

**Week 1**

01/11/2021, 22/11/2021, 13/12/2021, 17/01/2022, 07/02/2022, 07/03/2022, 28/03/2022.

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Friday
Golden Dippers (V) 80g <b>9.6g</b>	BBQ Chicken 80g <b>3.1g</b>	Roast British Gammon 50g <b>0.5g</b> Gravy: 31g <b>1.5g</b>	Marinated Chicken Tikka 88g <b>2.7g</b>	Omega 3 Fish Fingers 75g <b>14.6g</b>
Mac 'N' Cheese (V) 271g <b>57.3g</b>	Jacket Potato with a Choice of Toppings	Cheesy Tomato Pasta (V) 151g <b>42.7g</b>	Jacket Potato with a Choice of Toppings	Freshly Baked Baguette with a Choice of Filling
Spanish Inspired Vegetable Paella (VE) 209g <b>37.2g</b>	Rustic Italian Meatball Linguine (VE) 200g <b>48.1g</b>	Cumberland Sausage & Bean Puff (VE) 121g <b>27.0g</b>	Margherita Pizza (V) 137g <b>26.5g</b>	Lightly Spiced Rogan Josh (VE) 241g <b>16.4g</b>
Wedges McCains- 114g <b>19.9g</b> Homemade- 132g <b>20.2g</b>	50/50 Rice 35g <b>26.9g</b>	Roast Potatoes McCains: 113g <b>19.5g</b> Jackets: 125g <b>19.9g</b> Homemade: 130g <b>19.9g</b>	50/50 Rice 35g <b>26.9g</b>	Oven Baked Chips 103g <b>21.7g</b>
		Yorkshire Pudding (V) 28g <b>11.0g</b> (VE) 64g <b>15.2g</b>	Wedges McCains- 114g <b>19.9g</b> Homemade- 132g <b>20.2g</b>	50/50 Rice 35g <b>26.9g</b>
Corn on the Cob 63g <b>5.9g</b>	Broccoli 63g <b>4.1g</b>	Carrots 71g <b>6.9g</b>	Broccoli 63g <b>4.1g</b>	Peas 63g <b>5.6g</b>
Carrots 71g <b>6.9g</b>	Baked Beans 71g <b>9.1g</b>	Savoy Cabbage 70g <b>4.2g</b>	Sweetcorn 63g <b>7.3g</b>	Cauliflower 63g <b>3.1g</b>
Vanilla Ice Cream Tub (V) 80ml (40g) <b>7.6g</b>	Apple Crumble & Custard (V) 105g <b>32.7g</b> 78g <b>9.8g</b> Apple Sponge 90g <b>32.9g</b>	Fruit Jelly (VE) Orange- 169g <b>8.4g</b> Raspberry- 169g <b>8.4g</b> Strawberry- 169g <b>8.4g</b>	Fresh Fruit Platter (VE)	Marble Cake 55g <b>21.9g</b> Non-Chocolate Schools 73g <b>28.1g</b> Custard: 78g <b>9.8g</b>
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**

08/11/2021, 29/11/2021, 03/01/2022, 24/01/2022, 21/02/2022, 14/03/2022.

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Friday
Italian Style Lasagne (V) 258g 39.0g	Creamy Chicken Korma 147g 9.2g	Traditional Roast Turkey 50g 0.5g Gravy: 31g 1.5g	Sticky Chicken 78g 3.8g	Battered Fish Fillet 60g 12.2g
Cheesy Tomato Pasta (V) 151g 42.7g	Jacket Potato with a Choice of Toppings	Creamy Fish Pie 238g 24.5g	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) 86g 19.6g	Mince & Onion Puff (VE) 119g 23.8g	Pasta Bolognese (VE) 210g 47.8g	Baked Enchilada (VE) 146g 28.8g
Diced Potatoes 114g 18.4g	50/50 Rice 35g 26.9g	Roast Potatoes McCains: 113g 19.5g Jackets: 125g 19.9g Homemade: 130g 19.9g	50/50 Rice 35g 26.9g	Oven Baked Chips 103g 21.7g
	Wedges McCains- 114g 19.9g Homemade- 132g 20.2g	Yorkshire Pudding (V) 28g 11.0g (VE) 64g 15.2g		50/50 Rice 35g 26.9g
Peas 63g 5.6g	Green Beans 63g 1.3g	Savoy Cabbage 70g 4.2g	Broccoli 63g 4.1g	Cauliflower 63g 3.1g
Sweetcorn 63g 7.3g	Baked Beans 71g 9.1g	Carrots 71g 6.9g	Corn on the Cob 63g 5.9g	Peas 63g 5.6g
Sticky Banana Pudding (VE) 77g 32.7g	Orange Cookie (VE) 52g 33.7g	Fruit Jelly (VE) Orange- 169g 8.4g Raspberry- 169g 8.4g Strawberry- 169g 8.4g	Fresh Fruit Platter (VE)	Red Velvet Sponge (V) 67g 23.3g Ripple Sponge (Non Chocolate Schools) (V) 76g 32.0g
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**

15/11/2021, 06/12/2021, 10/01/2022, 31/01/2022, 28/02/2022, 21/03/2022.

