

## Hero Summer - Autumn 25 Menu - Week 1 - ADULT

### 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.

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#### ADULT, 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	159	7.5	6	15.7	0.4
Rice	176	0.9	39	3.7	0
All Day Breakfast (v)	232	12.9	14	13.8	0.8
Hash Browns	219	9.6	29	2.6	0.6
Tropical Crumble	246	9.3	39	2.1	0.2
Ice Cream (Half Portion)	138	6	17	3.8	0.2

#### ADULT, 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	107	4.1	5	15.7	0.9
Burger Bun	123	0.9	23	4.8	0.5
Potato Wedges (Half Portion)	113	2.1	20	2.3	0.1
Beany Seashell Pasta (Ve)	320	5.4	52	11.5	1.1
Herby Garlic Bread (v)	76	3.3	9	2.5	0.3
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Frube	34	1	4	1.4	0.1

#### ADULT, 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	119	4.7	0	19.2	0.9
Sage & Onion Stuffing	65	0.7	15	1.7	0.7
Gravy	23	0.1	5	0.2	1
Roast Potatoes	161	7.3	23	2.4	0
Cheesy Spring Vegetable & Potato Bake (v)	288	11.9	32	11.1	1.3
Wholemeal Pasta (Half Portion)	84	0.5	16	3.0	0.0
Fresh Fruit Jelly (Ve)	73	0.2	18	0.5	0


#### ADULT, 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)
Pork Sausages	267	19	8	14.5	1.6
Gravy	23	0.1	5	0.2	1
Diced Potatoes	139	0.2	31	1.9	0.3
Sweet & Sour Quorn (v) (HO)	108	1.7	12	9	0.6
Rice	176	0.9	39	3.7	0
Chocolate Pastry Whirls	185	9.3	22	2.7	0.2
Frube	34	1	4	1.4	0.1

#### ADULT, 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	238	12.7	20	10.7	0.9
Potato Wedges	227	4.2	39	4.6	0.2
Cheese & Tomato Pizza (v)	291	17	19	14.6	1.3
Tricolour Pasta (Half Portion)	89	0.4	18	2.9	0.0
Lemon Shortbread	261	14.4	29	3.1	0.3

 <b>Hero Summer 25 - Autumn 25 Menu - Week 2 - ADULT</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>ADULT, 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)
Bean & Cheese Slice (v)	441	23.2	42	13.3	1.2
Diced Potatoes (Half Portion)	70	0.1	16	1.0	0.2
Macaroni Cheese	350	14.7	40	13.7	1.4
Herby Garlic Bread (v)	76	3.3	9	2.5	0.3
Apple Cornflake Crunch	215	9	31	1.6	0.3
<b>ADULT, 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)
Chicken Pie	387	17.5	36	19.5	1
Gravy	23	0.1	5	0.2	1
Potato Wedges (Half Portion)	113	2.1	20	2.3	0.1
Mild Mexican Bean Chilli (Ve)	217	2.3	31	13.2	0.3
Rice	176	0.9	39	3.7	0
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Frube	34	1	4	1.4	0.1
<b>ADULT, 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)
Roast Beef	98	4	0	15.1	1.2
Gravy	23	0.1	5	0.2	1
Roast Potatoes	161	7.3	23	2.4	0
Plant Sausages (Ve)	181	11.1	9	13.1	0.9
Wholemeal Pasta	168	1	32	6	0
Fresh Fruit Jelly (Ve)	73	0.2	18	0.5	0
<b>ADULT, 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)
Beef Burger	230	12.9	12	15.7	1.1
Burger Bun	123	0.9	23	4.8	0.5
Diced Potatoes (Half Portion)	69	0.1	16	1	0.2
Roasted Summer Veg Pasta (Ve)	297	6	46	11	0.7
Wholemeal Pasta (Half Portion)	84	0.5	16	3.0	0.0
Jammy Cookie	228	11.5	29	2.5	0.2
Frube	34	1	4	1.4	0.1
<b>ADULT, 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	242	9.6	28	8.5	0.9
Oven Chins	213	5.4	38	3.4	0.3
Cheese & Tomato Pizza (v)	291	17	19	14.6	1.3
Tricolour Pasta (Half Portion)	89	0.4	18	2.9	0.0
Chocolate Muffin	270	12.8	35	3.1	0.5



