

CARBOHYDRATE CONTENT - Per standard portion in gram

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
Sweet Chilli Chicken 2 Tortilla 14 Vegetable Rice (1/2 ptn) 12	Pork Sausages 10 Onion Gravy 2 Creamed Potatoes 13	Roast Chicken 2 Sage & Onion Stuffing 7 Roast Potatoes 20 or Wholemeal Pasta 21	Bolognaise Sauce 7 with Pasta 23	Fish Bites 19 with Low Fat Chips 22** or Pasta 23
Quorn Stir Fry with Noodles (V) 35	Savoury Quiche (V) 14 with Diced Potatoes 19	Roast Quorn Fillet (V) 3 Roast Potatoes 20 or Wholemeal Pasta 21	Cheese Pinwheel (V) 12 with Potato Wedges 21	Favourite Pizza (V) 21 Low Fat Chips 22** or Pasta 23
Baked Winter Berry Crunch 17 with Custard 6	Mini Shortbread Finger 13	Fruit Cheesecake 16	Steamed Lemon Sponge 22 with Custard 6	Fruit Smoothie 15
Tuna Baguette* 34	Chicken Roll* 26	Cheese Baguette* 35	Ham Roll* 27	Egg Roll* 26
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Pasta Bake 34	Beef Burger 2 Bun 21 Potato Wedges (1/2 ptn) 11	Roast Pork with Apple Sauce 6 Roast Potatoes 20 or Wholemeal Pasta 21	Minced Lamb Slice 26 with Creamed Potatoes 13	Fish Finger 10 Wrap 14 Low Fat Chips (1/2 ptn) 11** or Pasta (1/2 ptn) 11

Quorn Nuggets (V) 16 Diced Potatoes 19	Macaroni Cheese (V) 34 Wholemeal Garlic Bread 13	Vegetarian Roll (V) 15 Roast Potatoes 20 or Wholemeal Pasta 21	Jacket Potato 36 with Baked Beans (V) 16	Cheese and Tomato Pizza (V) 21 with Low Fat Chips 22** or Pasta 23
Chocolate Brickwall 23 Chocolate Sauce 6	Gingerbread Sponge Finger 15	Golden Krispie 17 Custard 6	Apple Crumble 24 Custard 6	Orange and Carrot Cupcake 21
Cheese Baguette* 35	Ham Roll* 27	Egg Roll* 26	Tuna Baguette* 34	Chicken Roll* 26
WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Grills 7 Tomato Rice 25	Lasagne 27	Roast Beef 0 Yorkshire Pudding 7 Roast Potatoes 20 or Pasta 22	Traditional Chicken Pie 26 Creamed Potatoes (1/2 ptn) 7	Bubble Coated Fish 13 Low Fat Chips 22** or Wholemeal Pasta 21
Cheese and Potato Slice (V) 20 Potato Wedges 21	Vegetable Cobbler (V) 26 Diced Potatoes (1/2 ptn) 9	Vegetarian Burrito (V) 26 Roast Potatoes (1/2 ptn) 10 or Pasta (1/2 ptn) 11	Quorn Hot Dog (V) 1 Roll 55g: 21 Potato Wedges 21	Favourite Pizza (V) 21 Low Fat Chips 22** or Wholemeal Pasta 21
Toffee Sponge 26 Custard : 6	Mini Oat Cookie 12	Strawberry Mousse 8	Pancake 21 Custard 6	Chocolate Cherry Muffin 23
Tuna Baguette* 34	Egg Roll* 26	Chicken Roll* 26	Cheese Roll* 27	Ham Baguette* 35

**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/ Full Portion) or McCain Signature Chips (24g CHO/ Full 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.