

SS23 Primary Menu - Red Choice

| Recipe | Portion Size (g) | Carbohydrates per portion (g) |
|--|-------------------------|--------------------------------------|
| Golden Dippers (VE) | 80 | 7.9 |
| BBQ Chicken | 107 | 5.3 |
| BBQ Chicken (Halal) | 107 | 5.3 |
| Tandoori Chicken Thigh | 89.33 | 4.6 |
| Tandoori Chicken Thigh (Halal) | 89.33 | 4.6 |
| Roast Turkey | 50 | 0.5 |
| MSC Cod Fish Fingers | 75 | 13.4 |
| Cheesy Tomato Pasta (V) | 151. | 42.9 |
| Creamy Chicken Korma (Homemade) | 135. | 5.6 |
| Creamy Chicken Korma (Homemade) Halal | 135. | 5.6 |
| Chicken Curry (No Coconut) | 224. | 11.1 |
| Sticky Chicken | 124. | 2.5 |
| Sticky Chicken (Halal) | 124. | 2.5 |
| British Pork Sausage Toad in the Hole | 151. | 21.2 |
| Battered Fish Fillet | 60 | 12.2 |
| 100g Battered Fish Fillet (Junior portion) | 100 | 19 |
| Beef, Bean & Vegetable Burger in a Bun | 106 | 27.7 |
| Beef Burger (Halal) | 106 | 25. |
| Honey Mustard Chicken | 109.9 | 2.7 |
| Honey Mustard Chicken (H) | 109.9 | 2.7 |
| Margherita Pizza (V) | 137 | 26.3 |
| Margherita Pizza (V) (Junior Portion) | 183 | 35.1 |
| Spaghetti Bolognese | 207. | 42.1 |
| Spaghetti Bolognese (Halal) | 207. | 42.1 |
| MSC Cod Fish Fingers | 75 | 13.4 |
| Fish Biryani | 138. | 38.4 |

SS23 Primary Menu - Blue Choice

Recipe

Portion Size (g)

Carbohydrates per portion (g)

| | | |
|-------------------------------------|--------|-------------|
| Vegetable Biryani (VE) | 145. | 43.8 |
| Ham Baguette White (52122) | 125 | 41.5 |
| Ham Baguette Malted Wheat | 113. | 32 |
| Ham (Baguette) served in a Bun- KS1 | 100 | 23.2 |
| Ham & Cheese Puff | 105 | 20.7 |
| Cheese Baguette - White (V) | 125 | 41.3 |
| Cheese Baguette- White (VE) | 125. | 51.8 |
| Cheese Baguette- Malted Wheat (V) | 113. | 31.8 |
| Cheese (Baguette) - in a Bun- KS1 | 100. | 23. |
| Tuna Mayo Baguette White | 134. | 41.5 |
| Tuna Mayo Baguette Malted Wheat | 121. | 32 |
| Tuna Mayo (Baguette) in a Bun- KS1 | 108.88 | 23.2 |
| Jacket Potato With Baked Beans (VE) | 329 | 67 |
| Jacket Potato With Cheese (V) | 304 | 57.5 |
| Jacket Potato with Cheese (VE) | 294 | 65.8 |
| Jacket Potato with Tuna Mayonnaise | 312 | 57.7 |
| Cheesy Tomato Pasta (V) | 151. | 42.9 |
| Creamy Fish Pie | 245. | 23.5 |
| Cheese & Potato Bake (V) | 250. | 37.8 |
| Spanish Style Pieces (VE) | 155. | 7.1 |
| Tuna Pasta Bake | 282. | 48.4 |
| Cheese & Onion Puff (V) | 128. | 26.3 |
| Cheese & Onion Quiche (V) | 91. | 18.5 |

SS23 Primary Menu - Green Choice

| Recipe | Portion Size (g) | Carbohydrates per portion (g) |
|--|-------------------------|--------------------------------------|
| Margherita Pizza (V) | 137 | 26.3 |
| Margherita Pizza (V) (Junior Portion) | 183 | 35.1 |
| Rustic Italian Meatball Linguine (VE) | 200.16 | 48.1 |
| Mac N Cheese (V) | 271. | 54.1 |
| Mince & Onion Puff (VE) | 118.75 | 28.3 |
| Lightly Spiced Rogan Josh (VE) | 242.36 | 17.2 |
| Sausage Roll (VE) | 65 | 16.9 |
| Crispy Vegetable Fingers (VE) | 85. | 19.6 |
| Sweet Potato & Chickpea Tikka Masala (VE) | 245. | 31.1 |
| Sweet Potato & Chickpea Tikka Masala (VE) NO COCONUT | 245. | 33.5 |
| Sausage Toad in the Hole (VE) | 139 | 25.4 |
| Mexican Fajitas (VE) | 207. | 29.9 |
| Crispy Country Bake Burger (VE) | 100 | 34 |
| Cauliflower & Lentil Curry (VE) | 212. | 19.1 |
| Sausage Casserole (VE) | 146. | 18.8 |
| Cheesy Stack Wrap (V) | 120. | 18.7 |

