




<p>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.</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><i>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.</i></p>	 <p>Pupil's Choice Extra Winter 24 - Spring 25 Menu - INFANT NUTRITION INFORMATION (in g per standard portion)</p>				
Infant, Winter24, Week 1, Day 1					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Breaded Chicken Grill	135	6.5	8	11.7	0.3
Rice	117	0.6	25	2.8	0.1
Pasta Penne Rigate Quill	120	0.5	25	3.8	0
Margherita Wrap (v)	130	5.6	15	4.9	0.4
Rice (1/2 ptn)	59	0.3	12	1.4	0.1
Pasta Penne Rigate Quill (1/2 ptn)	60	0.3	12	1.9	0.0
Bread Roll with Spread	176	5.6	28	5	0.4
Cold Option Tuna Mayo Filling	90	4.0	1	12.5	0.6
Iced Vanilla Sponge	105	2.4	19	1.8	0.3
Infant, Winter24, Week 1, Day 2					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Pie	298	14.5	26	14.6	0.5
Veggie Sausage Bow Pasta (Ve)	194	4.3	29	8.5	0.5
Diced Potatoes (1/2 ptn)	36	0.1	8	0.5	0.1
Sandwich with Spread	202	5.1	29	7.4	0.7
Cold Option Cheese Spread Filling (v)	40	2.8	1	2.4	0.3
Yoghurt	76	3.2	9	3.5	0.1
Infant, Winter24, Week 1, Day 3					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Roast Beef	49	2.0	0	7.6	0.6
Gravy	10	0.1	2	0.1	0.4
Shepherdess Pie (Ve)	315	19.1	28	7.2	0.8
Roast Potatoes	87	3.9	12	1.3	0.0
Wholemeal Pasta	112	0.7	21	4.0	0.0
Bread Roll with Spread	176	5.6	28	5.0	0.4
Cold Option Ham Filling	56	3.3	1	5.4	0.6
Fresh Fruit Jelly	60	0.2	15	0.4	0

Infant, Winter24, Week 1, Day 4					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Quorn Frankfurter (v)	103	7.7	2	6.3	0.5
Hot Dog Roll	105	1.2	21	3.7	0.3
Pasta Penne Rigate Quill (1/2 ptn)	60	0.3	12	1.9	0.0
Hash Browns	109	4.8	14	1.3	0.3
Egg Breakfast Muffin (v)	166	6.8	17	8.5	0.6
Cold Option Cheese Filling (v)	125	10.3	1	7.5	0.6
Baguette with Spread	195	4.6	34	5.3	0.6
Black Cherry Chocolate Pudding	202	4.6	37	4.0	0.5
Chocolate Custard	71	1.4	11	3.1	0.1
Yoghurt	76	3.2	9	3.5	0.1
Infant, Winter24, Week 1, Day 5					
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	118	2.2	21	2.4	0.1
Tricolour Pasta	119	0.5	24	3.8	0.0
Cheese & Tomato Pizza (v)	189	8.5	19	8.6	0.7
Potato Wedges (1/2 ptn)	59	1.1	10	1.2	0.1
Tricolour Pasta (1/2 ptn)	60	0.3	12	1.9	0.0
Bread Roll with Spread	176	5.6	28	5.0	0.4
Cold Option Egg Mayo Filling (v)	101	8.0	1	6.3	0.3
Oat Cookie	158	8.9	17	1.9	0.2
Daily Offerings & Jacket Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread	56	0.6	11	2.0	0.1
Jacket Potato Plain	188	0.5	43	3.5	0.0
Jacket Potato Baked Bean Filling	46	0.1	7	5.0	0.3
Jacket Potato Cheese Filling	125	10.3	1	7.5	0.6
Jacket Potato Tuna Mayo Filling	95	4.5	1	12.5	0.6
Alternative Dessert Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Iced Fruit Smoothie	66	0.0	16	0.4	0.0
Plain Cookie	128	6.3	17	1.3	0.2
Plain Sponge	94	2.4	17	1.8	0.3
Plain Jelly	65	0.0	16	0.0	0.0
Fresh Fruit Wedges	25	0.2	6	0.5	0.0
Shortbread	185	10.3	21	2.2	0.2

