

PRIMARY CARB COUNT Nov 25 - March 26

WEEK 1			
	PORTION Gram	CARBS PER PORTION Gram	CARBS PER GRAM
Monday			
Chicken pie	166	13	0.08
Mushroom & lentil Stew	132	18	0.14
Pesto & Pea Penne	250	49	0.20
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Crushed Potato	120	20	0.17
Carrots	42	4	0.10
Cauliflower	42	1	0.02
Bread	16	8	0.50
Strawberry Mousse	75	12	0.16
Mr Nourish Biscuit	40	22	0.55
Fruit Pots	100	15	0.15
Tuesday			
Margherita Pizza	74	17	0.23
Bean Biryani	215	38	0.18
Cheesy pasta Twists	259	47	0.18
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Rainbow Pasta	119	30	0.25
Seasonal Vegetables	40	4	0.10
Bread	16	8	0.50
Toffee Apple Pudding	109	35	0.32
Custard	120	16	0.13
Mr Nourish Biscuit	40	22	0.55
Fruit Pots	100	15	0.15
Wednesday			
Roast Gammon/Turkey	60	0	0.00
Gravy	86	4	0.05
Broccoli Tot	105	17	0.16
Arrabiata Pasta	250	47	0.19
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00

Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Rustic Roast Potatoes 100g raw	70	17	0.24
Cabbage	40	2	0.05
Peas	42	4	0.10
Bread	16	8	0.50
Fruit Jelly	109	14	0.13
Plain Jelly	118	6	0.14
Mr Nourish Biscuit	40	22	0.55
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15
Thursday			
Bolognese Pasta Bake	330	52	0.16
Loaded Cajun Bean Wedges	191	25	0.13
Red Pesto Pasta	135	46	0.34
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Green Beans	42	2	0.05
Bread	16	8	0.50
Parsnip Brownie	59	27	0.46
Mr Nourish Biscuit	40	22	0.55
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15
Friday			
Sausage	1inf/2jun	7/14	7g each
vegetable sausage - homemade	104	18	0.17
Cheese & Tomato Pasta	286	44	0.15
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Chips 100g raw	70	21	0.30
Sweetcorn	42	7	0.17
Baked Beans	62	9	0.15
Bread	16	8	0.46
Oaty Biscuit	44	27	0.61
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15

All weights are an estimate of the cooked dish as equipment and

cooking times may vary.

The carbohydrate information is based upon product data supplied by manufacturers and suppliers and is calculated using Saffron software. Information is therefore approximate and may change during the menu cycle.

WEEK 2			
	PORTION Gram	CARBS PER PORTION Gram	CARBS PER GRAM
Monday			
Carribean Brown Chicken	156	8	0.05
Chick Pea Jambalaya	235	44	0.19
Tomato Spaghetti	240	42	0.18
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Rice	105	29	0.28
Carrots	42	4	0.10
Peas	42	4	0.10
Bread	16	8	0.50
Chocolate Ice Cream	67	12	0.18
Mr Nourish Biscuit	40	22	0.55
Fruit Pots	100	15	0.15
Tuesday			
Cheese & Broccoli Pasta	260	51	0.20
Buffalo Cauliflower Wings	154	20	0.13
Tomato & Sweetcorn Pasta	250	42	0.17
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Baked Wedges 100g Raw	70	20	0.29
Seasonal Vegetables	40	4	0.10
Bread	16	8	0.50
plum pudding	93	35	0.38
Custard	120	16	0.13
Mr Nourish Biscuit	40	22	0.55
Fruit Pots	100	15	0.15
Wednesday			
Roast Chicken	60	0	0.00
Gravy	86	4	0.05
Ratatouille Puff	87	13	0.15
Cheesy pasta Twists	259	47	0.18
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00

Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Rustic Roast Potatoes 100g raw	70	17	0.24
Carrots	42	4	0.10
Broccoli	40	1	0.03
Bread	16	8	0.50
Crispy Cake	31	18	0.58
Mr Nourish Biscuit	40	22	0.55
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15
Thursday			
Beef/Chicken Stew & Dumpling	305	47	0.15
Falafel Burger	80+bun	32	
Pesto Pasta Bake	155	45	0.29
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Baked Wedges 100g Raw	70	20	0.29
Seasonal Vegetables	40	4	0.10
Bread	16	8	0.50
Apple & Cinnamon Pinwheel	57	15	0.26
Mr Nourish Biscuit	40	22	0.55
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15
Friday			
Salmon Bites	112	8	0.07
Margherita Pizza	74	17	0.23
Herby Tomato Pasta	240	42	0.18
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Chips 100g raw	70	21	0.30
Peas	42	4	0.10
Bread	16	8	0.46
Marble Cookie	40	22	0.55
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15

FRUIT POT AVERAGES			
Banana whole	118	27	0.23
Orange whole	131	15	0.11

apple whole	182	25	0.14
Watermelon no skin	100	7	0.07
Honeydew no skin	100	11	0.11
Grapes	80	14	0.18

WEEK 3			
	PORTION Gram	CARBS PER PORTION Gram	CARBS PER GRAM
Monday			
Macaroni Cheese	259	47	0.18
Sweet Potato & Chick Pea Curry	169	16	0.09
Tomato Spaghetti	240	42	0.18
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Rice	105	29	0.28
Green Beans	42	2	0.05
Bread	16	8	0.50
Peach Crumble	72	25	0.35
Custard	120	16	0.13
Mr Nourish Biscuit	40	22	0.55
Fruit Pots	100	15	0.15
Tuesday			
Chicken Noodles	229	37	0.16
BBQ Veg burrito	191	44	0.23
Pesto & Pea Penne	250	49	0.20
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Sweetcorn	42	7	0.17
Bread	16	8	0.50
Chocolate Rice Pudding	113	18	0.16
Mr Nourish Biscuit	40	22	0.55
Fruit Pots	100	15	0.15
Wednesday			
Roast Pork	60	0	0.00
Gravy	86	4	0.05
Vegan Sausage Roll	69	21	0.30
Cauliflower Cheese Pasta	260	50	0.19
Savoury Mince & Yorkie	142	12	0.08
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00

Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Rustic Roast Potatoes 100g raw	70	17	0.24
Carrots	42	4	0.10
Green Beans	42	2	0.05
Bread	16	8	0.50
Fruit Jelly	109	14	0.13
Plain Jelly	118	6	0.14
Mr Nourish Biscuit	40	22	0.55
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15
Thursday			
Cottage Pie	256	23	0.09
Butternut Squash Risotto	372	51	0.14
Herby Tomato Pasta	240	42	0.18
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Cauliflower	42	1	0.02
Broccoli	40	1	0.03
Bread	16	8	0.50
Mr Nourish Biscuit	40	22	0.55
Beetroot Cake	81	36	0.44
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15
Friday			
Fish Fingers	2inf/3jun	9/14	4.6g per finger
Cheese, Carrot & Tomato Swirl	70	15	0.21
Tomato & Sweetcorn Pasta	250	42	0.17
Jacket Potato (raw = 188g)	132	32	0.24
Cheese topping	20	0	0.00
Beans topping	62	8	0.13
Tuna Mayonnaise Topping	70	1	0.01
Chips 100g raw	70	21	0.30
Peas	42	4	0.10
Baked Beans	62	9	0.15
Bread	16	8	0.46
Caramel Flapjack	42	24	0.57
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15