

Primary Menu Autumn Winter- 2017-18

Carbohydrate Levels

WEEK 1		
Monday	Menu item	Carbohydrate (g) per ptn
	Cheese & tomato pizza	13.2
	Pasta salad	18.6
	Sweetcorn salsa	11.0
	Quorn veggie chilli	15.0
	Jacket potato (300g)	51.6
	Mixed salad	1.7
	Flap jack	36.6
	Fresh apple slices (¼ apple)	4.2
Tuesday	Menu item	Carbohydrate (g) per ptn
	Beef bolognese sauce	11.4
	Spaghetti	42.4
	Peas	4.8
	Quorn & butternut squash curry	8.4
	Rice	30.8
	Sweetcorn	8.6
	Yoghurt selection	More than 1 option - refer to product label
Wednesday	Menu item	Carbohydrate (g) per ptn
	Roast pork	0.2
	Apple sauce	2.4
	Gravy	1.8
	Roast potatoes	19.1
	Winter greens	1.8
	Lentil cottage pie	30.9
	Carrot batons	4.4
	Fresh fruit salad	16.6
	Mint & lime stock syrup	1.5
Thursday	Menu item	Carbohydrate (g) per ptn
	BBQ chicken fillet	3.0
	Brioche bun	30.5
	Chef's salad	1.7
	Diced potatoes	18.2
	Vegetable lasagne	30.6
	Broccoli florets	3.6
	Garlic bread	24.0
	Ginger sponge	32.2
	Custard	11.9
Friday	Menu item	Carbohydrate (g) per ptn
	Breaded lemon salmon fillet	13.4
	Oven chips	29.5
	Crushed peas	4.8
	Quorn sausage & tomato roll	19.1
	Farmhouse vegetables	3.1
	Cheese & crackers	10.2
	Grapes (4-5 grapes)	3.9

VEGETABLE VALUES:

These are based on one full portion. If both vegetables on offer are selected the portion size and the carbohydrate value for each one will be halved

PLEASE NOTE:

Information regarding the carbohydrate content of dishes is provided to assist dieticians & parents calculate intake for diabetic children. This information, whilst as accurate as possible, should be considered advisory. Product labels which are available in the kitchen, should be referred to for source data. The menu may be subject to change to meet local needs

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WEEK 2		
Monday	Menu item	Carbohydrate (g) per ptn
	Penne pasta in tomato sauce	44.9
	Herby bread	24.0
	Peas	4.8
	Vegetable samosas	19.4
	Mixed salad	1.7
	Savoury rice	20.1
	Peach & coconut sponge with peach puree	20.8
	Custard	11.9
Tuesday	Menu item	Carbohydrate (g)
	Organic beef chilli	18.3
	Potato wedges	30.5
	Sweetcorn	8.6
	Sour cream (10g)	0.8
	Cheese & spinach cannelloni in tomato sauce	15.3
	Homemade bread	23.9
	Broccoli florets	3.6
	Fruit cookie	26.6
Wednesday	Menu item	Carbohydrate (g) per ptn
	Roast turkey	0.0
	Sage & onion stuffing	8.1
	Gravy	1.8
	Roast potatoes	19.1
	Broccoli florets	3.6
	Quorn fillet	4.2
	Baby carrots	3.3
	Yoghurt selection	More than 1 option - refer to product label
Thursday	Menu item	Carbohydrate (g) per ptn
	Organic pork sausage & apple slice	9.3
	Mashed potatoes	19.4
	Baked beans	10.0
	Cheese & onion potato puff	31.0
	Potato mids	17.6
	Farmhouse vegetables	3.1
	Oaty apple muffin	30.4
Friday	Menu item	Carbohydrate (g) per ptn
	Breaded pollock fillet	11.0
	Hash browns	25.7
	Peas	4.8
	Pizza swirls	21.8
	Spicy potato wedges	30.9
	Carrot batons	4.4
	Fruit & jelly	24.9
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WEEK 3

Monday	Menu item	Carbohydrate (g) per ptn
	Macaroni cheese	30.7
	Wholegrain bread	23.9
	Peas	4.8
	Potato topped vegetable & bean bake	25.5
	Farmhouse vegetables	3.1
	Butterscotch mousse	7.1
	Fresh fruit	Dependent on fruit offered
Tuesday	Menu item	Carbohydrate (g) per ptn
	Organic pork meatballs in tomato sauce	13.3
	Pasta twists	42.4
	Broccoli florets	3.6
	Cheese & egg flan	17.8
	Diced potato	18.2
	Ratatouille	6.0
	Yoghurt selection	More than 1 option - refer to product label
Wednesday	Menu item	Carbohydrate (g) per ptn
	Roast gammon	0.4
	Gravy	1.8
	Roast potatoes	19.1
	Cauliflower florets	0.7
	Winter vegetable crumble	32.0
	Green beans	3.0
	Cheese & crackers	10.2
	Fresh apple slices (¼ apple)	4.2
Thursday	Menu item	Carbohydrate (g) per ptn
	Chicken & butternut squash curry	8.0
	Rice	30.8
	Sweetcorn	8.6
	Quorn sausage patty	5.8
	Mashed potatoes	19.4
	Baked beans	10.0
	Fruit bun loaf	30.8
	Glass of milk	6.9
Friday	Menu item	Carbohydrate (g) per ptn
	Jumbo fish finger/ 3x 30g Fishfingers	10.9/16.0
	Country style potatoes	25.8
	Lemon mayonnaise	0.7
	Chef's mixed salad	1.7
	Southern style Quorn burger	9.1
	Half jacket potato (150g)	21.5
	Winter coleslaw	3.7
	Eve's pudding	38.9
	Custard	11.9
Additional Menu Items On Offer Daily		Carbohydrate (g) per ptn
	Homemade Bread	23.9
	Mixed Salad	1.7
	Yoghurt Pots	More than 1 option - refer to product label
	Fruit	Will vary depending on fruit offered

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