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Infant, Winter24, Week 2, Day 1					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Veggie Sausages (Ve)	91	5.5	4	6.6	0.4
Gravy	10	0.1	2	0.1	0.4
Macaroni Cheese (v)	273	13	27	11.7	0.6
Mashed Potatoes - no milk	52	0.1	12	1.3	0.0
Garlic Bread	71	0.8	14	2.6	0.2
Baguette with Spread	195	4.6	34	5.3	0.6
Iced Finger Bun	148	0.9	31	4.0	0.3
Cold Option Cheese Filling (v)	125	10.3	1	7.5	0.6
Infant, Winter24, Week 2, Day 2					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Pasta Bake	291	9.4	31	18.4	0.8
Homemade Vegan Sausage Roll (Ve)	249	11.2	29	6.9	0.8
Gravy	10	0.1	2	0.1	0.4
Pasta Penne Rigate Quill (1/2 ptn)	60	0.3	12	1.9	0.0
Diced Potatoes (1/2 ptn)	36	0.1	8	0.5	0.1
Cold Options Ham Filling	75	4.4	2	7.2	0.8
Yoghurt	76	3.2	9	3.5	0.1
Bread Roll with Spread	176	5.6	28	5.0	0.4
Infant, Winter24, Week 2, Day 3					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Roast Pork	79	5.0	0	8.0	0.6
Quorn Fillet (v)	45	0.8	2	6.0	0.4
Sage & Onion Stuffing	35	0.4	8	0.9	0.4
Gravy	10	0.1	2	0.1	0.4
Roast Potatoes	87	3.9	12	1.3	0.0
Rice	117	0.6	25	2.8	0.1
Sandwich with Spread	202	5.1	29	7.4	0.7
Fresh Fruit Jelly	60	0.2	15	0.4	0.0
Cold Option Cheese Spread Filling (v)	40	2.8	1	2.4	0.3

Infant, Winter24, Week 2, Day 4					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Beef Burger	115	6.4	6	7.9	0.5
Burger Bun	112	1.3	22	4.0	0.3
Potato Wedges (1/2 ptn)	59	1.1	10	1.2	0.1
Tomato Bolognese (Ve)	84	1.0	12	6.4	0.6
Pasta Spaghetti	120	0.5	25	3.8	0.0
Cold Option Tuna Mayo Filling	90	4.0	1	12.5	0.6
Apple Strudel	229	12.3	25	3.6	0.3
Custard	68	1.3	11	2.9	0.1
Yoghurt	76	3.2	9	3.5	0.1
Bread Roll with Spread	176	5.6	28	5.0	0.4
Infant, Winter24, Week 2, Day 5					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Salmon & Sweet Potato Fishcake	120	4.8	14	4.2	0.4
Oven Chips	99	2.5	18	1.6	0.1
Tricolour Pasta	119	0.5	24	3.8	0.0
Cheese & Tomato Pizza (v)	189	8.5	19	8.6	0.7
Oven Chips (1/2 ptn)	50	1.3	9	0.8	0.1
Tricolour Pasta (1/2 ptn)	60	0.3	12	1.9	0.0
Cold Option Egg Mayo Filling (v)	101	8.0	1	6.3	0.3
Chocolate Brickwall	176	9.2	21	2.2	0.2
Bread Roll with Spread	176	5.6	28	5.0	0.4
Daily Offerings & Jacket Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread	56	0.6	11	2.0	0.1
Jacket Potato Plain	188	0.5	43	3.5	0.0
Jacket Potato Baked Bean Filling	46	0.1	7	5.0	0.3
Jacket Potato Cheese Filling	125	10.3	1	7.5	0.6
Jacket Potato Tuna Mayo Filling	95	4.5	1	12.5	0.6
Alternative Dessert Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Iced Fruit Smoothie	66	0.0	16	0.4	0.0
Plain Cookie	128	6.3	17	1.3	0.2
Plain Sponge	94	2.4	17	1.8	0.3
Plain Jelly	65	0.0	16	0.0	0.0
Fresh Fruit Wedges	25	0.2	6	0.5	0.0
Shortbread	185	10.3	21	2.2	0.2

