

Summer-Autumn 2024 Pork Free 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	Creamy Chicken Pasta Bake 38 Potato Wedges (1/2 ptn) 9	Herb Crusted Chicken 4 Spaghetti 34 Marinara Sauce 2	Roast Chicken 0 Sage & Onion Stuffing 9 Gravy 2 Roast Potatoes 16 or Wholemeal Pasta 30	Quorn Frankfurter (v) 2 Roll 21 Diced Potatoes (1/2 ptn) 10	Battered Fish Fillet 10 Potato Wedges 18 or Tricolour Pasta 34
MAIN MEAL 2	Cheese & Tomato Quiche (v) 15 Pasta (1/2 ptn) 17 or Potato Wedges (1/2 ptn) 9	Mild Sweet Potato & Chickpea Curry (Ve) 16 Brown & White Rice 34	Mince Slice (Ve) 25 Roast Potatoes (1/2 ptn) 8 or Wholemeal Pasta (1/2 ptn) 15	Cheesy Spring Vegetable Bake (v) 28 Garlic Bread 14	Classic Cheese & Tomato Pizza (v) 23 Potato Wedges (1/2 ptn) 9 or Tricolour Pasta (1/2 ptn) 17
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
COLD OPTION	Tuna Roll* 28	Cheese Spread Roll* (v) 29	Tuna Sandwich* 30	Cheese Baguette* (v) 35	Egg Roll* (v) 28
EXTRA OPTION	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**

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	Tex Mex Quorn Fajita (v) 31 Rice (1/2 ptn) 17	Chicken Pie 28 Diced Potatoes (1/2 ptn) 10	Roast Chicken 0 Sage & Onion Stuffing 9 Gravy 2 Roast Potatoes 16 or Brown & White Rice 34	Beef Burger 6 Bun 22 Potato Wedges (1/2 ptn) 9	Salmon Fishcake 11 Oven Chips 21 or Tricolour Pasta 34
MAIN MEAL 2	Creamy Macaroni Cheese (v) 32 Tomato Bread 32	Moroccan Tagine (Ve) 14 Couscous 33	Plant Balls (Ve) (5) 5 Gravy 2 Roast Potatoes 16 or Brown & White Rice 34	Roasted Summer Veg Pasta (Ve) 35 Herby Bread 14	Classic Cheese & Tomato Pizza (v) 23 Oven Chips (1/2 ptn) 11 or Tricolour Pasta (1/2 ptn) 17

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
COLD OPTION	Cheese Baguette* (v) 35	Tuna Sandwich* 30	Tuna Roll* 28	Cheese Spread Sandwich* (v) 30	Egg Roll* (v) 28
EXTRA OPTION	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**

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	Chicken Curry 4 Rice 34	Quorn Burger (v) 2 Bun 22 Potato Wedges (1/2 ptn) 9	Turkey Roast 3 Sage & Onion Stuffing 9 Gravy 2 Roast Potatoes 16 or Wholemeal Pasta 30	Beef Lasagne 26 Herby Bread 14	Fish Fillet Fingers (3) 16 Oven Chips 21 or Tricolour Pasta 34
MAIN MEAL 2	Homemade Sausage Roll (Ve) 30 Diced Potatoes 19	Rich Tomato Bolognese (Ve) 18 Spaghetti 34	Roast Quorn Fillet (v) 2 Sage & Onion Stuffing 9 Gravy 2 Roast Potatoes 16 or Wholemeal Pasta 30	Chipolata Sausages (Ve) (3) 6 Gravy 2 Diced Potatoes 19	Classic Cheese & Tomato Pizza (v) 23 Oven Chips (1/2 ptn) 11 or Tricolour Pasta (1/2 ptn) 17
DESSERT	Strawberry Mousse (v) 7	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) 16	Apple & Blueberry Danish (Ve) 16	Chocolate Muffin (v) 23
COLD OPTION	Cheese Spread Sandwich* (v) 30	Cheese Baguette* (v) 35	Tuna Roll* 28	Tuna Sandwich* 30	Egg Roll* (v) 28
EXTRA OPTION	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**	Jacket Potato 43 with Various Toppings**

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.**

**** Toppings for Jacket Potatoes**

Topping	per standard ptn
Baked Beans (ve)	7
Cheese (v)	1
Tuna	0
Tomato Bolognese (Ve)	7
Cheese & Coleslaw (v)	2
Roast Tomato Sauce (Ve)	6
Sausage & Beans (Ve)	6
Tuna Mayo & Sweetcorn	3
Mild Bean Chill (Ve)	8
Tomato Plant Balls (Ve)	7

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

Sauces- Carbohydrate (g)/ 50g portion;

Gravy 2g

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.