

Week 1

01/09/2020, 21/09/2020, 12/10/2020, 02/11/2020, 23/11/2020, 14/12/2020, 18/01/2021, 08/02/2021, 08/03/2021, 29/03/2021

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Pork Sausages 114g 8.7g	Sticky Chicken 79g 2.9g	Roast Chicken Dinner 70g 0.0g	Cottage Pie Lamb Weston 174g 18.4g Simply Mash 174g 17.7g	Omega 3 Fish Fingers 75g 14.6g
Cheesy Tomato Pasta (V) 151g 42.7g	Cheesy Bean Topped Potato Dippers 183g 33.1g	Cheesy Leek Pasta (V) 230g 40.6g	Vegetable Ravioli Pasta (VE) 130g 32.4g	Cheesy Bean Topped Potato Dippers 183g 33.1g
Vegetable Fingers (VE) 85g 19.6g	Sausage & Bean Pasta (VE) 245g 30.5g	Mince Puff Quorn (V) : 91g 26.9g LM Cartney (VE) : 91g 27.0g KaterVeg (VE): 91g 27.5g	Cheese & Tomato Pizza (V) Sante- 120g 23.6g CR Cheese- 120g 24.0g	Spanish Style Paella Quorn (VE) 208g 36.2g Quorn (V) 199g 34.6g
Mash Potato Lamb Weston 125g 21.3g Simply Mash 125g 20.1g	Diced Potato 115g 18.3g	Roast Potato VacPac 130g 19.9g Homemade 125g 19.9g McCains 113g 19.5g	Pasta 40g 26.4g	Oven Baked Chips 114g 23.9g
		Yorkshire Pudding 16g 5.7g		
Peas 71g 6.4g	Broccoli 60g 4.0g	Cabbage 88g 5.3g	Sweetcorn 71g 8.3g	Peas 71g 6.4g
Baked Beans 87g 13.3g	Cauliflower 75g 3.8g	Carrots 71g 6.9g	Green Beans 71g 1.4g	Sweetcorn 71g 8.3g
Fresh Fruit & Organic Yoghurt	Fresh Fruit & Organic Yoghurt	Fresh Fruit & Organic Yoghurt	Fresh Fruit & Organic Yoghurt	Fresh Fruit & Organic Yoghurt
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 Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g

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

Week 2

07/09/2020, 28/09/2020, 19/10/2020, 09/11/2020, 30/11/2020, 04/01/2021, 25/01/2021, 22/02/2021, 15/03/2021

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Beef Burger in a Bun 106g 27.2g	Pasta Bolognaise Bake 272g 54.6g	Roast Turkey Dinner 50g 0.5g	Herb Crusted Fish Fillet 103g 9.9g	Battered Fish Fillet 60g 12.2g
Tomato & Basil Pasta (V) 130g 35.4g	Cheesy Bean Topped Potato Dippers 183g 33.1g	Cheesy Tomato Pasta (V) 151g 42.7g	Keema Curry (V) Quorn Mince: 145g 21.0g LM Cartney: 145g 21.0g KaterVeg: 145g 21.7g	Cheesy Bean Topped Potato Dippers 183g 33.1g
Vegetable Burger in a Bun (VE) 100g 33.9g	Sausage & Bean Puff Quorn Sausage (VE) 117g 28.0g Quorn Sausage (V) 128g 28.7g LM Cartney Sausge (VE) 109g 25.0g	Roast Sausage Dinner Quorn Saus (VE): 70g 13.9g LM Cartney Saus (VE) : 100g 9.1g Quorn Sausage (V) 110g 17.0g	Cheese & Tomato Pizza (V) Sante- 120g 23.6g CR Cheese- 120g 24.0g	Cauliflower & Broccoli Cheese Bake (V) Sante- 211g 14.6g CR Cheese - 211g 14.8g
Potato Curls 125g 27.4g	Diced Potato 115g 18.3g	Roast Potato VacPac 130g 19.9g Homemade 125g 19.9g McCains 113g 19.5g	Diced Potato 115g 18.3g	Oven Baked Chips 114g 23.9g
		Yorkshire Pudding 16g 5.7g		
Sweetcorn 71g 8.3g	Broccoli 60g 4.0g	Cabbage 88g 5.3g	Sweetcorn 71g 8.3g	Baked Beans 87g 13.3g
Peas 71g 6.4g	Cauliflower 75g 3.8g	Roast Parsnips 51g 5.5g	Carrots 71g 6.9g	Broccoli 60g 4.0g
Raspberry Ripple Ice Cream Tub 80ml (42g) 8.5g	Pineapple Upside Down Sponge 98g 38.8g	Seasonal Fresh Fruit	Banoffee Sponge 91g 41.9g	Organic Fruit Yoghurt
Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot
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
Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g

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

Week 3

14/09/2020, 05/10/2020, 6/11/2020, 07/12/2020, 11/01/2021, 01/02/2021, 01/03/2021, 22/03/2021

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Chicken Korma 147g 9.3g	Mac 'n' Cheese Sante- 243g 26.7g CR Cheese- 243g 27.2g	Roast Chicken Dinner 70g 0.0g	BBQ Chicken 80g 3.1g	Omega 3 Fish Fingers 75g 14.6g
Vegetable Ravioli Pasta (VE) 130g 32.4g	Cheesy Bean Topped Potato Dippers 183g 33.1g	Cheesy Tomato Pasta (V) 151g 42.7g	Cheesy Bean Topped Potato Dippers 183g 33.1g	Tomato & Basil Pasta 130g 35.4g
Cheese & Tomato Pizza (V) Sante- 120g 23.6g CR Cheese- 120g 24.0g	Vegetarian Sausage Roll (VE) 65g 16.9g	Roast Quorn Fillet Dinner (V) 69g 2.8g	Vegetable Biryani (VE) 93g 25.9g	Mild Chilli Topped Dippers Quorn (V) 309g 31.3g LM Cartney (VE) 309g 31.4g KaterVeg (VE) 309g 32.1g
Rice 35g 30.0g	Diced Potato 115g 18.3g	Roast Potato VacPac 130g 19.9g Homemade 125g 19.9g McCains 113g 19.5g	Diced Potato 115g 18.3g	Oven Baked Chips 114g 23.9g
Oven Baked Chips 114g 23.9g		Yorkshire Pudding 16g 5.7g		
Sweetcorn 71g 8.3g	Broccoli 60g 4.0g	Carrots 71g 6.9g	Sweetcorn 71g 8.3g	Peas 71g 6.4g
Baked Beans 87g 13.3g	Cauliflower 75g 3.8g	Brussel Sprouts 50g 2.3g	Mixed Vegetables 71g 2.4g	Carrots 71g 6.9g
Raspberry Ripple Ice Cream Tub 80ml (42g) 8.5g	Lemon Cookie 58g 30.4g	Seasonal Fresh Fruit	Clementine Sponge 72g 33.6g	Vanilla Sponge 56g 29.1g
Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot
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
Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g

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

Topped Jacket Potato Carb List

Topped Jacket Potato	Portion Size (g)	Carbohydrates per portion (g)
Cheese	294g	40.5g
Cheese & Coleslaw	337g	43.1g
Baked Beans (VE)	329g	51.7g
Tuna Mayonnaise	310g	40.6g
Cheese & Baked Beans	312g	46.1g

Yoghurt Carb List		
Yoghurt	Portion Size (g)	Carbohydrates per portion (g)
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