

## F+ Spring & Summer 2026 Carbohydrate Count

| Group   | Menu Item                                          | Recipe Code | Carb Count (g) |
|---------|----------------------------------------------------|-------------|----------------|
| Mains   | BBQ Pulled Pork Burrito                            | Fplus260    | 18.8           |
| Mains   | Beef Chilli Nachos Bake                            | Fplus464    | 20.6           |
| 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   | Chicken Balti Curry                                | Fplus574    | 12.3           |
| Mains   | Harry Ramsden's Crispy Battered Fish               | FPlus52     | 16.8           |
| Mains   | Harry Ramsden's Salmon & Sweet Potato Fishcake     | Fplus444    | 14.2           |
| Mains   | Homemade Chicken Tikka Curry                       | FPlus67     | 12.2           |
| Mains   | Honey Gammon & Pineapple                           | FPlus578    | 8.0            |
| Mains   | Mild Piri Piri Chicken Pitta Pocket                | FPlus590    | 20.0           |
| 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     | 16.1           |
| Mains   | MSC Fish Fingers & Tomato Ketchup (KS2)            | FPlus02     | 24.7           |
| Mains   | Pork Sausage Hotdog, Crispy Onions & Ketchup       | FPlus204    | 34.1           |
| Mains   | Roast Chicken & Gravy                              | FPlus49     | 2.5            |
| Mains   | Southern Style Chicken Goujon Wrap                 | FPlus552    | 23.4           |
| VegMain | BBQ Quorn Burrito                                  | FPlus577    | 19.7           |
| VegMain | Crispy Vegetable Finger Wrap                       | Fplus593    | 29.6           |
| VegMain | Mild Piri Piri Quorn Pitta Pocket                  | Fplus596    | 20.1           |
| VegMain | Plant Based Meatballs in BBQ Sauce                 | FPlus591    | 6.4            |
| VegMain | Quorn Balti Curry                                  | FPlus575    | 16.5           |
| VegMain | Quorn Burger in a Bun                              | Fplus134    | 21.9           |
| VegMain | Quorn Chilli Nacho Bake                            | Fplus555    | 25.2           |
| VegMain | Roast Quorn Fillet & Gravy                         | FPlus50     | 2.7            |
| VegMain | Vegetable Fingers & Mayonnaise (KS1)               | FPlus370    | 14.0           |
| VegMain | Vegetable Fingers & Mayonnaise (KS2)               | Fplus376    | 21.1           |
| VegMain | Vegetable Fingers & Tomato Ketchup (KS1)           | FPlus323    | 14.8           |

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| Group   | Menu Item                                                   | Recipe Code | Carb Count (g) |
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| VegMain | Vegetable Fingers & Tomato Ketchup (KS2)                    | Fplus375    | 22.9           |
| VegMain | Vegetable Tikka Curry                                       | Fplus365    | 23.7           |
| VegMain | Vegetarian Hotdog, Crispy Onions & Ketchup                  | Fplus319    | 34.5           |
| VegMain | Vegetarian Sausage Roll & Tomato Ketchup                    | FPlus62     | 19.3           |
| VegMain | Vegetarian Sausage, Yorkshire Pudding & Gravy (KS1)         | Fplus331    | 12.4           |
| VegMain | Vegetarian Sausage, Yorkshire Pudding & Gravy (KS2)         | Fplus385    | 15.2           |
| Alter   | Cheddar Cheese Flan                                         | Fplus326    | 22.9           |
| Alter   | Cheddar Cheese Whirl                                        | FPlus97     | 27.7           |
| Alter   | Homemade Pizza Margherita                                   | FPlus03     | 28.6           |
| Alter   | Loaded Potato Wedges with Cheese, BBQ Beans & Crispy Onions | Fplus589    | 53.2           |
| Alter   | Macaroni & Cheese Bake                                      | FPlus474    | 47.4           |
| Alter   | Pasta Spirals & Tomato Sauce                                | FPlus606    | 40.0           |
| Alter   | Pasta Spirals & Tomato Sauce with Cheese                    | Fplus77     | 40.2           |
| Alter   | Pasta Tube & Tomato Sauce                                   | FPlus340    | 40.0           |
| Alter   | Pasta Tubes & Tomato Sauce with Cheese                      | FPlus605    | 40.2           |
| Alter   | Pasta Twists & Tomato Sauce                                 | FPlus607    | 40.0           |
| Alter   | Pasta Twists & Tomato Sauce with Cheese                     | Fplus35     | 40.2           |
| Alter   | Summer Picnic- Cheese Sandwich & Veg Sausage Roll           | FPlus482    | 26.3           |
| Alter   | Summer Picnic- Ham Sandwich & Veg Sausage Roll              | FPlus481    | 26.3           |
| Alter   | Summer Picnic- Tuna Sandwich & Veg Sausage Roll             | Fplus297    | 26.3           |
| Alter   | Tomato & Mascarpone Pasta                                   | FPlus51     | 40.2           |
| Jkts    | Jacket Potato with Baked Beans                              | FPlus23     | 46.3           |
| Jkts    | Jacket Potato with Baked Beans & Cheese                     | FPlus26     | 45.0           |
| Jkts    | Jacket Potato with Cheese                                   | FPlus24     | 38.6           |
| Jkts    | Jacket Potato with Tuna Mayo                                | FPlus25     | 38.8           |
| Jkts    | Jacket Potato with Tuna Mayo & Cheese                       | FPlus27     | 38.7           |
| Sand    | Cheese Sandwich White Bread                                 | FPlus58     | 30.8           |
| Sand    | Cheese Sandwich Wholemeal Bread                             | FPlus59     | 28.1           |
| Sand    | Ham Sandwich White Bread                                    | FPlus54     | 31.0           |

