

F+ Autumn & Winter 2026-2027 Carbohydrate Count

Group	Menu Item	Recipe Code	Carb Count (g)
Mains	Booths British Beef & Pork Burger in a Bun	Fplus133	22.5
Mains	Booths Pork Sausages, Yorkshire Pudd & Gravy (KS1)	Fplus330	14.0
Mains	Booths Pork Sausages, Yorkshire Pudd & Gravy (KS2)	Fplus466	16.2
Mains	Brunch Pork Sausage & Omelette KS1	FPlus85	4.9
Mains	Brunch Pork Sausage & Omelette KS2	FPlus86	5.3
Mains	Harry Ramsden's Crispy Battered Fish	FPlus52	16.8
Mains	Homemade Chicken Korma Curry	FPlus68	10.1
Mains	Homemade Chicken Tikka Curry	FPlus67	12.2
Mains	Hunters Style Chicken	Fplus530	3.8
Mains	Mild Fajita Chicken Tortilla	FPlus671	20.2
Mains	MSC Fish Fingers & Mayonnaise (KS1)	FPlus272	15.2
Mains	MSC Fish Fingers & Mayonnaise (KS2)	Fplus273	23.0
Mains	MSC Fish Fingers & Tomato Ketchup (KS1)	FPlus01	17.0
Mains	MSC Fish Fingers & Tomato Ketchup (KS2)	FPlus02	26.5
Mains	Roast Chicken & Gravy	FPlus49	2.8
Mains	Roast Gammon, Yorkshire Pudding & Gravy	Fplus322	10.4
Mains	Roast Vegetable Panini Melt	FPlus675	26.1
Mains	Savoury Mince & Yorkshire Pudding	FPlus471	18.5
Mains	Spaghetti Bolognaise	FPlus99	43.4
VegMain	Brunch Quorn Sausage & Omelette KS1	FPlus87	3.4
VegMain	Brunch Quorn Sausage & Omelette KS2	FPlus88	3.8
VegMain	Crispy Crumb Vegetable Burger in a Bun	FPlus285	44.5
VegMain	Homemade Quorn Korma Curry	Fplus112	12.2
VegMain	Homemade Quorn Tikka Curry	FPlus111	13.2
VegMain	Hunters Style Quorn Fillet	FPlus680	3.7
VegMain	Mild Fajita Quorn Tortilla	Fplus672	19.7
VegMain	Quorn Spaghetti Bolognaise	FPlus110	44.5
VegMain	Roast Quorn Fillet & Gravy	FPlus50	2.7
VegMain	Savoury Quorn Mince & Yorkshire Pudding	FPlus472	19.6
VegMain	Vegetable Fingers & Mayonnaise (KS1)	FPlus370	14.0
VegMain	Vegetable Fingers & Mayonnaise (KS2)	Fplus376	21.1
VegMain	Vegetable Fingers & Tomato Ketchup (KS1)	FPlus323	14.3
VegMain	Vegetable Fingers & Tomato Ketchup (KS2)	Fplus375	22.0
VegMain	Vegetarian Meatballs, Yorkshire Pudding & Gravy	Fplus431	10.1
VegMain	Vegetarian Sausage, Yorkshire Pudding & Gravy (KS1)	Fplus331	13.0
VegMain	Vegetarian Sausage, Yorkshire Pudding & Gravy (KS2)	Fplus385	15.8
Alter	Cheddar Cheese Whirl	FPlus97	28.1
Alter	Harry Ramsden's Salmon & Sweet Potato Fishcake	Fplus444	14.2
Alter	Homemade Pizza Margherita	FPlus03	28.6
Alter	Lancashire Butter Pie & Cheese	FPlus42	42.3
Alter	Pasta Spirals & Homemade Tomato Sauce	Fplus682	44.2
Alter	Pasta Spirals, Homemade Tomato Sauce & Cheese	FPlus681	44.4
Alter	Pasta Tubes & Homemade Tomato Sauce	FPlus679	44.2
Alter	Pasta Tubes, Homemade Tomato Sauce & Cheese	FPlus678	44.4
Alter	Pasta Twists & Homemade Tomato Sauce	Fplus677	44.2
Alter	Pasta Twists, Homemade Tomato Sauce & Cheese	FPlus660	44.4

