

 <b>Hero - Autumn 25 Menu - Week 1 - JUNIOR</b> <b>NUTRITION INFORMATION</b> (in g per standard portion)					
<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>JUNIOR, 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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Curry	111	5.3	4	11	0.3
Rice	160	0.8	35	3.4	0
All Day Breakfast (v)	116	6.4	7	6.8	0.4
Hash Browns	218	9.6	29	2.56	0.6
Tropical Crumble	164	6.2	26	1.4	0.1
Ice Cream (Half Portion)	92	4	11	2.5	0.1
<b>JUNIOR, 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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Quorn Burger	53	2.1	2	5.5	0.5
Burger Bun	123	0.9	23	4.8	0.5
Potato Wedges (Half Portion)	70	1.3	12	1.5	0.1
Beany Seashell Pasta (Ve)	256	4.3	42	9.2	0.9
Herby Garlic Bread (v)	51	2.2	6	1.6	0.2
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube	34	1	4	1.4	0.1
<b>JUNIOR, 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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Roast Chicken	60	2.4	0	9.6	0.4
Sage & Onion Stuffing	49	0.5	11	1.3	0.6
Gravy	19	0.1	4	0.1	0.9
Roast Potatoes	113	5.1	16	1.7	0
Cheesy Spring Vegetable & Potato Bake (v)	240	9.9	27	9.2	1.1
Wholemeal Pasta (Half Portion)	76	0.5	15	2.8	0.0
Fresh Fruit Jelly (Ve)	65	0.2	16	0.4	0
<b>JUNIOR, 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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pork Sausages	200	14.3	6	10.8	1.2
Gravy	19	0.1	4	0.1	0.9
Diced Potatoes	86	0.1	19	1.2	0.2
Sweet & Sour Quorn (v)	86	1.3	10	7.2	0.5
Rice	160	0.8	35	3.4	0
Chocolate Pastry Whirls	106	5.3	13	1.6	0.1
Frube	34	1	4	1.4	0.1
<b>JUNIOR, 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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Battered Fish Fillet	119	6.4	10	5.3	0.5
Potato Wedges	141	2.6	24	2.9	0.1
Cheese & Tomato Pizza (v)	194	11.3	13	9.7	0.8
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0.0
Lemon Shortbread	218	12	25	2.6	0.3

 <b>Hero Summer 25 - Autumn 25 Menu - Week 2 - JUNIOR</b> <b>NUTRITION INFORMATION</b> (in g per standard portion)					
<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><b>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 calcs, with training provided by an appropriate healthcare professional.</b></p>					
<b>JUNIOR, 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)	294	15.4	28	8.8	0.8
Diced Potatoes (Half Portion)	43	0.0	10	0.6	0.1
Macaroni Cheese	280	11.8	32	11	1.1
Herby Garlic Bread (v)	51	2.2	6	1.6	0.2
Apple Cornflake Crunch	143	6	21	1.1	0.2
<b>JUNIOR, 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	309	14	29	15.6	0.8
Gravy	19	0.1	4	0.1	0.9
Potato Wedges (Half Portion)	70	1.3	12	1.5	0.1
Mild Mexican Bean Chilli (Ve)	130	1.4	19	7.9	0.2
Rice	160	0.8	35	3.4	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube	34	1	4	1.4	0.1
<b>JUNIOR, 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	49	2	0	7.6	0.6
Plant Sausages (Ve)	136	8.3	6	9.9	0.6
Gravy	19	0.1	4	0.1	0.9
Roast Potatoes	113	5.1	16	1.7	0
Wholemeal Pasta	152	0.9	29	5.5	0
Fresh Fruit Jelly (Ve)	65	0.2	16	0.4	0
<b>JUNIOR, 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	115	6.4	6	7.9	0.5
Burger Bun	123	0.9	23	4.8	0.5
Wholemeal Pasta (Half Portion)	76	0.5	15	2.8	0.0
Roasted Summer Veg Pasta (Ve)	237	4.8	36	8.8	0.6
Diced Potatoes (Half Portion)	43	0.0	10	0.6	0.1
Jammy Cookie	185	9.2	24	2	0.2
Frube	34	1	4	1.4	0.1
<b>JUNIOR, 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	121	4.8	14	4.2	0.4
Oven Chips	119	3	21	1.9	0.2
Cheese & Tomato Pizza (v)	194	11.3	13	9.7	0.8
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0.0
Chocolate Muffin	193	9.1	25	2.2	0.4



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

### 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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**JUNIOR, 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	145	9.2	5	12.5	0.8
Tomato Sauce	24	1.1	3	0.6	0.3
Pasta Spaghetti	164	0.7	34	5.2	0
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Diced Potatoes	86	0.1	19	1.2	0.2
Strawberry Mousse (v)	54	1.6	8	2.1	0.2

**JUNIOR, 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	173	8	14	9.6	0.8
Pasta Spaghetti	164	0.7	34	5.2	0
Mild Sweet Potato & Chickpea Curry (Ve)	103	2.5	17	2.5	0.5
Rice	160	0.8	35	3.4	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube	34	1	4	1.4	0.1

**JUNIOR, 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	79	5	0	8	0.6
Sage & Onion Stuffing	49	0.5	11	1.3	0.6
Gravy	19	0.1	4	0.1	0.9
Roast Potatoes	113	5.1	16	1.7	0
Creamy Quorn & Sweetcorn Pasta Bake (v)	294	8.2	37	14.5	1.6
Wholemeal Pasta (Half Portion)	76	0.5	15	2.8	0.0
Fresh Fruit Jelly (Ve)	65	0.2	16	0.4	0


**JUNIOR, 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)	103	7.7	2	6.3	0.5
Hot Dog Roll	131	1.9	24	4.4	0.4
Potato Wedges (Half Portion)	70	1.3	12	1.5	0.1
Roasted Veg Lasagne (v)	286	15.2	26	10.3	1.3
Herby Garlic Bread (v)	51	2.2	6	1.6	0.2
Ice Cream with Chocolate Cookie Wafer	216	9.6	27	5.4	0.3
Frube	34	1	4	1.4	0.1

**JUNIOR, 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	156	6.2	16	8.9	0.3
Oven Chips	119	3	21	1.9	0.2
Cheese & Tomato Pizza	194	11.3	13	9.7	0.8
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0.0
Pineapple Pastry Squares	138	6.4	18	2	0.1

 <b>Hero Summer - Autumn 25 Menu - Additional Items</b> <b>JUNIOR</b> <b>NUTRITION INFORMATION</b> <b>(in g per standard portion)</b>					
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Daily Offerings					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread	21	0.1	4	0.9	0.1
Jacket Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Jacket Potato Plain	188	0.5	43	5.3	0
Baked Bean Filling	57	0.3	9	3.4	0.4
Cheese Filling	125	10.3	0	7.5	0.5
Tuna Filling	55	0.5	0	12.5	0.5
Tuna Mayo Filling	95	4.5	1	12.5	0.6
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	90	4	1	12.5	0.6
Tuna Filling	55	0.5	0	12.5	0.5
Cheese Spread Filling	40	2.8	1	2.4	0.3
Ham Filling	56	3.3	1	5.4	0.6
Egg Filling	76	5.2	0	7.3	0.2
Egg Mayo Filling	101	8	1	6.3	0.3
Cheese Filling	125	10.3	0	7.5	0.5
Alternative Dessert Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Plain Cookie	128	6.3	17	1.3	0.2
Plain Sponge	101	2.6	18	2	0.3
Plain Jelly	65	0.1	16	0.1	0.0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Shortbread	216	12	24	2.6	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>	