1	16	1.7	0.0
Garlic Bread	71	0.8	14	2.6	0.2
Baguette with Spread	195	4.6	34	5.3	0.6
Cold Option Cheese Filling (v)	125	10.3	1	7.5	0.6
Iced Finger Bun	148	0.9	31	4.0	0.3
Junior, Winter24, Week 2, Day 2					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Pasta Bake	336	9.8	38	22.1	1.0
Homemade Vegan Sausage Roll (Ve)	290	13.1	34	8.0	1.0
Gravy	10	0.1	2	0.1	0.4
Pasta Penne Rigate Quill (1/2 ptn)	82	0.4	17	2.6	0.0
Diced Potatoes (1/2 ptn)	43	0.0	10	0.6	0.1
Bread Roll with Spread	176	5.6	28	5.0	0.4
Cold Option Ham Filling	56	3.3	1	5.4	0.6
Yoghurt	76	3.2	9	3.5	0.1
Junior, Winter24, Week 2, Day 3					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Roast Pork	79	5.0	0	8.0	0.6
Quorn Fillet (v)	45	0.8	2	6.0	0.4
Sage & Onion Stuffing	39	0.4	9	1.0	0.4
Gravy	10	0.1	2	0.1	0.4
Roast Potatoes	113	5.1	16	1.7	0.0
Rice	160	0.9	34	3.8	0.1
Sandwich with Spread	202	5.1	29	7.4	0.7
Cold Option Cheese Spread Filling (v)	40	2.8	1	2.4	0.3
Fresh Fruit Jelly	65	0.2	16	0.4	0.0

Junior, Winter24, Week 2, Day 4					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Beef Burger	115	6.4	6	7.9	0.5
Burger Bun	112	1.3	22	4.0	0.3
Potato Wedges (1/2 ptn)	71	1.3	12	1.5	0.0
Tomato Bolognese (Ve)	101	1.2	14	7.6	0.7
Pasta Spaghetti	164	0.7	34	5.2	0.0
Bread Roll with Spread	176	5.6	28	5.0	0.4
Cold Option Tuna Mayo Filling	90	4.0	1	12.5	0.6
Apple Strudel	229	12.3	25	3.6	0.3
Custard	68	1.3	11	2.9	0.1
Yoghurt	76	3.2	9	3.5	0.1
Junior, Winter24, Week 2, Day 5					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Salmon & Sweet Potato Fishcake	120	4.8	14	4.2	0.4
Oven Chips	119	3.0	21	1.9	0.2
Tricolour Pasta	162	0.7	33	5.2	0.0
Cheese & Tomato Pizza (v)	220	9.9	23	10.0	0.9
Oven Chips (1/2 ptn)	60	1.5	11	1.0	0.1
Tricolour Pasta (1/2 ptn)	81	0.4	17	2.6	0.0
Bread Roll with Spread	176	5.6	28	5.0	0.4
Cold Option Egg Mayo Filling (v)	101	8.0	1	6.3	0.3
Chocolate Brickwall	188	9.8	23	2.4	0.2
Daily Offerings & Jacket Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread	56	0.6	11	2.0	0.1
Jacket Potato Plain	188	0.5	43	5.3	0.0
Jacket Potato Baked Bean Filling	46	0.1	7	5.0	0.3
Jacket Potato Cheese Filling	125	10.3	1	7.5	0.6
Jacket Potato Tuna Mayo Filling	95	4.5	1	12.5	0.6
Alternative Dessert Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Iced Fruit Smoothie	66	0.0	16	0.4	0.0
Plain Cookie	128	6.3	17	1.3	0.2
Plain Sponge	101	2.6	18	2.0	0.3
Plain Jelly	65	0.0	16	0.0	0.0
Fresh Fruit Wedges	25	0.2	6	0.5	0.0
Shortbread	216	12	24	2.6	0.3

