

Primary Menu Spring Summer 2024 Carbohydrate Levels

		Junior/Infant		Infants	
Menu Item		Ptn Size	Carb g/ptn	Ptn Size	Carb g/ptn
MEAT/FISH	Pork Sausages	84g (3 x 28g)	6g	56g (2 x 28g)	4g
	Roast Chicken	50g	0g		
	Chicken Korma Curry	127g	6g		
	Harry Ramsden's Fish	60g	9g		
	Chicken and Sweetcorn Meatballs in Tomato Sauce	100g 4 meatballs	5g	75g 3 meatballs	4g
	Roast Gammon	50g	0g		
	Fruity Caribbean Chicken	60g	2g		
	Fish Fingers	90g (3 x 30g)	22g	60g (2 x 30g)	14g
	Italian Style Chicken Goujons	60g (2 x 30g)	9g		
	Beef Lasagne	106g	14g		
VEGETARIAN	Cheese and Tomato Pizza	79g	16g	69g	12g
	Cheese and Five Bean Tomato Pasta	110g	46g		
	Quorn Sausage	50g	4g		
	Roasted Vegetable Parcel	156g	28g		
	Oriental Vegetable Noodles	102g	40g		
	Garden Vegetable Goujons	70g	20g		
	Vegan Sausage Roll	100g	27g		
	Potato, Leek and Cheese Pie	189g	20g		
	BBQ Meat Free Meatballs	76g	13g	63g	12g
	Glamorgan Sausage	56g	10g		
	Caribbean Quorn Fajitas	156g	40g		
	Cheese and Tomato Pizza Swirl	86g	22g		

VEGETARIAN	Cheese and Tomato Pasta	100g	50g		
	Mac' N' Cheese	166g	31g		
	Pesto Pasta	73g	45g	55g	34g
	Mediterranean Vegetables	150g	12g		
	Southern Style Quorn Burger (no bun)	62g	9g		
	Quorn Burger (no bun)	50g	2g		
	Vegan Sausage Cutlet	50g	5g		
	Summer Vegetable Lasagne	118g	11g		
	Vegetable Fingers	84g	20g	56g	13g

		Junior/Infant		Infants	
Menu Item		Ptn Size	Carb g/ptn	Ptn Size	Carb g/ptn
3RD OPTION	Jacket Potatoes / Baguettes / Paninis				
	Jacket Potato	250g	30g		
	Baguette (80418)	80g	40g		
	Panini (10411)	110g	54g		
	Cheese	40g	0g		
	Baked Beans	55g	7g		
	Tuna Mayo	50g Tuna	1g		
	Salmon	25g	0g		
	Wraps				
	Tortilla Wrap, Mayo & Lettuce	77g	29.5g		
	Cheese	40g	0g		
	Ham	1 slice	0g		
	Tuna Mayo	30g Tuna	1g		
	Pasta Pot				
	Pasta	60g	44g		
	Tomato Sauce	20g	1g		
Cheese	20g	0g			
SIDE DISHES	Pasta	60g	44g	45g	33g
	Roast Potatoes	100g	17g	50g	9g
	Rice	40g	31g	35g	27g
	Oven Chips	140g	29g	70g	15g
	Potato Wedges	140g	31g	70g	15g
	Spaghetti	60g	44g	45g	33g
	Couscous	86g	19g		
	Creamed Potatoes	114g	20g		
	Burger Bun	50g	23g		
	Gravy	2g	2g		
	Noodles	50g	35.5g		
	Homemade Bread	31g	14g		

		Junior/Infant		Infants	
Menu Item		Ptn Size	Carb g/ptn	Ptn Size	Carb g/ptn
VEGETABLES	Carrot Batons	55g	5g		
	Baby Carrot	55g	3g		
	Peas	55g	5g		
	Sweetcorn	55g	4g		
	Broccoli	55g	4g		
	Cauliflower	55g	7g		
	Cabbage	55g	3g		
	Green Beans	55g	3g		
	Coleslaw	58g	4g		
	Baked Beans	55g	7g		
DESSERTS	Chocolate Cookie	51g	33g		
	Strawberry Yoghurt	81g	11g		
	Toffee Yoghurt	81g	14g		
	Fresh Fruit Salad	106g	15g		
	Crème Fraîche	21g	2g		
	Apple Sponge	102g	26g		
	Vanilla Ice Cream	85g	17g		
	Shortbread Biscuit	50g	27g		
	Chilled Melon Slice	120g	9g		
	Chocolate Sponge	70g	25g		
	Chocolate Sauce	96g	11g		
	Twin Ice Lolly	60g	10g		
Banana Sponge	67g	27g			

DESSERTS	Custard	118g	14g		
	Lemon Shortbread	48g	23g		
	Raspberry Ripple Vanilla Ice Cream Sponge Roll	31g	10g		

Portion Sizes: These are calculations based on ingredient weights and do NOT take account of cooking losses/gains. Therefore some items have ptn sizes given in dry weight (e.g. pasta/rice) & some in their raw state (roast meats/roast & jacket potatoes).

Vegetable Values: These are based on one full portion. If both vegetables on offer are selected the portion size and carbohydrate value for each one will be halved.

Please Note: Information regarding the carbohydrate content of dishes is provided to assist dieticians & parents calculate intake for children with special dietary requirements. This information, whilst as accurate as possible, should be considered advisory. Product labels which are available in the kitchen, should be referred to for source data.