## Hero Summer 25 - Autumn 25 Menu - Week 3 - ADULT

### NUTRITION INFORMATION

(in g per standard portion)

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#### ADULT, 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)
Chicken & Sweetcorn Meatballs	181	11.4	7	15.6	1
Tomato Sauce	49	2.2	6	1.1	0.6
Pasta Spaghetti	180	0.8	37	5.8	0
Breaded Bean & Vegetable Grill (Ve)	275	13	31	5.7	0.9
Diced Potatoes	139	0.2	31	1.9	0.3
Strawberry Mousse (v)	81	2.4	12	3.1	0.3

#### ADULT, 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)
Beef Bolognese	216	10	18	12	0.9
Pasta Spaghetti	180	0.8	37	5.8	0
Mild Sweet Potato & Chickpea Curry (Ve)	128	3.2	21	3.2	0.6
Rice	176	0.9	39	3.7	0
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Frube	34	1	4	1.4	0.1

#### ADULT, 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 Pork	157	10	1	16	1.2
Sage & Onion Stuffing	65	0.7	15	1.7	0.7
Gravy	23	0.1	5	0.2	1
Roast Potatoes	161	7.3	23	2.4	0
Creamy Quorn & Sweetcorn Pasta Bake (v)	367	10.2	47	18.2	2
Wholemeal Pasta (Half Portion)	84	0.5	16	3.0	0.0
Fresh Fruit Jelly (Ve)	73	0.2	18	0.5	0


#### ADULT, 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 Hot Dog (v)	206	15.3	4	12.6	1.0
Hot Dog Roll	140	1.6	28	5.0	0.3
Potato Wedges (Half Portion)	113	2.1	20	2.3	0.1
Roasted Veg Lasagne (v)	358	19	32	12.9	1.6
Herby Garlic Bread (v)	76	3.3	9	2.5	0.3
Ice Cream with Chocolate Cookie Wafer	373	16.9	46	8.6	0.6
Frube	34	1	4	1.4	0.1

#### ADULT, 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	208	8.3	21	11.9	0.4
Oven Chips	213	5.4	38	3.4	0.3
Cheese & Tomato Pizza (v)	291	17	19	14.6	1.3
Tricolour Pasta (Half Portion)	89	0.4	18	2.9	0.0
Pineapple Pastry Squares	275	12.8	36	4	0.3

 <b>Hero Summer - Autumn 25 Menu - Additional Items - ADULT</b> <b>NUTRITION INFORMATION</b> <b>(in g per standard portion)</b>					
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<b>Daily Offerings</b>					
<b>Menu Item</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
Bread	41	0.3	7	1.8	0.2
<b>Jacket Options</b>					
<b>Menu Item</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
Jacket Potato Plain	281	0.8	65	7.9	0.1
Baked Bean Filling	82	0.4	13	4.8	0.6
Cheese Filling	166	13.8	1	10	0.7
Tuna Filling	76	0.7	0	17.4	0.6
Tuna Mayo Filling	131	6	2	17.5	0.9
<b>Cold Options</b>					
<b>Menu Item</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
Bread Roll with Spread	159	4.9	23	4.8	0.6
Tuna Mayo Filling	131	6	2	17.5	0.9
Tuna Filling	76	0.7	0	17.4	0.6
Cheese Spread Filling	60	4.2	1	3.6	0.5
Ham Filling	75	4.4	2	7.2	0.8
Egg Filling	152	10.4	0	14.6	0.4
Egg Mayo Filling	187	13.9	1	14.7	0.6
Cheese Filling	166	13.8	1	10	0.7
<b>Alternative Dessert Options</b>					
<b>Menu Item</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
Plain Cookie	257	12.6	33	2.5	0.5
Plain Sponge	141	3.6	25	2.8	0.4
Plain Jelly	81	0.1	20	0.1	0.1
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Shortbread	269	14.4	31	3.1	0.3

 <b>Fruit &amp; Starchy Vegetables - CARBOHYDRATE INFORMATION</b> (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
<p>Please note that side vegetable offerings vary from school to school, and only “starchy” side vegetables have been listed.</p>	