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| Sand  | Ham Sandwich Wholemeal Bread       | FPlus55     | 28.2           |
| Sand  | Tuna Mayo Sandwich White Bread     | FPlus56     | 31.0           |
| Sand  | Tuna Mayo Sandwich Wholemeal Bread | FPlus57     | 28.2           |
| Carb  | Baked Baby New Potatoes            | Fplus327    | 16.1           |
| Carb  | Creamy Mashed Potatoes             | FPlus94     | 18.0           |
| Carb  | Hash Brown/Rosti Bites             | Fplus440    | 19.2           |
| Carb  | Herby Potatoes                     | FPlus45     | 27.0           |
| Carb  | Mixed Rice                         | FPlus29     | 28.7           |
| Carb  | Mixed Rice Half Ptn                | FPlus70     | 23.8           |
| Carb  | Oven Baked Chips                   | FPlus10     | 21.0           |
| Carb  | Paprika Potatoes                   | FPlus36     | 27.2           |
| Carb  | Rainbow Vegetable Pasta Salad      | Fplus292    | 21.2           |
| Carb  | Rainbow Vegetable Rice             | Fplus263    | 40.7           |
| Carb  | Reduced Sugar Baked Beans          | FPlus13     | 7.8            |
| Carb  | Roast Potatoes                     | FPlus73     | 17.2           |
| Carb  | Sunshine Rice                      | Fplus597    | 25.5           |
| Carb  | Tortilla Chips                     | FPlus64     | 15.5           |
| Veg   | BBQ Beans                          | Fplus584    | 9.9            |
| Veg   | Carrots Batons Half Ptn            | FPlus47     | 1.5            |
| Veg   | Garden Peas & Sweetcorn            | FPlus78     | 5.8            |
| Veg   | Garden Peas Full Ptn               | FPlus12     | 6.4            |
| Veg   | Mixed Vegetable Medley             | Fplus313    | 4.3            |
| Veg   | Mushy Peas                         | FPlus60     | 8.7            |
| Veg   | Reduced Sugar Baked Beans          | FPlus13     | 7.8            |
| Veg   | Salad Bar                          | FPlus15     | 1.8            |
| Veg   | Spring Cabbage Half Ptn            | Fplus332    | 0.7            |
| Veg   | Sweetcorn & Pepper Medley          | FPlus456    | 4.3            |
| Veg   | Sweetcorn Full Ptn                 | FPlus38     | 4.9            |
| Veg   | Vegetable Sticks & Dips            | FPlus14     | 2.6            |

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| Group   | Menu Item                               | Recipe Code | Carb Count (g) |
|---------|-----------------------------------------|-------------|----------------|
| Dessert | Caramel Mousse                          | Fplus379    | 7.4            |
| Dessert | Chocolate Cookie                        | FPlus61     | 24.7           |
| Dessert | Chocolate Mousse                        | Fplus359    | 7.1            |
| Dessert | Cocoa Krispie Cakes                     | FPlus16     | 16.7           |
| Dessert | Fruit Bar                               | FPlus18     | 6.3            |
| Dessert | Fruity Flapjack                         | Fplus473    | 30.6           |
| Dessert | Lemon Cookie                            | FPlus39     | 19.3           |
| 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 | Marble Sponge Traybake & Toffee Drizzle | Fplus353    | 34.7           |
| Dessert | Mixed Fruit Medley                      | Fplus360    | 6.7            |
| Dessert | Orange Wedges                           | FPlus80     | 1.8            |
| Dessert | Paris/Jam Slice                         | Fplus491    | 33.7           |
| Dessert | Raspberry Bun                           | FPlus75     | 29.5           |
| Dessert | Shortbread Biscuit                      | Fplus418    | 25.5           |
| Dessert | Sticky Toffee Cupcake                   | FPlus321    | 18.9           |
| Dessert | Strawberry Mousse                       | Fplus374    | 7.4            |
| Dessert | Strawberry Yoghurt                      | FPlus32     | 11.0           |
| Dessert | Vanilla Ice Cream & Dessert Sauce       | Fplus352    | 22.2           |
| Bread   | Homemade 50/50 Bread Basket             | FPlus19     | 29.4           |
| Bread   | Homemade 50/50 Herby Bread              | FPlus71     | 29.4           |
| Bread   | Homemade Dough Balls                    | FPlus41     | 22.3           |
| Bread   | Naan Bread                              | FPlus72     | 12.8           |
| Drinks  | Chocolate Milkshake                     | Fplus586    | 12.1           |
| Drinks  | Fresh Milk Primary                      | FPlus20     | 7.1            |

**The Carb Counts are Per Portion and are based on the Published Menus, Recipes & Production Sheets**