Group	Menu Item	Recipe Code	Carb Count (g)
Alter	Tomato & Mascarpone Pasta	FPlus51	40.3
Alter	Vegetable & Cheese Quesadilla	FPlus44	18.3
Alter	Vegetable & Chickpea Curry	FPlus69	22.5
Alter	Vegetarian Sausage Roll & Tomato Ketchup	FPlus62	19.3
Jkts	Jacket Potato with Baked Beans	FPlus23	46.6
Jkts	Jacket Potato with Baked Beans & Cheese	FPlus26	47.1
Jkts	Jacket Potato with Cheese	FPlus24	39.1
Jkts	Jacket Potato with Tuna Mayo	FPlus25	38.9
Jkts	Jacket Potato with Tuna Mayo & Cheese	FPlus27	39.2
Sand	Cheese Sandwich White Bread	FPlus58	31.4
Sand	Cheese Sandwich Wholemeal Bread	FPlus59	28.6
Sand	Ham Sandwich White Bread	FPlus54	31.0
Sand	Ham Sandwich Wholemeal Bread	FPlus55	28.2
Sand	Tuna Mayo Sandwich White Bread	FPlus56	31.0
Sand	Tuna Mayo Sandwich Wholemeal Bread	FPlus57	30.8
Carb	Baked Baby New Potatoes	Fplus327	16.1
Carb	Creamy Mashed Potatoes	FPlus94	18.0
Carb	Crispy Diced Potatoes	FPlus90	27.0
Carb	Herby Potatoes	FPlus45	27.0
Carb	Jacket Potato Wedges	Fplus328	27.0
Carb	Mexican Style Rice	Fplus625	29.0
Carb	Mixed Rice	FPlus29	28.7
Carb	Oven Baked Chips	FPlus10	21.0
Carb	Paprika Potatoes	FPlus36	27.2
Carb	Rainbow Vegetable Rice	Fplus263	40.7
Carb	Roast Potatoes	FPlus73	17.2
Carb	Sage & Onion Stuffing	FPlus105	10.5
Carb	Tortilla Chips	FPlus64	15.5
Veg	Carrots Batons Half Ptn	FPlus47	2.3
Veg	Garden Peas & Sweetcorn	FPlus78	5.8
Veg	Garden Peas Full Ptn	FPlus12	6.4
Veg	Green Beans	FPlus95	1.9
Veg	Homemade Coleslaw	Fplus409	3.3
Veg	Mixed Rice	FPlus29	28.7
Veg	Mixed Vegetable Medley	Fplus313	4.1
Veg	Mushy Peas	FPlus60	8.7
Veg	Reduced Sugar Baked Beans	FPlus13	7.9
Veg	Salad Selection	FPlus15	1.2
Veg	Sweetcorn Full Ptn	FPlus38	4.9
Veg	Vegetable Sticks & Dips	FPlus14	3.2
Veg	Winter Cabbage Half Ptn	FPlus74	1.0
Dessert	Caramel Mousse	Fplus379	7.4
Dessert	Chocolate Cookie	FPlus61	24.7
Dessert	Chocolate Mousse	Fplus359	7.1
Dessert	Cocoa Krispie Cakes	FPlus16	16.6
Dessert	Creamy Rice Pudding and Mixed Berries	FPlus676	23.4
Dessert	Custard	FPlus66	12.3
Dessert	Fruit Selection 1	FPlus18	4.8

Group	Menu Item	Recipe Code	Carb Count (g)
Dessert	Fruit Selection 2	FPlus686	3.8
Dessert	Fruity Flapjack	Fplus473	30.4
Dessert	Lemon Cupcake	Fplus683	21.1
Dessert	Lemon Shortbread	FPlus653	26.0
Dessert	Low Sugar Orange Jelly	FPlus254	9.8
Dessert	Low Sugar Raspberry Jelly	FPlus102	9.8
Dessert	Low Sugar Strawberry Jelly	FPlus17	9.8
Dessert	Marble Shortbread Biscuits	Fplus310	24.9
Dessert	Mixed Fruit Medley	Fplus360	5.5
Dessert	Oat & Cherry Cookie	FPlus669	23.4
Dessert	Oaty Fruit Crunch	FPlus674	13.7
Dessert	Shortbread Biscuit	Fplus418	25.5
Dessert	Sticky Toffee Cupcake	FPlus321	18.9
Dessert	Strawberry Mousse	Fplus374	7.4
Dessert	Strawberry Yoghurt	FPlus32	8.6
Bread	Homemade 50/50 Bread Basket	FPlus19	29.4
Bread	Homemade 50/50 Dough Balls	FPlus41	22.2
Bread	Homemade 50/50 Garlic Bread	Fplus391	22.2
Bread	Homemade 50/50 Herby Bread	FPlus71	29.4
Bread	Naan Bread	FPlus72	12.8
Drinks	Fresh Milk Primary	FPlus20	7.1