

Secondary Menus September 2014 – Carbohydrate Counts

Week 1 Dishes	Portion Weight (g)	Carbohydrate Content (g)
Monday		
Sausage, Mash & Onion Gravy	234	32
Three Cheese Tortellini	391	62
Carrots	85	Negligible
Broccoli	85	Negligible
Apple Crumble	120	31
Custard	113	21
Tuesday		
Reggae Reggae Chicken	255	60
Rice ½ wholemeal	209	66
Bean Potato Burrito	276	53
Cucumber Tomato Salad	47	Negligible
Garden Peas	85	8
Lemon Drizzle Cake	108	49
Wednesday		
Roast Turkey	56	Negligible
Roast Potatoes	101	17
Gravy	42	Negligible
Cheese Leek Potato Pie	196	28
Cabbage	85	Negligible
Carrots	85	Negligible
Bread Butter Pudding	145	29
Custard	113	21
Thursday		
Beef Lasagne	349	40
Quorn & Noodles	164	14
Sweetcorn	85	16
Courgettes	90	Negligible
Marble Cake	112	48
Custard	113	21
Friday		
Crispy Battered Fish	122	11
Chips	105	20
Bean Aubergine Tagine	180	17
Cous Cous	114	26
Garden Peas	85	8
Coleslaw	105	6
Seasonal Fruit Salad	142	11

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Week 2 Dishes	Portion Size (g)	Carbohydrate Content (g)
Monday		
Beef Cobbler	287	34
Mashed Potato	129	20
Lentil Casserole	283	18
Cauliflower	174	Negligible
Carrots	85	Negligible
Chocolate Brownie	58	29
Tuesday		
Tagine of Lamb	170	11
Cous Cous	114	26
Macaroni Cheese Leeks	359	42
Broccoli	85	Negligible
Healthy Salad	45	Negligible
Toffee Apple Strudel	171	52
Custard	113	21
Wednesday		
Roast Beef	53	Negligible
Roast Potatoes	101	17
Gravy	42	Negligible
Vegetarian Cottage Pie	243	22
Broccoli	85	Negligible
Carrots	85	Negligible
Honey Baked Bananas	164	40
Crème Fraîche	30	Negligible
Thursday		
Sweet Sour Chicken	194	15
Rice	183	56
Goats Cheese Leek Tomato Tart	199	38
Sweet corn	85	16
Roasted Vegetables	106	5
Orange and Almond Cake	148	43
Custard	113	21
Friday		
Fiery Battered Fish	159	36
Spicy Bean Burger	144	24
Chipped Potatoes	105	20
Garden Peas	85	8
Coleslaw	105	6
Wildberry Fool	125	17
Shortbread	39	20

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Week 3 Dishes	Portion Size (g)	Carbohydrate Content (g)
Monday		
Salmon Paella	364	68
Pasta Vegetable Bake	414	78
Sweetcorn	85	16
Carrots	85	Negligible
Caramelised Apricot Tart	201	60
Tuesday		
Chicken Korma	159	7
Rice	183	56
Goan Vegetable Curry	357	24
Peas	85	8
Raita Salad	35	Negligible
Apple Blackberry Crumble	83	21
Custard	113	21
Wednesday		
Pork Belly	192	11
Gravy	42	Negligible
Sweet Potato Squash Stew	476	51
Roasted Potatoes	101	17
Swede	85	Negligible
Cabbage	85	Negligible
Sparkling Fruit Jelly	153	21
Thursday		
Beef Mushroom Pie	274	45
Mashed Potato	129	20
Pan Haggerty	243	21
Broccoli	85	Negligible
Carrots	85	Negligible
Rich Chocolate Cake	92	37
Custard	113	21
Friday		
Cajun Battered Fish	127	11
Vegetarian Mixed Grill	189	27
Chipped Potatoes	105	20
Peas	85	8
Coleslaw	105	6
Orange Polenta Cake	121	50

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Additional Items	Portion Size (g)	Carbohydrate Content (g)
Assorted Jacket Potato	307	77
Assorted Sandwiches	191	49
Assorted Salads	298	39
Pasta Pasta Assorted	338	77
Trattoria Pizza Assorted	154	49
Home Bakes Assorted	69	31
Love Joes Assorted Fresh Wraps	162	30
Love Joes Assorted Hot Wraps	152	37

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