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday
Organic Beef Burger in a Bun 106g 27.2g	Mild Balti Curry (VE) 202g 37.0g	British Pork Sausage Toad in the Hole with Mash 151g 21.2g Gravy: 31g 1.5g	Southern Spiced Chicken 73g 0.3g
Sweet Chilli Chicken Pasta 289g 70.1g	Jacket Potato with a Choice of Toppings	Cheesy Tomato Pasta (V) 151g 42.7g	Freshly Baked Baguette with a Choice of Filling
Crispy Country Bake Burger in a Bun (VE) 100g 36.2g	Margherita Pizza (V) 137g 26.5g	Toad in the Hole with Mash 148g 24.4g Gravy: 31g 1.5g	Cottage Pie (VE) 175g 22.1g
Wedges McCains- 114g 19.9g Homemade- 132g 20.2g	50/50 Rice 35g 26.9g	Mash Potato Lamb Weston (V) - 125g 21.3g Simply Mash (VE) 125g 20.1g	Potato Dippers 125g 27.4g
	Wholemeal Pasta 45g 29.7g		
Sweetcorn 63g 7.3g	Baked Beans 71g 9.1g	Carrots 71g 6.9g	Corn on the Cob 63g 5.9g
Green Beans 63g 1.3g	Peas 63g 5.6g	Broccoli 63g 4.1g	Green Beans 63g 1.3g
Raspberry Ripple Artie Roll 38g 11.6g	Carrot Cake Muffin (VE) 67g 25.4g	Fruit Jelly (VE) Orange- 169g 8.4g Raspberry- 169g 8.4g Strawberry- 169g 8.4g	Fresh Fruit Platter (VE)
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
Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot
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

<b>Friday</b>
Omega 3 Fish Fingers 75g 14.6g
Rice, Lentil & Vegetable Dhal (VE) 398g 67.8g
Hot Cheesy Quesadillas (V) 148g 26.9g
Oven Baked Chips 103g 21.7g
50/50 Rice 35g 26.9g
Peas 63g 5.6g
Cauliflower 63g 3.1g
Autumn Sponge with Custard (V) 81g 32.2g 78g 9.8g
Fresh Salad Selection
A selection of Chilled Yoghurts
Fresh Fruit Pot
Cheese and Crackers

**not cooked.**

**Topped Jacket Potato Carb List**

<b>Topped Jacket Potato</b>	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Cheese</b>	<b>304g</b>	<b>40.5g</b>
<b>Cheese &amp; Coleslaw</b>	<b>337g</b>	<b>43.1g</b>
<b>Baked Beans</b>	<b>329g</b>	<b>50.0g</b>
<b>Tuna Mayonnaise</b>	<b>312g</b>	<b>40.6g</b>
<b>Cheese &amp; Baked Beans</b>	<b>312g</b>	<b>45.2g</b>

**Filled Baguettes Carb List**

<b>Filled Baguettes</b>	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Cheese Baguette (White)</b>	125g	<b>41.4g</b>
<b>Cheese Baguette (White) Sub-42200</b>	118g	<b>32.0g</b>
<b>Cheese Baguette (Malted Wheat)</b>	113g	<b>31.9g</b>
<b>Ham Baguette (White)</b>	125g	<b>41.4g</b>
<b>Ham Baguette (White)Sub- 42200</b>	118g	<b>32.0g</b>
<b>Ham Baguette (Malted Wheat)</b>	113g	<b>31.8g</b>
<b>Tuna Mayonnaise Baguette (White)</b>	134g	<b>41.5g</b>
<b>Tuna Mayonnaise Baguette (White) Sub- 42200</b>	126g	<b>32.1g</b>
<b>Tuna Mayonnaise Baguette (Malted Wheat)</b>	121g	<b>32.0g</b>

Fruit Jelly (VE)

**Filled Rolls Carb List (High Fibre Roll)**

	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Cheese Roll (V)</b>	100g	<b>23.1g</b>
<b>Ham Roll</b>	100g	<b>23.1g</b>
<b>Tuna &amp; Sweetcorn Mayonnaise Roll</b>	105g	<b>23.1g</b>

<b>Yoghurt Carb List</b>		
	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Veo Valley Organic Mango &amp; Vanilla Yoghurt</b>	<b>80g</b>	<b>8.5g</b>
<b>Veo Valley Organic Raspberry Yoghurt</b>	<b>80g</b>	<b>8.5g</b>
<b>Veo Valley Organic Strawberry Yoghurt</b>	<b>80g</b>	<b>8.5g</b>
<b>Golden Acre: Strawberry Yoghurt</b>	<b>100g</b>	<b>19.6g</b>
<b>Golden Acre: Raspberry Yoghurt</b>	<b>100g</b>	<b>19.6g</b>
<b>Golden Acre: Peach &amp; Passion Fruit Yoghurt</b>	<b>100g</b>	<b>19.6g</b>

<b>Cheese &amp; Crackers</b>		
	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Crackers (95022- large pack)</b>	<b>16g</b>	<b>10.8g</b>
<b>Cheese &amp; Crackers (95022)</b>	<b>34g</b>	<b>11.7g</b>
<b>Crackers (00137 mini packs)</b>	<b>16g</b>	<b>10.8g</b>
<b>Cheese &amp; Crackers (00137)</b>	<b>34g</b>	<b>11.7g</b>

<b>Fresh Fruit Salad</b>		
	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Mixed Melon</b>	<b>121g</b>	<b>9.6g</b>
<b>Melon &amp; Grape</b>	<b>131g</b>	<b>11.4g</b>
<b>Fresh Fruit Platter</b>	<b>92g</b>	<b>11.9g</b>