

AW22 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 British Beef	50	0.5
MSC Cod Fish Fingers	75	13.4
Cheesy Tomato Pasta (V)	150.6	42.7
Creamy Chicken Korma (Homemade)	121.63	3.6
Creamy Chicken Korma (Homemade) Halal	121.63	3.6
Chicken Curry (No Coconut)	214.08	10.6
Sticky Chicken	123.6	2.5
Sticky Chicken (Halal)	123.6	2.5
British Pork Sausage Toad in the Hole	150.5	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
Honey Mustard Chicken	109.7	2.7
Honey Mustard Chicken (H)	109.7	2.7
Pepperoni Pizza	136.88	26.6
Pepperoni Pizza (Junior Portion)	182.5	35.4
Mince Beef & Onion Pie	135.47	30.5
MSC Cod Fish Fingers	75	13.4
Roast British Gammon	50	0.5
Fish Biryani	138.	37.8

AW22 Primary Menu - Blue Choice**Recipe****Portion Size (g)****Carbohydrates per portion (g)**

Vegetable Biryani (VE)	144.71	43.3
Cheese & Ham Melt Baguette White (52122)	150	41.6
Cheese & Ham Melt Baguette Malted Wheat	137.5	32
Cheese & Ham Melt (Baguette) served in a Bun- KS1	125	23.3
Hot Sticky Sausage Baguette- White (VE)	142.98	49.1
Hot Sticky Sausage Baguette- Malted Wheat (V)	130.48	39.6
Hot Sticky Sausage Baguette-(in a Bun- KS1) VE	117.98	30.8
Tuna Mayo Baguette White	133.88	41.5
Tuna Mayo Baguette Malted Wheat	121.38	32
Tuna Mayo Baguette (in a Bun- KS1)	108.88	23.2
Jacket Potato With Baked Beans (VE)	329	50
Jacket Potato With Cheese (V)	304	40.5
Jacket Potato with Cheese (VE)	294	48.8
Jacket Potato with Tuna Mayonnaise	312	40.6
Cheesy Tomato Pasta (V)	150.6	42.7
Creamy Fish Pie	237.96	24.5
Cheese & Potato Bake (V)	237.96	24.5
Spanish Style Pieces (VE)	155.31	6.7
Tuna Pasta Bake	282.	50.3
Cheese & Onion Puff (V)	128.	26.1

AW22 Primary Menu - Green Choice

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Margherita Pizza (V)	136.88	26.5
Margherita Pizza (V) (Junior Portion)	182.5	35.4
Rustic Italian Meatball Linguine (VE)	200.16	48.1
Mac N Cheese (V)	271.24	56.9
Mince & Onion Puff (VE)	118.75	28.3
Lightly Spiced Rogan Josh (VE)	242.36	16.6
Sausage Roll (VE)	65	16.9
Crispy Vegetable Fingers (VE)	85.2	19.6
Sweet Potato & Chickpea Tikka Masala (VE)	234.61	29.1
Sweet Potato & Chickpea Tikka Masala (VE) NO COCONUT	234.61	31.7
Sausage Toad in the Hole (VE)	139	25.4
Mexican Fajitas (VE)	139.83	27.7
Crispy Country Bake Burger (VE)	100	34
Spaghetti Bolognese (VE)	209.92	47.8
Cauliflower & Lentil Curry (VE)	211.61	17.6
Sausage Casserole (VE)	366.8	26.8
Cheesy Stack Wrap (V)	119.5	18.5

AW22 Primary Menu Carbohydrates

Recipe	Portion Size (g)	Carbohydrates per portion (g)
McCains Wedges	114.09	19.9
Homemade Wedges	132.33	20.2
Herby Diced Potatoes	114.45	18.4
50 50 Rice	35	26.9
McCains Roast Potatoes	113.33	19.5
Roast Potatoes (Vac Pack)	130.33	19.9
Yorkshire Pudding	28	11
Yorkshire Puddings (VE)	58.25	17.6
Oven Baked Chips	103.18	21.7
Potato Dippers (McCain's Crisper	100	25
Jollof Rice	82.65	29.8
Mash Potato- Simply Mash	125	20.1
Mash Potato- Lamb Weston	125	21.3

Primary AW22 Lunch Menu Vegetables

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Carrots	71.43	6.9
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	3.1
Peas	62.5	5.6
White Cabbage	70	4.2
Baked Beans	70.81	9.1
Sweetcorn	62.5	7.3

Primary AW22 Lunch Menu Desserts

Recipe	Portion Size	Carbohydrates per portion
Vanilla Ice Cream Tub	40	7.6
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	47.8
Milk Custard	78.36	9.8
Marble Cake	55.49	21.9
Banana Sponge	86.24	36.9
Strawberry Iced Fruit Smoothie (VE)	80	14.7
Oaty Fruit Crunch	102.68	31.7
Vanilla Cookie (VE)	49.02	33.4
Peach & Apple Crumble	104.64	32.9
Raspberry Ripple Arctic Roll (V)	38.46	11.6
Cinnamon Apple Sponge (VE)	88.79	42.5
Chocolate Orange Cookie (VE)	54.	34.
Chocolate Sponge	58.	24.2
Chocolate Milk Custard	93.	11.5
Chocolate Orange Muffin	68	33.3
Lemon Cookie (VE)	58.	31.2
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

92.09

11.9

Fruit pot

95.54

13.9

AW22 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	32.88	3.9
Potato Salad	280	37.2