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Infant, Winter24, Week 3, Day 1					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pork Sausages	133	9.5	4	7.2	0.8
Gravy	10	0.1	2	0.1	0.4
Mashed Potatoes - no milk	52	0.1	12	1.3	0.0
Pasta Penne Rigate Quill	120	0.5	25	3.8	0.0
Cheese Pinwheel (v)	180	11.6	12	7.0	0.5
Pasta Penne Rigate Quill (1/2 ptn)	60	0.3	12	1.9	0.0
Cold Option Tuna Mayo Filling	90	4.0	1	12.5	0.6
Chocolate Mousse	52	1.7	7	2.3	0.2
Bread Roll with Spread	176	5.6	28	5.0	0.4
Infant, Winter24, Week 3, Day 2					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Quorn Burger	53	2.1	2	5.5	0.5
Burger Bun	112	1.3	22	4.0	0.3
Potato Wedges (1/2 ptn)	59	1.1	10	1.2	0.1
Italian Pasta Bake (ve)	202	2.6	28	13.3	0.7
Herby Bread	70	0.8	14	2.5	0.2
Sandwich with Spread	202	5.1	29	7.4	0.7
Yoghurt	76	3.2	9	3.5	0.1
Cold Option Cheese Spread Filling	40	2.8	1	2.4	0.3
Infant, Winter24, Week 3, Day 3					
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	35	0.4	8	0.9	0.4
Gravy	10	0.1	2	0.1	0.4
Roast Potatoes	87	3.9	12	1.3	0.0
Wholemeal Pasta	112	0.7	21	4.0	0.0
Creamy Quorn Pie (v)	255	12.9	24	9.5	0.7
Roast Potatoes (1/2 ptn)	43	2.0	6	0.7	0.0
Wholemeal Pasta (1/2 ptn)	56	0.4	11	2.0	0.0
Cold Option Ham Filling	56	3.3	1	5.4	0.6
Fresh Fruit Jelly	60	0.2	15	0.4	0.0
Bread Roll with Spread	176	5.6	28	5.0	0.4

Infant, Winter24, Week 3, Day 4					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Beef Bolognese	131	6.7	10	7.8	0.7
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Pasta Spaghetti	120	0.5	25	3.8	0.0
Diced Potatoes	72	0.1	16	1.0	0.2
Baguette with Spread	195	4.6	34	5.3	0.6
Pear & Apple Crumble	140	6.2	19	1.9	0.1
Custard	68	1.3	11	2.9	0.1
Yoghurt	76	3.2	9	3.5	0.1
Cold Option Cheese Filling (v)	125	10.3	1	7.5	0.6
Infant, Winter24, Week 3, Day 5					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Fish Fillet Fingers	104	4.2	10	6.0	0.5
Oven Chips	99	2.5	18	1.6	0.1
Tricolour Pasta	119	0.5	24	3.8	0.0
Cheese & Tomato Pizza (v)	189	8.5	19	8.6	0.7
Oven Chips (1/2 ptn)	50	1.3	9	0.8	0.1
Tricolour Pasta (1/2 ptn)	60	0.3	12	1.9	0.0
Cold Option Egg Mayo Filling (v)	101	8.0	1	6.3	0.3
Marble Cookie	129	6.3	17	1.4	0.2
Bread Roll with Spread	176	5.6	28	5.0	0.4
Daily Offerings & Jacket Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread	56	0.6	11	2.0	0.1
Jacket Potato Plain	188	0.5	43	3.5	0.0
Jacket Potato Baked Bean Filling	46	0.1	7	5.0	0.3
Jacket Potato Cheese Filling	125	10.3	1	7.5	0.6
Jacket Potato Tuna Mayo Filling	95	4.5	1	12.5	0.6
Alternative Dessert Options					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Iced Fruit Smoothie	66	0.0	16	0.4	0.0
Plain Cookie	128	6.3	17	1.3	0.2
Plain Sponge	94	2.4	17	1.8	0.3
Plain Jelly	65	0.0	16	0.0	0.0
Fresh Fruit Wedges	25	0.2	6	0.5	0.0
Shortbread	185	10.3	21	2.2	0.2

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.	