



Pasta Power 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
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
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)
Cheese & Tomato Pizza (v)	291	17	19	14.6	1.3
Potato Wedges (Half Portion)	113	2.1	20	2.3	0.1
Beany Seashell Pasta (Ve)	320	5.4	52	11.5	1.1
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
Cheese & Broccoli Pasta Bake (v)	400	14.9	49	15.9	1.3
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
Rice	176	0.9	39	3.7	0
Tomato Bolognese (Ve)	169	4.5	19	10.2	1
Tricolour Pasta	179	0.8	37	5.8	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
Oven Chips	213	5.4	38	3.4	0.3
Veggie Balls (Ve)	108	3.2	5	12.4	1
Tomato Sauce	49	2.2	6	1.1	0.6
Pasta Spaghetti	180	0.8	37	5.8	0
Lemon Shortbread	261	14.4	29	3.1	0.3

 Pasta Power Summer 25 - Autumn 25 Menu - Week 2 - ADULT NUTRITION INFORMATION (in g per standard portion)					
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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					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheese & Tomato Pizza (v)	291	17	19	14.6	1.3
Potato Wedges (Half Portion)	113	2.1	20	2.3	0.1
Creamy Quorn & Sweetcorn Pasta Bake (v)	367	10.2	47	18.2	2
Apple Cornflake Crunch	215	9	31	1.6	0.3
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					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Mild Sweet Potato & Chickpea Curry (Ve)	128	3.2	21	3.2	0.6
Rice	176	0.9	39	3.7	0
Beef Lasagne	275	12.4	25	14	1
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Frube	34	1	4	1.4	0.1
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					
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
Macaroni Cheese	350	14.7	40	13.7	1.4
Fresh Fruit Jelly (Ve)	73	0.2	18	0.5	0
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					
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
Penne Arrabbiata (v)	367	13.4	46	14.5	1.2
Jammy Cookie	228	11.5	29	2.5	0.2
Frube	34	1	4	1.4	0.1
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					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Salmon & Sweet Potato Fishcake	242	9.6	28	8.5	0.9
Marinara Sauce	49	2.2	6	1.1	0.6
Pasta Spaghetti	180	0.8	37	5.8	0
Quorn Frankfurter	206	15.3	4	12.6	1
Hot Dog Roll	131	1.9	24	4.4	0.4
Oven Chips (Half Portion)	106	2.7	19	1.7	0.2
Chocolate Muffin	270	12.8	35	3.1	0.5

 Pasta Power 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
Rice	176	0.9	39	3.7	0
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)
Quorn Burger	107	4.1	5	15.7	0.9
Burger Bun	123	0.9	23	4.8	0.5
Diced Potatoes (Half Portion)	69	0.1	16	1	0.2
Tuna Sweetcorn Pasta Bake	389	12.2	44	23.9	1.5
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)
Chicken Pie	387	17.5	36	19.5	1
Gravy	23	0.1	5	0.2	1
Roast Potatoes (Half Portion)	81	3.7	12	1.2	0
Roasted Summer Veg Pasta (Ve)	297	6	46	11	0.7
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)
Cheese & Tomato Pizza (v)	291	17	19	14.6	1.3
Potato Wedges (Half Portion)	113	2.1	20	2.3	0.1
Plant Sausage Bow Pasta (Ve)	289	6.2	44	12.5	0.7
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
Herby Tomato Pasta with Cheese (v)	309	13.2	33	13.5	1
Pineapple Pastry Squares	275	12.8	36	4	0.3



Pasta Power Summer - Autumn 25 Menu - Additional Items - ADULT 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	41	0.3	7	1.8	0.2

Jacket Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
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

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	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

Alternative Dessert Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
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



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

Please note that side vegetable offerings vary from school to school, and only "starchy" side vegetables have been listed.