

 <b>Explorer Beef &amp; Pork Free Summer - Autumn 25 Menu -</b> <b>Week 1 - ADULT</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 cals, with training provided by an appropriate healthcare professional.</b></p>					
<b>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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Curry	159	7.5	6	15.7	0.4
Chicken Curry (Halal)	196	6.5	16	17.8	1
Rice	176	0.9	39	3.7	0
All Day Breakfast (v)	232	12.9	14	13.8	0.8
Hash Browns	328	14.4	43	3.9	0.9
Tropical Crumble	246	9.3	39	2.1	0.2
Ice Cream (Half Portion)	138	6	17	3.8	0.2
<b>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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheese & Tomato Pizza (v)	291	17	19	14.6	1.3
Rice (Half Portion)	88	0.5	19	1.9	0
Potato Wedges (Half Portion)	113	2.1	20	2.3	0.1
Sweet & Sour Quorn (v)	108	1.7	12	9	0.6
Rice	176	0.9	39	3.7	0
Potato Wedges	227	4.2	39	4.6	0.2
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Frube	34	1	4	1.4	0.1
<b>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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Moroccan Lamb Tagine	165	7.9	11	12.6	0.7
Cous Cous	179	0.8	36	6.1	0.4
Cheesy Spring Vegetable & Potato Bake (v)	288	11.9	32	11.1	1.3
Herby Garlic Bread (v)	76	3.3	9	2.5	0.3
Fresh Fruit Jelly (Ve)	73	0.2	18	0.5	0
<b>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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
BBQ Chicken	233	4.9	27	20	1.5
Diced Potatoes	139	0.2	31	1.9	0.3
Mild Mexican Bean Chilli (Ve)	217	2.3	31	13.2	0.3
Rice	176	0.9	39	3.7	0
Chocolate Pastry Whirls	185	9.3	22	2.7	0.2
Frube	34	1	4	1.4	0.1
<b>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</b>					
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
Tricolour Pasta	179	0.8	37	5.8	0
Quorn Burger	107	4.1	5	15.7	0.9
Burger Bun	123	0.9	23	4.8	0.5
Oven Chips (Half Portion)	106	2.7	19	1.7	0.2
Tricolour Pasta (Half Portion)	89	0.4	18	2.9	0
Lemon Shortbread	261	14.4	29	3.1	0.3

 <b>Explorer Beef &amp; Pork Free Summer 25 - Autumn 25</b> <b>Menu - Week 2 - ADULT</b> <b>NUTRITION INFORMATION</b> <b>(in g per standard portion)</b>					
<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>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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheese & Tomato Pizza (v)	291	17	19	14.6	1.3
Tricolour Pasta (Half Portion)	89	0.4	18	2.9	0
Bean & Cheese Slice (v)	441	23.2	42	13.3	1.2
Diced Potatoes (Half Portion)	69	0.1	16	1	0.2
Apple Cornflake Crunch	215	9	31	1.6	0.3
<b>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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Butter Lamb Curry	268	14.6	16	17	0.7
Rice	176	0.9	39	3.7	0
Beany Seashell Pasta (Ve)	320	5.4	52	11.5	1.1
Herby Garlic Bread (v)	76	3.3	9	2.5	0.3
Fresh Fruit Wedges (Ve)	50	0.3	11	1	0.1
Frube	34	1	4	1.4	0.1
<b>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</b>					
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
Wholemeal Pasta (Half Portion)	84	0.5	0.2	3	0
Creamy Quorn & Sweetcorn Pasta Bake (v)	367	10.2	47	18.2	2
Fresh Fruit Jelly (Ve)	73	0.2	18	0.5	0
<b>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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Fillet	136	5.4	0	21.9	1
Burger Bun	123	0.9	23	4.8	0.5
Diced Potatoes (Half Portion)	69	0.1	16	1	0.2
Roasted Summer Veg Pasta (Ve)	297	6	46	11	0.7
Jammy Cookie	228	11.5	29	2.5	0.2
Frube	34	1	4	1.4	0.1
<b>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</b>					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Salmon & Sweet Potato Fishcake	242	9.6	28	8.5	0.9
Sweet Chilli Sauce	31	0	8	0.1	0.6
Oven Chips	213	5.4	38	3.4	0.3
Tricolour Pasta	179	0.8	37	5.8	0
Veggie "Meatball" Sub (Ve)	257	5.9	31	17.2	1.6
Oven Chips (Half Portion)	106	2.7	19	1.7	0.2
Tricolour Pasta (Half Portion)	89	0.4	18	2.9	0
Chocolate Muffin	270	12.8	35	3.1	0.5

 <b>Explorer Beef &amp; Pork Free Summer 25 - Autumn 25</b> <b>Menu - Week 3 - ADULT</b> <b>NUTRITION INFORMATION</b> <b>(in g per standard portion)</b>					
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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)
Piri Piri Chicken Rice (HO)	342	6.3	47	22.6	0.7
Diced Potatoes (Half Portion)	69	0.1	16	1	0.2
Breaded Bean & Vegetable Grill (Ve)	275	13	31	5.7	0.9
Diced Potatoes	139	0.2	31	1.9	0.3
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)
Lamb & Potato Moussaka	368	14	41	18.5	1.1
Macaroni Cheese	350	14.7	40	13.7	1.4
Herby Garlic Bread (v)	76	3.3	9	2.5	0.3
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)
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
Plant Sausages (Ve)	181	11.1	9	13.1	0.9
Roast Potatoes	161	7.3	23	2.4	0
Wholemeal Pasta	168	1	32	6	0
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
Rice (Half Portion)	88	0.5	19	1.9	0
Mild Sweet Potato & Chickpea Curry (Ve)	128	3.2	21	3.2	0.6
Potato Wedges	227	4.2	39	4.6	0.2
Rice	176	0.9	39	3.7	0
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
Tricolour Pasta	179	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
Tricolour Pasta (Half Portion)	89	0.4	18	2.9	0
Pineapple Pastry Squares	275	12.8	36	4	0.3



## Explorer Beef & Pork Free - 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
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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<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

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