

REVISED - CARBOHYDRATE CONTENT (per standard portion in g)

The calculation of the carbohydrate content (in gram) is based on the nutritional information of the ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausages 10 Onion Gravy 2 Creamed Potatoes 13	Creamy Chicken Curry 13 Rice 26	Roast Beef 0 Yorkshire Pudding 7 Roast Potatoes 20 or Wholemeal Pasta Choice 22	Chicken Deli Wrap 18 Potato Wedges 21	Oven Baked Battered Fish Fillet 15 Low Fat Chips 22** or Pasta Choice 26
Quorn Stir Fry with Noodles (V) 35	Cheese Slice (V) 21 Diced Potatoes 19	Vege Toad in the Hole (V) 21 Roast Potatoes 20 or Wholemeal Pasta Choice 22	Jacket Potato 36 with Baked Beans (V) 16	Cheese & Tomato Pizza (V) 21 Low Fat Chips 22** or Pasta Choice 26
Peach Sponge 23 Ice Cream 3	Mini Chocolate Brownie 11	Lemon Biscuit 30 Fruit Juice 10	Mini Shortbread Finger 13	Creamy Vanilla Rice with Fruit Coulis 17
Chicken Baguette* 34	Ham Roll* 27	Cheese Roll* 27	Tuna Roll* 26	Egg Baguette* 34

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shepherd's Pie 35	Pork Grills 6 Potato Wedges 21	Roast Chicken 2 Sage & Onion Stuffing 7 Roast Potatoes 20 or Pasta Choice 26	Bolognaise Sauce 9 Pasta 23	Salmon Fish Fingers 15 Low Fat Chips 22** or Pasta Choice 26
Quorn Nuggets (V) 16 Diced Potatoes 19	Macaroni Cheese (V) 26 Wholemeal Garlic Bread 13	Spanish Omelette (V) 3 Roast Potatoes 20 or Pasta Choice 26	Vegetarian Roll (V) 15 Potato Wedges 21	Cheese & Tomato Pizza (V) 21 Low Fat Chips 22** or Pasta Choice 26
Fruit Crumble 26 Custard 6	Mini Oat Cookie 11	Ice Cream Sandwich 13	Fruit Cheesecake 21	Chocolate & Beetroot Muffin 16
Cheese Roll* 27	Chicken Baguette* 34	Tuna Baguette* 34	Ham Roll* 27	Egg Roll* 26

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burger 2 Bun 21 Potato Wedges 21	BBQ Chicken 12 Rice 26	Roast Pork with Apple Sauce 6 Roast Potatoes 20 or Wholemeal Pasta Choice 22	Traditional Chicken Pie 26 Diced Potatoes 19	Oven Baked Fish Fingers 15 Low Fat Chips 22** or Pasta Choice 26

Vegetarian Lasagne (V) 27	Jacket Potato with Cheese (V) 35	Roast Quorn Fillet (V) 3 Roast Potatoes 20 or Wholemeal Pasta Choice 22	Vegetarian Hot Dog (V) 2 Roll 21 Diced Potatoes 19	Cheese & Tomato Pizza (V) 21 Low Fat Chips 22** or Pasta Choice 26
Chocolate Shortbread 26 Chocolate Sauce 6	Mini Sultana Cookie 19	Lemon Citrus Sponge 23 Custard 6	Scotch Pancake 21 Ice Cream 3	Golden Krispie 20 Milkshake 11
Ham Roll* 27	Tuna Roll* 26	Chicken Roll* 26	Cheese Baguette* 35	Egg Baguette* 34

**Baguette 63g: 34 CHO; Roll 70g: 26 CHO (if baked by HCL on location) However, some schools use bought in high fibre buns 50g: 23g CHO. Please check with your school cook.*

*** This CHO info refers to McCain 5% Fat Oven Chips but some schools serve McCain Delights 7/16 (18g CHO/ Portion) or McCain Signature Chips (24g CHO/ Portion). Please check with your school cook.*

The numbers in the menu are referring to total carbohydrates in grams.

Alternative dessert options available have the following Carb Counts:

Shortbread Biscuit, large 26g

Shortbread Biscuit, small 13g

Iced Fruit Smoothie 15g

Cheese and Biscuits 9g

Yoghurt - Yeo Valley Organic 9g

Fruit Jelly 13g

Fresh Fruit - Carbohydrate (g)/ 50g portion (on average):

Banana 12g

Grapes 8g

Apple 5g

Pear 5g

Orange 4g

Starchy Side Vegetables - Carbohydrate (g)/ 50g portion;

Sweetcorn 9g

Baked Beans 9g

IT IS POSSIBLE THAT PORTION SIZE AND RECIPES COULD VARY SLIGHTLY DUE TO LOCAL VARIATION. ALL APPROPRIATE PROCESSES WILL BE MANAGED BUT PLEASE NOTE THAT NO GUARANTEES CAN BE GIVEN.