

SPRING/ SUMMER PRIMARY SCHOOL MENU 2017 – WEEK 1 Carb Counted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cook Choice Home made Tuna Pasta Salad with sweetcorn, peppers cucumber & tomatoes cc51g Or Home made Tuna Pasta Bake cc40</p> <p>Served with homemade garlic bread cc7</p>	<p>Home made Sweet & Sour Chicken cc10g Or Home made Chicken Curry cc 9g</p> <p>Served with 50/50 rice french beans (see below)</p> <p>(vegetarian option available on request)</p>	<p>Home made Minced Beef & Onion Pie cc28</p> <p>Served with creamed potato Fresh Carrots & Garden Peas (see below)</p>	<p>Honey Roast Ham with pineapple</p> <p>Served with new potatoes and either freshly prepared coleslaw & salad or Savoy Cabbage Fresh Carrots & gravy (see below)</p>	<p>Home made Crumb Coated Chicken Fillet with Cajun Spice Cc 3g or Baked Fish Fingers (see below) chunky chips (see below) Mushy/Garden Peas Or Sweetcorn</p>
<p>Selection of Wholemeal Pizza with various toppings cc</p> <p>Served with home made jacket wedged potatoes (see below)</p> <p>Freshly prepared coleslaw cc2g or sweetcorn (see below)</p>	<p>Oven Baked Vegetarian Sausage roll cc 18g</p> <p>Served with Herby Diced Potatoes (see below) and Baked Beans (see below)</p>	<p>Home made Popeye Omelette (spinach and cheese) Cc .8 Or Home made Frittata cc2g</p> <p>Served with Spaghetti Hoops (see below) Home made Garlic Bread cc7</p>	<p>Home made Macaroni Cauliflower Cheese topped with Tomatoes cc40</p> <p>Served with fresh broccoli (see below)</p>	<p>Home made Cheese Flan cc13g</p> <p>Served with chunky chips, coleslaw & salad (see below)</p>
<p>Available daily as an alternative: - Filled jacket potatoes and a selection of sandwiches served with vegetables, a dessert and drink</p>				
<p>Available Daily:- Unlimited fresh salad and unlimited wholemeal bread</p>				
<p>DESSERTS</p>				
<p>Frozen orange smoothie cc 15g Ice cream tub see packaging</p>	<p>Eton Mess cc10g (strawberries, meringue, creamy yoghurt)</p>	<p>Fresh fruit segments cc4g with yoghurt cc10g Cheese & Biscuits (see below)</p>	<p>Peach melba cc20g (peach, vanilla ice cream, raspberry sauce)</p>	<p>Cooks choice cookie cc6</p>
<p>Available daily as an alternative: - a selection of seasonal fresh fruit, fruit yoghurt, sreen and cheese & biscuits</p>				
<p>LUNCH WILL BE SERVED WITH FRESH MILK OR DRINKING WATER</p>				
<p>MENU CYCLE WEEK 1 : 24th April, 15th May, 5th June, 26th June, 17th July</p>				

SPRING/ SUMMER PRIMARY SCHOOL MENU 2017 – WEEK 2

Carb Counted



WARRINGTON
Borough Council

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Selection of Wholemeal Pizza with various toppings</p> <p>Served with Jacket Wedged potatoes, coleslaw or sweetcorn (see below)</p>	<p>Home made Chicken en Croute (chicken, ham cheese with lattice pastry top) cc16</p> <p>Served with new potatoes & carrots (see below)</p>	<p>Home made Burger Bun cc 23g with Home made American style Beef cc 7g or Beef Burger cc 1.7g</p> <p>Served with home made Jacket wedged Potatoes, coleslaw, salad & sweetcorn (see below)</p>	<p>Braised Beef in onion gravy cc8</p> <p>Served with yorkshire pudding creamed potatoes fresh broccoli & carrots (see below)</p>	<p>Home made Cornflake Coated Chicken with cajun spice Cc 3g or Baked Fish Goujons Jun cc 11g Inf 8g Served with chunky chips, peas or beans</p>
<p>Home made Pasta Bow Tie Salad with coronation quorn & chickpeas cc 9</p> <p>Served with home made garlic bread cc7g</p>	<p>Home made Spanish Paella (Savoury rice, fish, peppers, sweetcorn and peas) cc 42g</p> <p>Served with fresh carrots(see below) Home made garlic bread cc 7 (vegetarian option available on request)</p>	<p>Home made Chinese Stir Fry Vegetables with egg noodles & quorn cc11</p> <p>Served with fresh broccoli (see below)</p>	<p>Tuna & Cheese Panini Melt cc 27g</p> <p>Served with Home made Jacket wedged Potatoes coleslaw & salad</p> <p>(other fillings available including vegetarian option)</p>	<p>Home made Cheese Flan cc13g</p> <p>Served with chunky chips, coleslaw & salad (see below)</p>

Available daily as an alternative: - Filled jacket potatoes and a selection of sandwiches served with vegetables, a dessert and drink

