

School Meals Autumn Winter Primary Menu 2017 Carb Counted per portion


Monday

Cooks Choice

Homemade Tuna Pasta Bake **40g**

or Ham & Cheese Pasta Bake **44g**

Served with Broccoli

Selection of Wholemeal Pizza with  Various Toppings *

Served with Homemade Jacket Wedged Potatoes * & Sweetcorn *

Homemade Rice Pudding with a

Compote of Warm Berries **31g**

or Orange Sorbet **15g**

Tuesday

Cooks Choice

Homemade Minced Beef Hot Pot **36g**

Served with Carrot & Peas*

or

Homemade Chicken Casserole **4g**

Served with Creamed Potato*

Carrots & Peas*

Oven Baked

Vegetarian Sausage Roll  **18g**

Served with ½ Jacket Potato*

& Baked Beans*

Chocolate Sponge **15g**

with Chocolate Sauce **10g** or

Homemade apple Sponge Pudding **20g**

Served with Custard **7g**

Wednesday

Cooks Choice

V Homemade Fruity Chicken Curry **10g**

or

V Homemade Chicken Korma **4g**

Served with 50/50 Rice*

Red Tractor Beef Burger **4g**

Served in a 50/50 bun*

Diced Potato with Tomato Sauce & Sweetcorn*

Cooks Choice Rhubarb **31g**

or Apple Crumble **32g**

Served with Custard **7g**

Thursday

Cooks Choice

Roast Turkey or Braised Beef


Served with Sage & Onion Stuffing **10g**

Creamed* & Roast Potatoes*

Carrots & Broccoli

Gravy*

Homemade Macaroni Cauliflower **54g**

Cheese topped with Tomatoes 

Served with Fresh Broccoli

Fresh Fruit Segments* or Yoghurt*


Friday

Oven Baked Battered Salmon or **9g**

Crumb Coated Chicken **3g**

Served with Chunky Chipped Potatoes*

Peas* or Baked Beans*

Homemade Cheese Flan  **24g**

Served with Chunky Chipped Potatoes*

Peas* or Baked Beans*

Cooks Choice Cookie **6g**

Monday

Selection of Wholemeal Pizza* 

with Various Toppings

served with Herby Diced

Potatoes*, Peas* or Sweetcorn*

V Chicken Paella **42g**

(Chicken & Savoury Rice)

Served with

Peas* & Sweetcorn*

Apple & Blackberry Crumble **39g**

Served with Custard **7g**

Tuesday

Cooks Choice

V Homemade Lasagne or **46g**

V Homemade Spaghetti Bolognese **42g**

Served with Broccoli

Baked Gammon

Served with Cheesy Mashed Potato **11g**

& Baked Beans*

Cooks Choice

Upside Down Pineapple Cake **33g** or

Syrup & Sultana Sponge Pudding **60g**

Served with Custard **7g**

Wednesday

Cooks Choice

Moroccan Lamb Tagine **8g** with

Cous Cous* or 50\50 Rice*

or

Lamb Stew **3g** Served with

Creamed Potatoes *

Carrots & Garden Peas*

V Pork Sausage*

with Creamed Potatoes*

Gravy,

Garden Peas* & Carrot Batons

Fresh Fruit Segments*

Yoghurt*

Thursday

Cooks Choice

Roast Chicken


with Sage & Onion Stuffing*

Served with Roast *

& Creamed Potatoes*

Fresh Broccoli & Carrots

Gravy*

Tomato & Mascarpone 

Wholemeal Pasta Bake **42g**

Served with Garlic Bread **7g**

& Broccoli

Warm Sticky Toffee Pudding

with Caramel Sauce **47g**

Friday

Oven Baked Tempura Battered Fish **10g**

Served with Chunky Chipped Potatoes

Peas* or Baked Beans*

V Crumb Coated Chicken **3g**

Served with Chunky Chipped Potatoes*

Peas* or Baked Beans*

Selection of Cookies **6g**

Monday

Cooks Choice

Homemade (Change4Life)

