

## CARBOHYDRATE CONTENT – Per standard portion in gram

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.

### WEEK 1 - 15/04/24, 07/05/24, 03/06/24, 24/06/24, 15/07/24, 02/09/24, 14/10/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL 1</b>	Pork Sausages (3) 6 Gravy 2 <b>GF Pasta</b> 34 or Potato Wedges 18	<b>Plain Chicken Breast Fillet</b> 0 <b>GF Pasta</b> 34 Marinara Sauce 2	Roast Beef 0 Gravy 2 Roast Potatoes 16 or <b>GF Pasta</b> 34	Quorn Frankfurter (v) 2 <b>GF Roll</b> 21 Diced Potatoes (1/2 ptn) 10	<b>GF Fishcake</b> 14 Potato Wedges 18 or <b>GF Pasta</b> 34
<b>MAIN MEAL 2</b>		Mild Sweet Potato & Chickpea Curry (Ve) 16 Brown & White Rice 34			<b>GF Classic Ciabatta Pizza (v)</b> 12 Potato Wedges (1/2 ptn) 9 or <b>GF Pasta</b> (1/2 ptn) 17
<b>DESSERT</b>	<b>Plain Peaches &amp; Apples (no Wrap)</b> (v) 2 Ice Cream 12	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) 16	<b>GF Sponge (v)</b> 15	<b>GF Chocolate Cookie (Ve)</b> 18
<b>COLD OPTION</b>	<b>GF Tuna Roll*</b> 21	<b>GF Cheese Spread Roll* (v)</b> 21	<b>GF Ham Roll*</b> 22	<b>GF Cheese Roll* (v)</b> 21	<b>GF Egg Roll* (v)</b> 21
<b>EXTRA OPTION</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>

### WEEK 2 - 22/04/24, 13/06/24, 10/06/24, 01/07/24, 22/07/24, 09/09/24, 30/09/24, 21/10/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL 1</b>			Roast Chicken 0 <b>(no Sage &amp; Onion Stuffing)</b> Gravy 2 Roast Potatoes 16 or Brown & White Rice 34	Beef Burger 6 <b>GF Bun</b> 21 Potato Wedges (1/2 ptn) 9	
<b>MAIN MEAL 2</b>	<b>GF Creamy Macaroni Cheese</b> (v) 34	Moroccan Tagine (Ve) 14 Diced Potatoes 19		Roasted Summer Veg <b>GF Pasta (Ve)</b> 35	<b>GF Classic Ciabatta Pizza (v)</b> 12 Oven Chips (1/2 ptn) 11 or <b>GF Pasta</b> (1/2 ptn) 17

<b>DESSERT</b>	Chocolate & Banana Custard (v) 15	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) 16	<b>GF Shortbread</b> (Ve) 26	Ice Cream 12 <b>GF Cookie</b> (v) 18
<b>COLD OPTION</b>	<b>GF Cheese Roll*</b> (v) 21	<b>GF Ham Roll*</b> 22	<b>GF Tuna Roll*</b> 21	<b>GF Cheese Spread Roll*</b> (v) 21	<b>GF Egg Roll*</b> (v) 21
<b>EXTRA OPTION</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>

**WEEK 3 - 29/04/24, 20/05/24, 17/06/24, 08/07/24, 16/09/24, 07/10/24**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN MEAL 1</b>	Chicken Curry 4 Rice 34	<b>Bean and Vegetable Grill</b> (Ve) 16 <b>GF Bun</b> 21 Potato Wedges (1/2 ptn) 9 <b>GF Pasta</b> (1/2 ptn) 17	Turkey Roast 3 <b>(no Sage &amp; Onion Stuffing)</b> Gravy 2 Roast Potatoes 16 or <b>GF Pasta</b> 34	<b>GF Beef Bolognese</b> 10 <b>GF Pasta</b> 34	<b>GF Fish Fillet Fingers</b> (3) 14 Oven Chips 21 or <b>GF Pasta</b> 34
<b>MAIN MEAL 2</b>			Roast Quorn Fillet (v) 2 <b>(no Sage &amp; Onion Stuffing)</b> Gravy 2 Roast Potatoes 16 or <b>GF Pasta</b> 34	Chipolata Sausages (Ve) (3) 6 Gravy 2 Diced Potatoes 19	<b>GF Classic Ciabatta Pizza</b> (v) 12 Oven Chips (1/2 ptn) 11 or <b>GF Pasta</b> (1/2 ptn) 17
<b>DESSERT</b>	Strawberry Mousse (v) 7	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) 16	<b>GF Sponge</b> (v) 15	<b>GF Cupcake</b> (v) 15
<b>COLD OPTION</b>	<b>GF Cheese Spread Roll*</b> (v) 21	<b>GF Cheese Roll*</b> (v) 21	<b>GF Tuna Roll*</b> 21	<b>GF Ham Roll*</b> 22	<b>GF Egg Roll*</b> (v) 21
<b>EXTRA OPTION</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>	Jacket Potato 43 with <b>Various Toppings**</b>

The numbers in the menu are referring to the total amount of carbohydrates in grams.

**\*Gluten Free Roll 50g: 21 CHO (if baked by HCL on location).**

**\*\* Toppings for Jacket Potatoes**

<b>Topping</b>	<b>per standard ptn</b>
Baked Beans (ve)	7
Cheese (v)	1
Tuna	0
Cheese & Coleslaw (v)	2
Roast Tomato Sauce (Ve)	6
Sausage & Beans (Ve)	6
Tuna Mayo & Sweetcorn	3

**Alternative dessert options available have the following Carb counts:**

Yoghurt - Yeo Valley Organic	9g
Iced Fruit Smoothie	15g
Gluten Free Shortbread Biscuit	26g
Gluten Free Plain Cookie	18g
Gluten Free Plain Sponge	15g
Plain Jelly	16g

**Fresh Fruit - Carbohydrate (g)/ 50g portion (on average):**

Apple	5g
Banana	12g
Blueberries	5g
Grapes	8g
Orange	4g
Pear	5g
Pineapple	5g
Watermelon	4g

**Sauces- Carbohydrate (g)/ 50g portion;**

Gravy	2g
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**Starchy Side Vegetables - Carbohydrate (g)/ 50g portion;**

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.**

**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.**