MENU ITEMS FOR CARB COUNTS

Jun-21

Main	value	Vegetarian opt	value	Side	value	veg	value	Dessert	value
Chicken & Leek Casserole	5g	Quorn & Leek Casserole	5g	Garlic Bread	6g	Peas	4g	Oat cookie	25g
Roast Gammon	0	Carrot & Lentil Bake	21g	Creamed Pots (per scoop)	10g	Sweetcorn	11g	Chocolate Cake	22g
Meatballs (2g each)	4g	Quorn Meatloaf	8g	Roast Pots (120g)	32g	Broccoli	0g	Raspberry Bun	23g
Fish Fingers (3g each)	9g	Curried Vegetable Pasty	22g	Pasta (100g cooked)	30g	Mixed Veg	4g	Iced Carrot Cake	24g
Vinegar Infused Fish	12g	Quorn Sausage	5g	Chips	25g	Cabbage	1g	Raspberry Ripple Mousse	20g
Pizza	26g	Veggie Nuggets	8g	Wedges	24g	Carrots	2g	Shortbread Biscuit	28g
Sausages (2g each)	4g	Quorn Bolognese	10g	Tidgy Pud	2g	Green Beans	1g	Rice Krispie Cake	18g
Roast Turkey	0	Cheese Puff	20g	Herby Diced Pots	25g	Baked Beans	9g	Chocolate Krispie Cake	18g
Bolognese	10g	Veggie Sausage Roll	25g	Gravy	4g	Brussel sprouts	1g	Fruit jelly	12g
Sausage Roll	25g	Winter Veg Bake	10g	Pastry Top (1/4 square)	5g	Cauliflower	1g	Lemon Drizzle Cake	34g
Chicken Thigh	0	Savoury Minced Quorn	10g	Ketchup (per tsp)	5g			Flapjack	25g
Savoury Mince	15g	Mac n cheese	30g	Stuffing	5g			Banana Cake	25g
Cottage Pie	25g	Spicy Tomato Pasta	30g	Pig in blanket	3g			Marble Sponge	20g
Chicken Tacos	9g	Mexican Bean Wrap	28g	Savoury Rice	30g			Shrewsbury Biscuit	28g
Roast Pork	0	Quorn Cotage Pie	20g	Apple Sauce	5g			Fruit Smoothie	15g
Southern Style Chicken Chunks	15g	Veggie Tacos	9g	Crushed new potatoes	20g			Chocolate Yule Log	34g
Lasagne	25g	Veggie Nachos	9g					Angel Delight	8g
Battered Chicken Steak	12g	Roasteed Vegetable Pasta Bake	25g					Gooey chocolate Biscuit	25g
		Quorn & Veg Pie	10g					Chocolate Brownie	25g
		Jackeet Potato	30g					Jam Sponge	26g
		Veggie Sausages (13g each)	26g						
		Crunchy Veg Crumble	17g						
		Baked Chesse & Veg Wrap	28g						
		Falafel	16g						