

CARBOHYDRATE COUNT

WEEK 1	PORTION SIZE g	CARBS PER PORTION g
MONDAY		
Chilli Con Carne & Rice with Tortilla Chips	339	51
Frittata	211	14
Vegetable Lasagne	308	57
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Sweetcorn	84	12
Peach Crumble	87	24
Custard	150	20
TUESDAY		
Beef & Mushroom Pie	210	15
Chicpea Jambalaya	360	69
Cheese, Tomato & Herb Pasta Bake sec	247	52
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Green Beans	84	10
Mashed Potato	120	21
Eton Mess	70	13
WEDNESDAY		
Roast Chicken	100	0
gravy	80	5
Roast Chicken Bap	160	25
Tomato, Spinach & Mascapone Pasta	143	49
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Sliced Carrots	84	8
broccoli	84	8
Rustic Roast Potatoes	120	25
Brownie	53	25
THURSDAY		
Sweet & sour Pork with noodles	185	39
Potato, Cauliflower and Chickpea Curry with R	312	46
Vegetable Pasta Bake	255	51
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Seasonal Vegetables	80	12
Apple Pie	111	15
Custard	150	20
FRIDAY		
Battered Fish	120	32
Chicken Goujons X 3	80	16
Bean & Beet Burger in a bun	124	29
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Baked Beans	90	12
Peas	84	14
Chips	120	31
Ice Cream	178	36

WEEK 2	PORTION SIZE g	CARBS PER PORTION g
MONDAY		
Chicken Meatballs in Tomato Sauce	147	9
Stir Fry Vegetables with Noodles	206	48
Beef Lasagne	373	57
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Green Beans	84	10
Rice	165	44
Lemon Drizzle Cake	101	38
TUESDAY		
Sausages & Onion Gravy	128	14
Falafel in Tomato Sauce & cous cous	278	54
Pasta Carbonara	235	55
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Baked Beans	90	12
Sweetcorn	84	12
Mashed Potato	120	21
Sultana Sponge	77	36
Custard	150	20
WEDNESDAY		
Roast Pork	90	0
Gravy	80	5
Squash & Bean Turnover	122	10
Roast Pork Bap	150	25
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Cauliflower	84	2
Sliced Carrots	84	8
Rustic Roast Potatoes	120	25
Summer Trifle	168	26
THURSDAY		
Chicken & Coconut Curry & Rice	282	36
Vegetable Sausage Roll	95	24
Cheesy Twists	260	68
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
broccoli	84	8
New Potatoes	120	21
Apple Crumble	122	34
Custard	150	20
FRIDAY		
Battered Fish	120	32
Jumbo Sausage	100	13
Quiche - Cheese & pepper	155	21
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Baked Beans	90	12
Peas	84	14
Chips	120	31
Flapjack with Fruit	54	27

WEEK 3	PORTION SIZE g	CARBS PER PORTION g
MONDAY		
Chicken Jambalaya	301	61
Vegetable & Bean Wrap	213	15
Macaroni Cheese	260	68
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Green Beans	84	10
Iced Mandarin Sponge	114	37
TUESDAY		
Beef Curry with Rice	310	46
Stuffed Sweet Potato	242	13
Tomato & Herb Pasta	229	49
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Sweetcorn	84	12
Chocolate Sponge & Chocolate Sauce sec	191	43
WEDNESDAY		
Roast Gammon	90	0
Gravy	80	5
Quornish Pasty	135	5
Roast Gammon Bap	150	25
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Sliced Carrots	84	8
Cabbage	80	2
Rustic Roast Potatoes	120	25
Cheese Cake	70	36
THURSDAY		
Chicken & Vegetable Pie	204	12
Mediterranean Pasta	229	51
Mushroom Risotto	376	51
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
broccoli	84	8
New Potatoes	120	21
Choc Orange Trifle	156	25
FRIDAY		
Battered Fish	120	32
Pizza - Vegetable	98	23
Bean & Rice Burrito	340	38
Jacket Potatoes and Cheese/Beans/Tuna	285/340/340	43/55/44
Peas	84	14
Baked Beans	90	12
Chips	120	31
Apricot Cookie	46	27