Cottage Pie **26g** served with Broccoli

or


Yorkshire Pudding Filled with

Savoury Minced Beef **13g** Served

with Creamed Potato*

& Seasonal Vegetables

Selection of Wholemeal Pizza*

with Various Toppings 

Served with Homemade Jacket Wedged

Potatoes* & Sweetcorn*

Plum & Oat Crumble **40g** Served with

Custard

Tuesday

Option 1

V All Day Breakfast **10g** Bread roll **14g**

or Filled Jacket Potato*

Option 2

V Pork Meatballs in


Homemade Tomato & Basil Sauce

Served with Wholemeal Pasta **57g**


& Garden Peas*

or

Cooks Choice

Homemade Cheese Flan  **24g**

or

 Sunshine Eggs Served with

Baked Beans* & Half Jacket Potato*

Yoghurt* or Fruit Segments*

Wednesday

Cooks Choice

Homemade Beef Stew with Wholemeal

Cobbler Topping **20g**

or Steak Pie **25g**

served with Seasonal Vegetables

& Savoury Potatoes* **45g**

Cooks Choice

V Pasta Carbonara **44g**

or

V Italian Pasta with Chicken **41g** Served

with Seasonal vegetables

Cooks Choice

Butternut Squash Cake **20g**

Or Carrot Cake **28g**

Thursday

Cooks Choice, Roast Turkey

or Roast Gammon,

Sage & Onion Stuffing **10g**

Served with Gravy*,

Roast & Creamed Potatoes*

Fresh Broccoli & Carrot

Cooks Choice

V Homemade Chinese Stir Fry

Vegetables with Chicken

& Egg Noodles* **10g**

or

V Chicken Tikka Masala **4g**

Served with 50/50 Rice*

Gingerbread Cake with Orange **51g**

or Homemade Biscuit **check recipe**

Friday

V Oven Baked Crumb Coated Chicken **3g**

Served with Chunky Chipped Potatoes*

& Garden Peas*

Oven Baked Fish Fingers Served with

Chunky Chipped Potatoes*, Garden Peas*

Cooks Choice Biscuit **6g**/Homemade

Flapjack **28g**

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Portion Guide – Carb Counted

Product	Infant portion	Carb Count	Junior portion	Carb Count
Fish fingers	2	11g	3	16g
Sausage	2	7g	3	10g
Sausage chipolatas (16's each 32.4g)	3	8.7g	4	11.68g
Gluten free Sausage	2	8g	3	12g
Quorn sausage	2	7g	3	10g
Vegetarian Meatballs	3	4g	4	5g
Breaded Chicken Goujons	3	13g	2	8g
Pork Meatballs 20g	3	13g	4	18g
Pizza (wholemeal)	1 slice	17g	1 slice	23g
VEGETABLES				
1table spoon = 35.5gm 2 table spoons = 75gm				
ITEM	INFANT PORTION	Carb Count	JUNIOR PORTION	Carb Count
Sweetcorn	1 tblsp	6g	2 tblsp	12g
Garden Peas	1 tblsp	4g	2 tblsp	8g
Baked Beans	50g	7g	75g	10g
Pasta hoops in tomato sauce	75g	8g	75g	8g
POTATOES				
Dice Potatoes	75g	17g	100g	22g
Sauté Potatoes	75g	25g	100g	34g
Chips	75g	27g	100g	36g
Full portion of Jacket Wedges	75g	19g	100g	25g
Half portion Jacket Wedges	43g	10g	50g	12g
½ Roast Potatoes Portion	43g	10g	50g	15g
Roast as full portion	50g	13g	100g	26g
Jacket Potatoes (cooked)	200g cooked	41g	250g cooked	51g
Mash Potato full portion	100g	16g	150g	24g
Mash Potato ½ portion	50g	8g	75g	12g
New Potatoes	50g	8g	100g	16g
Pommes	75g	19g	100g	26g

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PASTA & RICE				
Pasta cooked weight	50g	18g	75g	27g
Wholemeal Pasta cooked weight	50g	18g	75g	27g
Gluten Free Pasta cooked weight	50g	20g	75g	30g
Rice cooked weight	43g	12g	50g	17g
Noodles cooked weight	50g	19g	75g	28g
Cous Cous cooked weight	50g	13g	75g	17g
Sage & Onion stuffing	14g	10g	14g	10g
Yorkshire pudding 3 inch (3090)	28g	10.9g	28g	10.9g
Yorkshire pudding 4 inch (52992)	40g	13.7 g	40g	13.7g
Bread Roll for burger/breakfast	35g	14g		
Desserts				
ITEM	INFANT PORTION	Carb Count	JUNIOR PORTION	Carb Count
Crackers (2 per packet)	2	10g	2	10g
Soreen Malt Loaf	1	19g	1	19g
Soreen Banana Loaf	1	18g	1	18g
Yeo Valley Organic Strawberry	1 x 80g	10g	1 x 80g	10g
Yeo Valley Organic yoghurt Mango & Vanilla	1 x 80g	10g	1 x 80g	10g
Yeo Valley Organic yoghurt Raspberry	1 x 80g	10g	1 x 80g	10g
Tomato Sauce Sachet	1	3g	1	3g
Gravy	1 tablespoon	1g	100g	5g
Fresh Milk – A beaker	150ml	7g	150ml	7g

Whole Fresh Fruit Carbohydrate Content Guide

Fruit	Portion (approx.)	Carbohydrate
Apple	1 small/fun sized (85g)	10g
Banana (with skin)	1 Small (97g)	15g
Satsuma/Clementine	1 (80g)	5g
Grapes	10 (65g)	10g
Kiwi	1 (55g)	5g
Melon	3 chunks (80g)	5g
Orange	1 small (71g)	4g
Pear	1 small (104g)	10g

Please note the above information is a guide.