Available Daily:- Unlimited fresh salad and unlimited wholemeal bread

DESSERTS

<p>Pear Belle Helene (pears, vanilla ice cream, chocolate sauce) cc23 Ice Cream Tub (see packaging)</p>	<p>Cooks Choice Home made Key lime pie with mandarin oranges cc25 Fresh Fruit or Yoghurt</p>	<p>Home made Chocolate and beetroot cake topped with crème fraiche cc16g</p>	<p>Raspberries in jelly cc9.5g</p>	<p>Cooks choice cookie cc6</p>
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Available daily as an alternative:- a selection seasonal fresh fruit, fruit yoghurt, sreen and cheese & biscuits

LUNCH WILL BE SERVED WITH FRESH MILK OR DRINKING WATER

Menu cycle week 2 - 10th Apr, 1st May, 22nd May, 12th June, 3rd July, 24th July

SPRING/ SUMMER PRIMARY SCHOOL MENU 2017 – WEEK 3

Carb Counted



WARRINGTON
Borough Council

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Selection of Wholemeal Pizza with various toppings</p> <p>Served with pommes noisette, coleslaw & salad (see below)</p>	<p>Toad in the Hole (See Below)</p> <p>Served with creamed potatoes or sauté potatoes carrots & peas (see below)</p> <p>(vegetarian option available on request)</p>	<p>Home made Mild Chilli Beef cc 5g</p> <p>Served with 50/50 Rice & Quinoa (see below)</p> <p>Sweetcorn and salad (vegetarian option available upon request)</p>	<p>Roast Chicken sage & onion stuffing (see below)</p> <p>Served with gravy creamed potatoes, fresh broccoli & fresh carrot (see below)</p>	<p>Chicken with lemon coated in a herby crumb or cc 18g Tempura Battered Fish cc12g</p> <p>Served with chunky chipped potatoes or curly fries, baked beans or peas (see below)</p>
<p>Homemade Spanish Omelette cc10g</p> <p>Served with Home made garlic bread cc 7g Pasta hoops cc 15g & peas</p>	<p>Vegetarian Fajitas Wrap with beans, quorn, cheese & peppers cc 34</p> <p>Served with savoury rice & vegetables (see below)</p>	<p>Vegetarian Frankfurter cc 1.8g in a finger roll cc 23.2g</p> <p>Served with Home made tomato & roasted pepper ketchup, potato wedges & salad</p>	<p>Vegetarian Meatballs in a home made tomato & basil sauce with wholemeal spaghetti (see below)</p> <p>Served with Broccoli (see below)</p>	<p>Home made Cheese Flan cc13g</p> <p>Served with chunky chips, coleslaw & salad (see below)</p>

Available daily as an alternative: - Filled jacket potatoes and a selection of sandwiches served with vegetables, a dessert and drink

Available Daily:- Unlimited fresh salad and unlimited wholemeal bread

DESSERTS

<p>Banana split (Banana, vanilla ice cream, chocolate sauce) cc 26g Banana cake cc 27g</p>	<p>Mandarin oranges in jelly cc 9</p>	<p>Lemon drizzle cake cc25.6g with custard</p>	<p>Home made Strawberry cheesecake cc18g or vanilla ice cream as per packaging</p>	<p>Cook's choice cookie cc 6</p>
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Available daily as an alternative:- a selection seasonal fresh fruit, fruit yoghurt, sreen and cheese & biscuits available everyday

LUNCH WILL BE SERVED WITH FRESH MILK OR DRINKING WATER

Menu cycle week 3 – 17th Apr, 8th May, 29th May, 19th Jun, 10th July, 31st July

All home made dishes contain additional vegetables

If your child has any special dietary requirement please contact the School Meals office 01925 443082

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
Pizza (wholemeal)	1 slice	13g	1 slice	18g
VEGETABLES				
1 table spoon = 35.5gm 2 table spoons = 75gm				
ITEM	INFANT PORTION	Carb Count	JUNIOR PORTION	Carb Count
Sweetcorn	1 tblsp	11g	2 tblsp	22g
Garden Peas	1 tblsp	4g	2 tblsp	8g
Baked Beans	50g	7g	75g	10g
Pasta hoops in tomato sauce	75g	15g	75g	15g
POTATOES				
Dice Potatoes	75g	17g	4oz	22g
Sauté Potatoes	75g	25g	4oz	34g
Chips	75g	27g	4oz	36g
Full portion of Jacket Wedges	75g	19g	4oz	25g
Half portion Jacket Wedges	1 ½ oz	10g	2oz	12g
½ Roast Potatoes Portion	1 ½ oz	10g	2oz	15g
Roast as full portion	50g	13g	4oz	26g
Jacket Potatoes (cooked)	200g cooked	41g	250g cooked	63g
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
PASTA & RICE				
Pasta	50g	18g	75g	27g

Wholemeal Pasta	50g	18g	75g	27g
Gluten Free Pasta	50g	20g	75g	30g
Rice	1 ½ oz	12g	50g	17g
Noodles	50g	19g	75g	28g
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

Desserts

ITEM	INFANT PORTION	Carb Count	JUNIOR PORTION	Carb Count
Crackers	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
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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.