SS23 Primary Menu Carbohydrates

| Recipe | Portion Size (g) | Carbohydrates per portion (g) |
|----------------------------------|-------------------------|--------------------------------------|
| McCains Wedges | 114.09 | 19.9 |
| Homemade Wedges | 132.33 | 28.7 |
| Herby Diced Potatoes | 114.45 | 18.8 |
| 50 50 Rice | 35 | 26.9 |
| McCains Roast Potatoes | 113.33 | 19.5 |
| Roast Potatoes (Vac Pack) | 130.33 | 19.6 |
| Yorkshire Pudding | 28 | 12 |
| Yorkshire Puddings (VE) | 58.25 | 17.6 |
| Oven Baked Chips | 103. | 21.7 |
| Potato Dippers (McCain's Crisper | 100 | 25 |
| Jollof Rice | 125. | 24.8 |
| Mash Potato- Simply Mash | 125 | 20.1 |
| Mash Potato- Lamb Weston | 125 | 21.3 |
| Gravy | 31 | 1.5 |

Primary SS23 Lunch Menu Vegetables

| Recipe | Portion Size (g) | Carbohydrates per portion (g) |
|---------------------|------------------|-------------------------------|
| Carrots | 71.43 | 5.9 |
| Green Beans | 62.5 | 1.3 |
| Green Beans (Whole) | 62.5 | 2.3 |
| Broccoli | 62.5 | 4.1 |
| Corn on the Cob | 62.5 | 5.9 |
| Cauliflower | 62.5 | 3.9 |
| Peas | 62.5 | 5.6 |
| White Cabbage | 70 | 4.2 |
| Baked Beans | 71. | 9.1 |
| Sweetcorn | 63. | 7.3 |
| Coleslaw | 60. | 3.5 |

Primary SS23 Lunch Menu Desserts

| Recipe | Portion Size | Carbohydrates per portion |
|----------------------------------|--------------|---------------------------|
| Vanilla Ice Cream Tub | 80 | 14.5 |
| Fruit Jelly (Orange) | 168.5 | 8.3 |
| Fruit Jelly (Raspberry) | 168.5 | 8.2 |
| Fruit Jelly (Strawberry) | 168.5 | 8.2 |
| Sticky Toffee Pudding | 93.75 | 41.4 |
| Milk Custard | 78.36 | 9.8 |
| Marble Cake | 55.49 | 21.9 |
| Banana Sponge | 86. | 30.8 |
| Iced Fruit Smoothie (VE) | 80 | 14.7 |
| Oaty Fruit Crunch | 103. | 27.9 |
| Orange Cookie (VE) | 52. | 28.4 |
| Vanilla Cookie (VE) | 49.02 | 29.4 |
| Peach & Apple Crumble | 96. | 32. |
| Raspberry Ripple Arctic Roll (V) | 38. | 11.6 |
| Cinnamon Apple Sponge (VE) | 294. | 48.8 |
| Chocolate Orange Cookie (VE) | 54. | 28.7 |
| Chocolate Sponge | 58. | 24.2 |
| Chocolate Milk Custard | 93. | 11.5 |
| Apple Crumble (VE) | 105. | 32.7 |

Yoghurt Carb List

| Item | Portion Size | Carbohydrates per portion |
|--|--------------|---------------------------|
| Yeo Valley Organic Strawberry Yoghurt | 80 | 8.5 |
| Yeo Valley Organic Mango & Vanilla Yoghurt | 80 | 8.5 |
| Yeo Valley Organic Raspberry Yoghurt | 80 | 8.5 |

Cheese & Crackers

Item**Portion Size****Carbohydrates per portion**

Crackers (00137)

16

10.8

Crackers (00137) with Cheese

33.5

11.9

Crackers (95022)

16

10.8

Crackers (95022) with Cheese

33.5

11.9**Fresh Fruit Salad****Item****Portion Size****Carbohydrates per portion**

Fresh Fruit Platter

92.

9.5

Fruit pot

96.

9.9

SS23 Primary Menu Salad Bar

| Recipe | Portion Size (g) | Carbohydrates per portion (g) |
|-----------------|-------------------------|--------------------------------------|
| Coleslaw | 60 | 3.7 |
| Mixed Peppers | 41.67 | 1.9 |
| Cucumber | 80 | 2.9 |
| Lettuce | 44.92 | 1.3 |
| Cherry Tomatoes | 41.67 | 1.5 |
| Beetroot | 41.67 | 3 |
| Grated Carrot | 40 | 3.8 |
| Pineapple | 33. | 3.9 |
| Potato Salad | 280 | 13.3 |