

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 9.6g	BBQ Chicken 80g 3.1g	Roast British Chicken 70g 0g Gravy: 31g 1.5g	Marinated Chicken Tikka 88g 2.7g	Omega 3 Fish Fingers 75g 14.6g
Mac 'N' Cheese (V) 271g 57.3g	Jacket Potato with a Choice of Toppings	Salmon & Broccoli Pasta 250g 45.3g	Jacket Potato with a Choice of Toppings	Freshly Baked Baguette with a Choice of Filling
Spanish Inspired Vegetable Paella (VE) 209g 37.2g	Rustic Italian Meatball Linguine (VE) 200g 48.1g	Cumberland Sausage & Bean Puff (VE) 121g 27.0g	Margherita Pizza (V) 137g 26.5g	Lightly Spiced Rogan Josh (VE) 241g 16.4g
Wedges McCains- 114g 19.9g Homemade- 132g 20.2g	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
		Yorkshire Pudding (V) 28g 11.0g (VE) 64g 15.2g	Wedges McCains- 114g 19.9g Homemade- 132g 20.2g	50/50 Rice 35g 26.9g
Corn on the Cob 63g 5.9g	Broccoli 63g 4.1g	Carrots 71g 6.9g	Broccoli 63g 4.1g	Peas 63g 5.6g
Carrots 71g 6.9g	Baked Beans 71g 9.1g	Savoy Cabbage 70g 4.2g	Sweetcorn 63g 7.3g	Cauliflower 63g 3.1g
Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE) or Fruit Jelly (VE) 169g 8.1g
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 9.3g	Traditional Roast Turkey 50g 0.5g Gravy: 31g 1.5g	Sticky Chicken 78g 2.5g	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		Mexican Style Rice 61g 39.7g
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
Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE) OR Organic Yoghurt (V)
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	Friday
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	Omega 3 Fish Fingers 75g 14.6g
Fish Fillet in Parsley Sauce 162g 8.3g	Jacket Potato with a Choice of Toppings	Cheesy Tomato Pasta (V) 151g 42.7g	Freshly Baked Baguette with a Choice of Filling	Rice, Lentil & Vegetable Dhal (VE) 398g 67.8g
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	Hot Cheesy Quesadillas (V) 148g 26.9g
Wedges McCains- 114g 19.9g Homemade- 132g 20.2g	50/50 Rice 35g 26.9g		Potato Dippers 125g 27.4g	Oven Baked Chips 103g 21.7g
New Potatoes 136g 22.0g	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	Peas 63g 5.6g
Green Beans 63g 1.3g	Peas 63g 5.6g	Broccoli 63g 4.1g	Green Beans 63g 1.3g	Cauliflower 63g 3.1g
Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE) or Fruit Jelly (VE) 169g 8.1g
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.

Topped Jacket Potato Carb List		
Topped Jacket Potato	Portion Size	Carbohydrates per portion
Cheese	304g	40.5g
Cheese & Coleslaw	337g	43.1g
Baked Beans	329g	50.0g
Tuna Mayonnaise	312g	40.6g
Cheese & Baked Beans	312g	45.2g

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

Filled Rolls Carb List (High Fibre Roll)		
	Portion Size	Carbohydrates per portion
Cheese Roll (V)	100g	23.1g
Ham Roll	100g	23.1g
Tuna & Sweetcorn Mayonnaise Roll	105g	23.1g

Yoghurt Carb List		
	Portion Size	Carbohydrates per portion
Veo Valley Organic Mango & Vanilla Yoghurt	80g	8.5g
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

Cheese & Crackers		
	Portion Size	Carbohydrates per portion
Crackers (95022- large pack)	16g	10.8g
Cheese & Crackers (95022)	34g	11.7g
Crackers (00137 mini packs)	16g	10.8g
Cheese & Crackers (00137)	34g	11.7g

Fresh Fruit Salad		
	Portion Size	Carbohydrates per portion
Mixed Melon	121g	9.6g
Melon & Grape	131g	11.4g
Fresh Fruit Platter	92g	11.9g