

PRIMARY CARB COUNT Apr 26 - October 26

WEEK 1			
	PORTION Gram	CARBS PER PORTION Gram	CARBS PER GRAM
Monday			
Beef Bolognese Pasta	268	39	0.15
Cheese & Pesto Swirl	66	16	0.24
Mediterranean Pasta	241	40	6.03
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
Baked Wedges (raw weight 100g)	70	17	0.24
Seasonal Vegetables	42	5	0.12
Bread	16	8	0.50
Ice Cream	67	12	0.18
Mr Nourish Biscuit	40	22	0.55
Fruit Pots	100	15	0.15
Tuesday			
Macaroni Cheese	259	47	0.18
Chick Pea & Spinach Biryani	235	43	0.18
Tomato & Sweetcorn Pasta	256	43	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
Carrots	40	4	0.10
Bread	16	8	0.50
Toffee Tart	61	23	0.38
Custard	120	16	0.13
Mr Nourish Biscuit	40	22	0.55
Fruit Pots	100	15	0.15
Wednesday			
Roast Chicken/Gammon	60	0	0.00
Gravy	86	4	0.05
Meatfree Meatballs	79	8	0.10
Pesto Pasta Bake	160	47	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
Rustic Roast Potatoes 100g raw	70	17	0.24
Cabbage	40	2	0.05
Swede	42	4	10.50
Bread	16	8	0.14
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			
Chicken Korma	140	4	0.03
Sweet Potato & Lentil Curry	139	19	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
Green Beans	42	2	0.05
Rice	105	29	0.28
Carrots	42	4	0.10
Bread	16	8	0.50
Chocolate Orange Cake	69	28	0.41
Mr Nourish Biscuit	40	22	0.55
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15
Friday			
Fish Fingers	2inf/3jun	9/14	4.6g per finger
Wrap Stack	68	17	0.25
Cheesy Fusilli	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
Chips 100g raw	70	21	0.30
Sweetcorn	42	7	0.17
Baked Beans	62	9	0.15
Bread	16	8	0.46
Lemon Drizzle Biscuit	42	23	0.55
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			
Cheesy Cauliflower Pasta	260	50	0.19
Vegetable Burger in a Bun	129	32	0.25
Tomato & Herb 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
Carrots	42	4	0.10
Peas	42	4	0.10
Bread	16	8	0.50
Honey Cake	68	37	0.54
Custard	120	16	0.13
Mr Nourish Biscuit	40	22	0.55
Fruit Pots	100	15	0.15
Tuesday			
Minced Beef Curry	152	6	0.04
Sweet & Sour Vegetables	95	7	0.07
Pesto & Pea Pasta	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
Rice	105	29	0.28
Seasonal Vegetables	40	4	0.10
Bread	16	8	0.50
Summer Trifle	105	19	0.18
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
Samosa Puff	155	30	0.19
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
Cornflake Cookie	40	25	0.63
Mr Nourish Biscuit	40	22	0.55
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15
Thursday			
Chicken Fajita	129	17	0.13
Vegetable & Bean Fajita	137	25	0.18
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
Baked Wedges 100g Raw	70	20	0.29
Rice	105	29	0.28
Tomato salsa	40	1	0.03
Bread	16	8	0.50
Green Beans	42	2	0.05
Carrot & Orange Cake	92	35	0.38
Mr Nourish Biscuit	40	22	0.55
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15
Friday			
Salmon Fish Cake	1cake	12	
Margherita Pizza	74	17	0.23
Cheese & Broccoli Pasta	260	50	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
Chips 100g raw	70	21	0.30
Peas	42	4	0.10
Bread	16	8	0.46
Oaty Biscuit	44	27	0.61
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			
Mild Chilli Beef	139	7	0.05
Bean Chilli	142	12	0.08
Toamto & herb Penne 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
Rice	105	29	0.28
Peas	42	4	0.10
Bread	16	8	0.50
Jam Roly Poly	45	24	0.53
Custard	120	16	0.13
Mr Nourish Biscuit	40	22	0.55
Fruit Pots	100	15	0.15
Tuesday			
Chicken Pie	166	13	0.08
Vegetable Stir Fried Noodles	187	44	0.24
Arrabiatta 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
Crushed Potatoes	100	20	0.20
Seasonal Vegetables	42	4	0.10
Bread	16	8	0.50
Ice Cream	67	12	0.18
Mr Nourish Biscuit	40	22	0.55
Fruit Pots	100	15	0.15
Wednesday			
Chicken/Pork Sausage	1 saus	1	
Bacon	1 rasher	0	
Vegetable Sausage	1 x 50g	11	
Pesto & Pea Pasta	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
Brunch Hash Potatoes 108g raw	80	18	0.23
Baked Beans	62	8	0.13
Mushrooms & Tomatoes	40	1	0.03
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			
Margherita Pizza	74	17	0.23
Loaded Cajun Bean Wedges	162	27	0.17
Cheesy Fusilli	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 Rice	119	29	0.24
Sweetcorn	42	7	0.17
Bread	16	8	0.50
Mr Nourish Biscuit	40	22	0.55
Sultana 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 & Bean Parcel	103	22	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 Cookie	35	21	0.60
Yoghurt	81	10	0.12
Fruit Pots	100	15	0.15