

Week 1				
<i>19/04/2021, 10/05/2021, 07/06/2021, 28/06/2021, 19/07/2021, 13/09/2021, 04/10/2021</i>				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
Monday	Tuesday	Wednesday	Thursday	Friday
Golden Dippers (V) 80g 9.6g	BBQ Chicken 80g 3.1g	Roast British Gammon 50g 0.5g	Lemon & Garlic Chicken 99g 1.5g	Omega 3 Fish Fingers 75g 14.6g
Jacket Potato with a Choice of Toppings	Rustic Italian Meatball Linguine (VE) 188g 47.3g	Cheesy Tomato Pasta (V) 151g 42.7g	Jacket Potato with Baked Beans (VE) 329g 51.7g	Freshly Baked Baguettes with a Choice of Filling
Spanish Inspired Vegetable Paella (VE) 208g 35.9g	Mac 'n' Cheese (V) 293g 52.0g	Cumberland Sausage & Bean Puff (VE) 117g 26.7g	Margherita Pizza (V) 209g 47.6g	Lightly Spiced Rogan Josh (VE) 241g 15.7g
Diced Potatoes 114g 18.4g	50/50 Rice 35g 26.9g	Roast Potatoes <i>McCains: 113g 24.0g</i> <i>Jackets: 125g 19.9g</i> <i>VacPac: 130g 19.9g</i>	Wedges <i>McCains: 114g 19.9g</i> <i>Homemade: 132g 20.2g</i>	Oven Baked Chips 114g 23.9g
		Yorkshire Pudding 28g 11.0g VE: 64g 15.0g		50/50 Rice 35g 26.9g
Farmhouse Vegetables 71g 2.4g	Corn on the Cob 63g 5.9g	Carrots 71g 6.9g	Coleslaw 60g 3.7g	Peas 71g 6.4g
Baked Beans 87g 13.3g	Broccoli 60g 4.0g	Spring Greens 50g 3.3g	Sweetcorn 71g 8.3g	Cauliflower 75g 3.8g
Vanilla Ice Cream Tub 42g 7.5g	Fresh Fruit Platter	Fruit Jelly <i>Orange - 178g 7.0g</i> <i>Raspberry - 178g 7.0g</i> <i>Strawberry - 178g 7.0g</i>	Fresh Fruit Platter	Marble Cake with Custard 55g 21.7g 78g 9.7g
Fresh Salad Selection	Fresh Salad Selection	Fresh Salad Selection	Fresh Salad Selection	Fresh Salad Selection
A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts
Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot
Cheese and Crackers	Cheese and Crackers	Cheese and Crackers	Cheese and Crackers	Cheese and Crackers

Please note that the portion size weight of meals containing pasta, rice etc are based on dry weight not cooked.

Week 2				
<i>26/04/2021, 17/05/2021, 14/06/2021, 05/07/2021, 30/08/2021, 20/09/2021, 11/10/2021</i>				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
Monday	Tuesday	Wednesday	Thursday	Friday
Italian Style Lasagne (V) 259g 37.5g	Creamy Chicken Korma 147g 9.3g	Traditional Roast Turkey 50g 0.5g	Sticky Chicken 79g 3.8g	Battered Fish Fillet 60g 12.2g
Cheesy Tomato Pasta (V) 151g 42.7g	Jacket Potato with a Choice of Toppings	Salmon & Broccoli Pasta 250g 43.4g	Freshly Baked Baguette with a Choice of Filling	Jacket Potato with a Choice of Toppings
Sausage Roll (VE) 65g 16.9g	Crispy Vegetable Fingers (VE) 85g 19.6g	Mince & Onion Puff (VE) 91g 26.3g	Quorn Stir Fry with Asian Style Noodles (VE) 221g 28.4g	Baked Enchiladas (VE) 146g 28.6g
Diced Potatoes 114g 18.4g	50/50 Rice 35g 26.9g	Roast Potatoes McCains: 113g 24.0g Jackets: 125g 19.9g VacPac: 130g 19.9g	50/50 Rice 35g 26.9g	Oven Baked Chips 114g 23.9g
	Wedges McCains: 114g 19.9g Homemade: 132g 20.2g	Yorkshire Pudding 28g 11.0g VE: 64g 15.0g		Mexican Style Rice 62g 40.0g
Peas 71g 6.4g	Farmhouse Vegetables 71g 2.4g	Cabbage 88g 5.3g	Broccoli 60g 4.0g	Cauliflower 75g 3.8g
Sweetcorn 71g 8.3g	Baked Beans 87g 13.3g	Carrots 71g 6.9g	Corn on the Cob 63g 5.9g	Peas 71g 6.4g
Red Velvet Sponge 67g 23.1g Ripple Sponge 76g 25.7g	Fresh Fruit Plater	Raspberry Ripple Ice Cream Tub 42g 8.5g	Fresh Fruit Platter	Orange Cookie 52g 28.6g
Fresh Salad Selection	Fresh Salad Selection	Fresh Salad Selection	Fresh Salad Selection	Fresh Salad Selection
A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts
Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot
Cheese and Crackers	Cheese and Crackers	Cheese and Crackers	Cheese and Crackers	Cheese and Crackers

Please note that the portion size weight of meals containing pasta, rice etc are based on dry weight not cooked.

