

Summer-Autumn 2024 PCE Pasta Option Menu – JUNIOR

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
MAIN MEAL 1	Pork Sausages (3) 6 Gravy 2 Potato Wedges 18	Mild Sweet Potato & Chickpea Curry (Ve) 16 Brown & White Rice 34	Roast Beef 0 Gravy 2 Roast Potatoes 16	Quorn Frankfurter (v) 2 Roll 21 Diced Potatoes (1/2 ptn) 10	Classic Cheese & Tomato Pizza (v) 23 Oven Chips (1/2 ptn) 11
PASTA	Creamy Macaroni Cheese (v) 32	Herb Crusted Chicken 4 Spaghetti 34 Marinara Sauce 2	Tuna Sweetcorn Pasta Bake 36	Herby Tomato Pasta topped with Cheese (v) 28	Plant Balls (5) (Ve) 5 Tomato Sauce (Ve) 5 Spaghetti 34
JACKET POTATO	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
COLD OPTION	Tuna Roll* 28	Cheese Spread Roll* (v) 29	Ham Sandwich* 32	Cheese Baguette* (v) 35	Egg Roll* (v) 28
DESSERT	Peach & Apple Burrito (v) 10 Ice Cream 12	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) 16	Carrot & Orange Cake (v) 25	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
MAIN MEAL 1	Homemade Sausage Roll (Ve) 30 Wholemeal Pasta 30	Chicken Pie 28 Diced Potatoes (1/2 ptn) 10	Roast Chicken 0 Sage & Onion Stuffing 9 Gravy 2 Roast Potatoes 16	Beef Burger 6 Bun 22 Potato Wedges (1/2 ptn) 9	Classic Cheese & Tomato Pizza (v) 23 Oven Chips (1/2 ptn) 11
PASTA	Creamy Macaroni Cheese (v) 32	Penne Arrabbiata (v) 35	Tuna Sweetcorn Pasta Bake 36	Herby Tomato Pasta topped with Cheese (v) 28	Breaded Salmon Fishcake 11 Spaghetti 34 Marinara Sauce 2
JACKET POTATO	Jacket Potato 43 Baked Beans (Ve) 7	Jacket Potato 43 Cheese (v) 1	Jacket Potato 43 Rich Tomato Bolognese (Ve) 7	Jacket Potato 43 Tuna Mayo & Sweetcorn 3	Jacket Potato 43 Sausage & Beans (Ve) 6
COLD OPTION	Egg Baguette* (v) 35	Ham Sandwich* 32	Cheese Roll* (v) 28	Cheese Spread Sandwich* (v) 30	Egg Roll* (v) 28

DESSERT	Chocolate & Banana Custard (v) 15	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) 16	Lemon Shortbread (Ve) 25	Ice Cream 12 Cherry Cookie "Wafer" (v) 5
WEEK 3 – 29/04/24, 20/05/24, 17/06/24, 08/07/24, 16/09/24, 07/10/24					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Fish Fingers (3) 16 Potato Wedges 18	Quorn Burger (v) 2 Bun 22 Diced Potatoes (1/2 ptn) 10	Turkey Roast 3 Sage & Onion Stuffing 9 Gravy 2 Roast Potatoes 16	Chicken Curry 4 Brown & White Rice 34	Classic Cheese & Tomato Pizza (v) 23 Oven Chips (1/2 ptn) 11
PASTA	Beef Bolognese 12 Penne 34	Sausage Bow Pasta (Ve) 35	Creamy Macaroni Cheese (v) 32	Rich Tomato Bolognese (Ve) 18 Spaghetti 34	Herby Tomato Pasta with Cheese (v) 28
JACKET POTATO	Jacket Potato 43 Tomato Ragu (Ve) 5	Jacket Potato 43 Baked Beans (Ve) 7	Jacket Potato 43 Tomato Plant Balls (Ve) 7	Jacket Potato 43 Cheese (v) 1	Jacket Potato 43 Tuna Mayo & Sweetcorn 3
COLD OPTION	Cheese Spread Sandwich* (v) 30	Cheese Baguette* (v) 35	Tuna Roll* 28	Ham Sandwich* 32	Egg Roll* (v) 28
DESSERT	Strawberry Mousse (v) 7	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) 16	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	24g
Plain Cookie	17g
Plain Sponge	18g
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.