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Junior, Winter24, Week 3, Day 1					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pork Sausages	200	14.3	6	10.8	1.2
Gravy	10	0.1	2	0.1	0.4
Mashed Potatoes - no milk	68	0.1	16	1.7	0.0
Pasta Penne Rigate Quill	164	0.7	34	5.2	0.0
Cheese Pinwheel (v)	210	13.6	14	8.1	0.6
Pasta Penne Rigate Quill (1/2 ptn)	82	0.4	17	2.6	0.0
Bread Roll with Spread	176	5.6	28	5.0	0.4
Cold Option Tuna Mayo Filling	90	4.0	1	12.5	0.6
Chocolate Mousse	52	1.7	7	2.3	0.2
Junior, Winter24, Week 3, Day 2					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Quorn Burger	53	2.1	2	5.5	0.5
Burger Bun	112	1.3	22	4.0	0.3
Potato Wedges (1/2 ptn)	71	1.3	12	1.5	0.0
Italian Pasta Bake (Ve)	242	3.2	34	16.0	0.8
Herby Bread	70	0.8	14	2.5	0.2
Sandwich with Spread	202	5.1	29	7.4	0.7
Cold Option Cheese Spread Filling (v)	40	2.8	1	2.4	0.3
Yoghurt	76	3.2	9	3.5	0.1
Junior, Winter24, Week 3, Day 3					
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	39	0.4	9	1.0	0.4
Gravy	10	0.1	2	0.1	0.4
Roast Potatoes	113	5.1	16	1.7	0.0
Wholemeal Pasta	152	0.9	29	5.5	0.0
Creamy Quorn Pie (v)	307	15.5	28	11.4	0.9
Roast Potatoes (1/2 ptn)	57	2.6	8	0.9	0.0
Wholemeal Pasta (1/2 ptn)	76	0.5	15	2.8	0.0
Bread Roll with Spread	176	5.6	28	5.0	0.4
Cold Option Ham Filling	56	3.3	1	5.4	0.6
Fresh Fruit Jelly (Ve)	65	0.2	16	0.4	0.0

Junior, Winter24, Week 3, Day 4					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Beef Bolognese	158	8.0	12	9.4	0.9
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Pasta Spaghetti	164	0.7	34	5.2	0.0
Diced Potatoes	86	0.1	19	1.2	0.2
Baguette with Spread	195	4.6	34	5.3	0.6
Cold Option Cheese Filling (v)	125	10.3	1	7.5	0.6
Pear & Apple Crumble	151	6.8	20	2.1	0.1
Custard	68	1.3	11	2.9	0.1
Yoghurt	76	3.2	9	3.5	0.1
Junior, Winter24, Week 3, Day 5					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Fish Fillet Fingers	156	6.2	16	8.9	0.8
Oven Chips	119	3.0	21	1.9	0.2
Tricolour Pasta	162	0.7	33	5.2	0.0
Cheese & Tomato Pizza (v)	220	9.9	23	10.0	0.9
Oven Chips (1/2 ptn)	60	1.5	11	1.0	0.1
Tricolour Pasta (1/2 ptn)	81	0.4	17	2.6	0.0
Bread Roll with Spread	176	5.6	28	5.0	0.4
Cold Option Egg Mayo Filling	101	8.0	1	6.3	0.3
Marble Cookie	129	6.3	17	1.4	0.2
Daily Offerings & Jacket Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread	56	0.6	11	2.0	0.1
Jacket Potato Plain	188	0.5	43	5.3	0.0
Jacket Potato Baked Bean Filling	46	0.1	7	5.0	0.3
Jacket Potato Cheese Filling	125	10.3	1	7.5	0.6
Jacket Potato Tuna Mayo Filling	95	4.5	1	12.5	0.6
Alternative Dessert Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Iced Fruit Smoothie	66	0.0	16	0.4	0.0
Plain Cookie	128	6.3	17	1.3	0.2
Plain Sponge	101	2.6	18	2.0	0.3
Plain Jelly	65	0.0	16	0.0	0.0
Fresh Fruit Wedges	25	0.2	6	0.5	0.0
Shortbread	216	12.0	24	2.6	0.3

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.	