Week 3				
<i>03/05/2021, 24/05/2021, 21/06/2021, 12/07/2021, 06/09/2021, 27/09/2021, 18/10/2021</i>				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
Monday	Tuesday	Wednesday	Thursday	Friday
Organic Beef Burger in a Bun 106g 25.0g	Mild Balti Curry (VE) 202g 36.5g	British Pork Sausage Toad in the Hole 151g 21.2g	Southern Style Chicken 73g 0.3g	Omega 3 Fish Fingers 75g 14.6g
Sweet Chilli Chicken Pasta 299g 70.1g	Jacket Potato with a Choice of Toppings	Cheesy Tomato Pasta (V) 151g 42.7g	Freshly Baked Baguette with a Choice of Filling	Rice, Lentil & Vegetable Dhal (VE) 363g 59.2g
Crispy Country Bake Burger in a Bun (VE) 100g 34.0g	Margherita Pizza (V) 209g 47.6g	Toad in the Hole (VE) 148g 24.2g Toad in the Hole (V) 121g 21.8g	Mild Chilli Loaded Potato Dippers (VE) 309g 32.1g	Hot Cheesy Quesadilla (V) 139g 26.3g
Wedges McCains: 114g 19.9g Homemade: 132g 20.2g	50/50 Rice 35g 26.9g	Mash Simply (VE): 125g 20.1g Lamb Weston (V): 125g 21.3g	Potato Dippers 125g 27.4g	Oven Baked Chips 114g 23.9g
	Wholemeal Pasta 45g 29.7g	Gravy 31g 1.5g		
Sweetcorn 71g 8.3g	Farmhouse Vegetables 71g 2.4g	Carrots 71g 6.9g	Corn on the Cob 63g 5.9g	Peas 71g 6.4g
Green Beans 71g 1.4g	Peas 71g 6.4g	Broccoli 60g 4.0g	Baked Beans 87g 13.3g	Cauliflower 75g 3.8g
Zesty Sponge with Custard 76g 28.1g 78g 9.7g	Fresh Fruit Platter	Fruit Jelly Orange - 178g 7.0g Raspberry - 178g 7.0g Strawberry - 178g 7.0g	Fresh Fruit Platter	Strawberry Frozen Yoghurt 80g 20.8g
Fresh Salad Selection	Fresh Salad Selection	Fresh Salad Selection	Fresh Salad Selection	Fresh Salad Selection
A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts
Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot
Cheese and Crackers	Cheese and Crackers	Cheese and Crackers	Cheese and Crackers	Cheese and Crackers

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Topped Jacket Potato Carb List		
Topped Jacket Potato	Portion Size	Carbohydrates per portion
Cheese	304g	40.5g
Cheese & Coleslaw	337g	43.1g
Baked Beans	329g	51.7g
Tuna Mayonnaise	310g	40.6g
Cheese & Baked Beans	312g	46.1g

Filled Baguettes Carb List		
Filled Baguettes	Portion Size	Carbohydrates per portion
Cheese Baguette (White)	125g	41.4g
Cheese Baguette (Malted Wheat)	113g	33.3g
Ham Baguette (White)	125g	41.4g
Ham Baguette (Malted Wheat)	113g	33.3g
Tuna Mayonnaise Baguette (White)	144g	42.7g
Tuna Mayonnaise Baguette (Malted Wheat)	161g	34.6g

Filled Rolls Carb List (High Fibre Roll)		
	Portion Size	Carbohydrates per portion
Cheese Roll (V)	100g	23.1g
Ham Roll	100g	23.1g
Tuna & Sweetcorn Mayonnaise Roll	120g	24.9g

Yoghurt Carb List		
	Portion Size	Carbohydrates per portion
Veo Valley Organic Mango & Vanilla Yoghurt	80g	8.6g
Veo Valley Organic Raspberry Yoghurt	80g	8.5g
Veo Valley Organic Strawberry Yoghurt	80g	8.5g
Golden Acre: Strawberry Yoghurt	100g	19.6g
Golden Acre: Raspberry Yoghurt	100g	19.6g
Golden Acre: Peach & Passion Fruit Yoghurt	100g	19.6g

Yoghurt Carb List		
	Portion Size	Carbohydrates per portion
Veo Valley Organic Mango & Vanilla Yoghurt	80g	8.6g
Veo Valley Organic Raspberry Yoghurt	80g	8.5g
Veo Valley Organic Strawberry Yoghurt	80g	8.5g
Golden Acre: Strawberry Yoghurt	100g	19.6g
Golden Acre: Raspberry Yoghurt	100g	19.6g
Golden Acre: Peach & Passion Fruit Yoghurt	100g	19.6g

Cheese & Crackers		
	Portion Size	Carbohydrates per portion
Crackers (95022- large pack)	16g	10.8g
Cheese & Crackers (95022)	34g	11.7g
Crackers (00137 mini packs)	16g	10.8g
Cheese & Crackers (00137)	34g	11.7g

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	Portion Size	Carbohydrates per portion
Crackers (95022- large pack)	16g	10.8g
Cheese & Crackers (95022)	34g	11.7g
Crackers (00137 mini packs)	16g	10.8g
Cheese & Crackers (00137)	34g	11.7g

Fresh Fruit Salad		
	Portion Size	Carbohydrates per portion
Mixed Melon Fruit Salad	121g	9.6g
Rainbow Fruit Salad	131g	12.3g
Zesty Fruit Salad	100g	10.5g

Fresh Fruit Salad		
	Portion Size	Carbohydrates per portion
Mixed Melon Fruit Salad	121g	9.6g
Rainbow Fruit Salad	131g	12.3g
Zesty Fruit Salad	100g	10.5g