

 Explorer Beef & Pork Free Summer - Autumn 25 Menu - Week 1 - INFANT 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 cals, with training provided by an appropriate healthcare professional.</p>					
INFANT, 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	93	4.4	3	9.1	0.2
Chicken Curry (Halal)	131	4.3	10	11.9	0.7
Rice	117	0.6	26	2.5	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	141	5.3	23	1.2	0.1
Ice Cream (Half Portion)	92	4	11	2.5	0.1
INFANT, 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)	166	9.7	11	8.3	0.7
Rice (Half Portion)	59	0.3	13	1.3	0
Potato Wedges (Half Portion)	59	1.1	10	1.2	0.1
Sweet & Sour Quorn (v)	72	1.1	8	6	0.4
Rice	117	0.6	26	2.5	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube	34	1	4	1.4	0.1
INFANT, 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	92	4.4	6	7	0.4
Cous Cous	119	0.6	24	4.1	0.3
Cheesy Spring Vegetable & Potato Bake (v)	206	8.5	23	7.9	0.9
Herby Garlic Bread (v)	44	1.9	5	1.4	0.2
Fresh Fruit Jelly (Ve)	60	0.2	15	0.4	0
INFANT, 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	72	0.1	16	1	0.2
Mild Mexican Bean Chilli (Ve)	109	1.1	16	6.6	0.1
Rice	117	0.6	26	2.5	0
Chocolate Pastry Whirls	99	5	12	1.5	0.1
Frube	34	1	4	1.4	0.1
INFANT, 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	99	2.5	18	1.6	0.1
Tricolour Pasta	119	0.5	24	3.8	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)	50	1.3	9	0.8	0.1
Tricolour Pasta (Half Portion)	60	0.3	12	1.9	0
Lemon Shortbread	187	10.3	21	2.2	0.2

 Explorer Beef & Pork Free Summer 25 - Autumn 25 Menu - Week 2 - INFANT NUTRITION INFORMATION (in g per standard portion)					
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INFANT, 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)
Cheese & Tomato Pizza (v)	166	9.7	11	8.3	0.7
Tricolour Pasta (Half Portion)	60	0.3	12	1.9	0
Bean & Cheese Slice (v)	221	11.6	21	6.6	0.6
Diced Potatoes (Half Portion)	36	0.1	8	0.5	0.1
Apple Cornflake Crunch	132	5.5	19	1	0.2
INFANT, 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)
Butter Lamb Curry	161	8.7	10	10.2	0.4
Rice	117	0.6	26	2.5	0
Beany Seashell Pasta (Ve)	213	3.6	35	7.7	0.7
Herby Garlic Bread (v)	44	1.9	5	1.4	0.2
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube	34	1	4	1.4	0.1
INFANT, 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)
Chicken Pie	258	11.6	24	13	0.7
Gravy	19	0.1	4	0.1	0.9
Roast Potatoes (Half Portion)	43	2	6	0.7	0
Wholemeal Pasta (Half Portion)	56	0.4	11	2	0
Creamy Quorn & Sweetcorn Pasta Bake (v)	245	6.8	31	12.1	1.3
Fresh Fruit Jelly (Ve)	60	0.2	15	0.4	0
INFANT, 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)	36	0.1	8	0.5	0.1
Roasted Summer Veg Pasta (Ve)	198	4	30	7.4	0.5
Jammy Cookie	185	9.2	24	2	0.2
Frube	34	1	4	1.4	0.1
INFANT, 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
Sweet Chilli Sauce	18	0	5	0	0.4
Oven Chips	99	2.5	18	1.6	0.1
Tricolour Pasta	119	0.5	24	3.8	0
Veggie "Meatball" Sub (Ve)	205	4.2	28	12.1	1.1
Oven Chips (Half Portion)	50	1.3	9	0.8	0.1
Tricolour Pasta (Half Portion)	60	0.3	12	1.9	0
Chocolate Muffin	193	9.1	25	2.2	0.4

 Explorer Beef & Pork Free Summer 25 - Autumn 25 Menu - Week 3 - INFANT NUTRITION INFORMATION (in g per standard portion)					
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INFANT, 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)
Piri Piri Chicken Rice	205	3.8	28	13.6	0.4
Diced Potatoes (Half Portion)	36	0.1	8	0.5	0.1
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Diced Potatoes	72	0.1	16	1	0.2
Strawberry Mousse (v)	54	1.6	8	2.1	0.2
INFANT, 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 & Potato Moussaka	246	9.3	27	12.3	0.8
Macaroni Cheese	233	9.8	27	9.2	0.9
Herby Garlic Bread (v)	44	1.9	5	1.4	0.2
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube	34	1	4	1.4	0.1
INFANT, WEEK 3, 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	19	0.1	4	0.1	0.9
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)	60	0.2	15	0.4	0
INFANT, 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)
Cheese & Tomato Pizza (v)	166	9.7	11	8.3	0.7
Potato Wedges (Half Portion)	59	1.1	10	1.2	0.1
Rice (Half Portion)	59	0.3	13	1.3	0
Mild Sweet Potato & Chickpea Curry (Ve)	85	2.1	14	2.1	0.4
Potato Wedges	118	2.2	20	2.4	0.1
Rice	117	0.6	26	2.5	0
Ice Cream with Chocolate Cookie Wafer	216	9.6	27	5.4	0.3
Frube	34	1	4	1.4	0.1
INFANT, 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	99	2.5	18	1.6	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)	50	1.3	9	0.8	0.1
Tricolour Pasta (Half Portion)	60	0.3	12	1.9	0
Pineapple Pastry Squares	138	6.4	18	2	0.1



Explorer Beef & Pork Free Summer - Autumn 25

Menu - Additional Items - INFANT

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	188	0.5	43	5.3	0
Baked Bean Filling	57	0.3	9	3.4	0.4
Cheese Filling	125	10.3	0	7.5	0.5
Tuna Filling	55	0.5	0	12.5	0.5
Tuna Mayo Filling	95	4.5	1	12.5	0.6

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	90	4	1	12.5	0.6
Tuna Filling	55	0.5	0	12.5	0.5
Cheese Spread Filling	40	2.8	1	2.4	0.3
Ham Filling	56	3.3	1	5.4	0.6
Egg Filling	76	5.2	0	7.3	0.2
Egg Mayo Filling	101	8	1	6.3	0.3
Cheese Filling	125	10.3	0	7.5	0.5

Alternative Dessert Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Plain Cookie	128	6.3	17	1.3	0.2
Plain Sponge	94	2.4	17	2	0.3
Plain Jelly	65	0.1	16	0.1	0.0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Shortbread	185	10.3	21	2.2	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
<p>Please note that side vegetable offerings vary from school to school, and only “starchy” side vegetables have been listed.</p>	