

# Summer-Autumn 2024 PCE Pasta Option Menu - INFANT

**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 (2) 4 Gravy 2 Potato Wedges 15	Mild Sweet Potato & Chickpea Curry (Ve) 14 Brown & White Rice 25	Roast Beef 0 Gravy 2 Roast Potatoes 12	Quorn Frankfurter (v) 2 Roll 21 Diced Potatoes (1/2 ptn) 8	Classic Cheese & Tomato Pizza (v) 19 Oven Chips (1/2 ptn) 9
<b>PASTA</b>	Creamy Macaroni Cheese (v) 27	Herb Crusted Chicken 4 Spaghetti 25 Marinara Sauce 2	Tuna Sweetcorn Pasta Bake 30	Herby Tomato Pasta topped with Cheese (v) 23	Plant Balls (4) (Ve) 4 Tomato Sauce (Ve) 4 Spaghetti 25
<b>JACKET POTATO</b>	Jacket Potato 43 Baked Beans (Ve) 7	Jacket Potato 43 Cheese (v) 1	Jacket Potato 43 Tomato Ragu (Ve) 5	Jacket Potato 43 Mild Chilli (Ve) 8	Jacket Potato 43 Tuna Mayo 1
<b>COLD OPTION</b>	<b>Tuna Roll*</b> 28	<b>Cheese Spread Roll* (v)</b> 29	<b>Ham Sandwich*</b> 32	<b>Cheese Baguette* (v)</b> 35	<b>Egg Roll* (v)</b> 28
<b>DESSERT</b>	Peach & Apple Burrito (v) 10 Ice Cream 12	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) 15	Carrot & Orange Cake (v) 23	Chocolate Cookie (Ve) 17

**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>	Homemade Sausage Roll (Ve) 25 Wholemeal Pasta 22	Chicken Pie 23 Diced Potatoes (1/2 ptn) 8	Roast Chicken 0 Sage & Onion Stuffing 8 Gravy 2 Roast Potatoes 12	Beef Burger 6 Bun 22 Potato Wedges (1/2 ptn) 8	Classic Cheese & Tomato Pizza (v) 19 Oven Chips (1/2 ptn) 9
<b>PASTA</b>	Creamy Macaroni Cheese (v) 27	Penne Arrabbiata (v) 29	Tuna Sweetcorn Pasta Bake 30	Herby Tomato Pasta topped with Cheese (v) 23	Breaded Salmon Fishcake 11 Spaghetti 25 Marinara Sauce 2
<b>JACKET POTATO</b>	Jacket Potato 43 Baked Beans (Ve) 7	Jacket Potato 43 Cheese (v) 1	Jacket Potato 43 Rich Tomato Bolognese (Ve) 4	Jacket Potato 43 Tuna Mayo & Sweetcorn 3	Jacket Potato 43 Sausage & Beans (Ve) 6
<b>COLD OPTION</b>	<b>Egg Baguette* (v)</b> 35	<b>Ham Sandwich*</b> 32	<b>Cheese Roll*</b> 28	<b>Cheese Spread Sandwich* (v)</b> 30	<b>Egg Roll* (v)</b> 28

<b>DESSERT</b>	Chocolate & Banana Custard (v) 13	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) 15	Lemon Shortbread (Ve) 21	Ice Cream 12 Cherry Cookie "Wafer" (v) 5
<b>WEEK 3 – 29/04/24, 20/05/24, 17/06/24, 08/07/24, 16/09/24, 07/10/24</b>					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN MEAL 1</b>	Fish Fillet Fingers (2) 10  Potato Wedges 15	Quorn Burger (v) 2 Bun 22 Diced Potatoes (1/2 ptn) 8	Turkey Roast 3 Sage & Onion Stuffing 8 Gravy 2 Roast Potatoes 12	Chicken Curry 4 Brown & White Rice 25	Classic Cheese & Tomato Pizza (v) 19 Oven Chips (1/2 ptn) 9
<b>PASTA</b>	Beef Bolognese 10 Penne 25	Sausage Bow Pasta (Ve) 29	Creamy Macaroni Cheese (v) 27	Rich Tomato Bolognese (Ve) 15 Spaghetti 25	Herby Tomato Pasta with Cheese (v) 23
<b>JACKET POTATO</b>	Jacket Potato 43 Tomato Ragu (Ve) 5	Jacket Potato 43 Baked Beans (Ve) 7	Jacket Potato 43 Tomato Plant Balls (Ve) 6	Jacket Potato 43 Cheese (v) 1	Jacket Potato 43 Tuna Mayo & Sweetcorn 3
<b>COLD OPTION</b>	<b>Cheese Spread Sandwich* (v)</b> 30	<b>Cheese Baguette* (v)</b> 35	<b>Tuna Roll*</b> 28	<b>Ham Sandwich*</b> 32	<b>Egg Roll* (v)</b> 28
<b>DESSERT</b>	Strawberry Mousse (v) 8	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) 15	Apple & Blueberry Danish (Ve) 16	Chocolate Muffin (v) 23

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

**\*Bloomer Sandwich 76g: 34 CHO; Baguette 63g: 34 CHO; 10" Tortilla Wrap 56g: 28 CHO; Roll 70g: 28 CHO (if baked by HCL on location). However, some schools use Malted Baguettes 63g: 32 CHO; bought in high fibre buns 50g: 23g CHO. Please check with your school cook.**

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

Yoghurt - Yeo Valley Organic	9g
Iced Fruit Smoothie	15g
Shortbread Biscuit	21g
Plain Cookie	17g
Plain Sponge	17g
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

**Sides - Carbohydrate (g)/ per average portion:**

Wholemeal Bread	11g
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**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.**