

## Week 1

29/10/2018, 19/11/2018, 10/12/2018, 14/01/2019, 04/02/2018, 04/03/2019, 25/03/2019

**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 <b>23.9g</b>	Spaghetti Bolognaise 256g <b>58.1g</b>	Roast Gammon Dinner 50g <b>0.5g</b>	Baked Fish in Parsley Sauce 181g <b>6.0g</b>	Fish Fingers 75g <b>14.6g</b>
Cheesy Tomato Pasta Pot 208g <b>78.2g</b>	Topped Jacket Potato	Chicken Meatball Pasta Pot 218g <b>79.7g</b>	Hot Gammon Baguette <b>White</b> 123g <b>40.7g</b> <b>Malted Wheat</b> 113g <b>33.2g</b>	Topped Jacket Potatoes
Vegetable Burger in a Bun 100g <b>34.7g</b>	Vegetarian Sausage Roll 57g <b>15.2g</b>	Quorn Sausage Casserole 115g <b>17.3g</b>	Cheese & Tomato Pizza 84g <b>15.8g</b>	Cauliflower & Broccoli Cheese Bake 190g <b>7.4g</b>
Wedges 100g <b>30.2g</b>	Diced Potatoes 101g <b>25.2g</b>	Roast Potatoes <b>Homemade</b> 130g <b>21.5g</b> <b>McCains</b> 113g <b>24.0g</b>	New Potatoes 83g <b>13.4g</b>	Oven Baked Chips 113g <b>24.0g</b>
		Yorkshire Pudding 13g <b>4.5g</b>		
Sweetcorn 71g <b>8.3g</b>	Broccoli 60g <b>1.1g</b>	Cabbage 67g <b>2.8g</b>	Sweetcorn 71g <b>8.3g</b>	Baked Beans 101g <b>15.3g</b>
Peas 71g <b>6.4g</b>	Cauliflower 60g <b>1.8g</b>	Roast Parsnips 59g <b>7.3g</b>	Broccoli 60g <b>1.1g</b>	Mixed Vegetables 71g <b>5.0g</b>
Oaty Fruit Crunch & Custard 103g <b>26.0g</b> 78g <b>9.7g</b>	Marble Cake & Custard 62g <b>25.1g</b> 78g <b>9.7g</b>	Raspberry Mousse 114g <b>5.8g</b>	Banana Cake 86g <b>27.0g</b>	Autumn Sponge & Custard 71g <b>25.3g</b> 78g <b>9.7g</b>
Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>
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 <b>83g 2.7g</b>	Fresh Fruit Pot <b>83g 2.7g</b>	Fresh Fruit Pot <b>83g 2.7g</b>	Fresh Fruit Pot <b>83g 2.7g</b>	Fresh Fruit Pot <b>83g 2.7g</b>
Cheese and Crackers Jacobs: 47g <b>21.3g</b> Van Allen: 49g <b>46.7g</b>	Cheese and Crackers Jacobs: 47g <b>21.3g</b> Van Allen: 49g <b>46.7g</b>	Cheese and Crackers Jacobs: 47g <b>21.3g</b> Van Allen: 49g <b>46.7g</b>	Cheese and Crackers Jacobs: 47g <b>21.3g</b> Van Allen: 49g <b>46.7g</b>	Cheese and Crackers Jacobs: 47g <b>21.3g</b> Van Allen: 49g <b>46.7g</b>

## Week 2

05/11/2018, 26/11/2018, 17/12/2018, 21/01/2019, 11/02/2019, 11/03/2019, 01/04/2019

**Key:Weights in Black- Portion Size**

**Weights in Red- Carbohydrates per Portion.**

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Hot Dog 100g 24.5g	Chicken & Vegetable Pie 144g 36.1g	Roast Beef Dinner 50g 0.5g	BBQ Chicken 80g 4.2g	Salmon Crumb Fillet 60g 13.4g
Creamy Cheese Pasta Pot 256g 74.2g	Topped Jacket Potato	Cheesy Tomato Pasta Pot 208g 78.2g	Hot Beef Baguette <b>White</b> 123g 41.2g <b>Malted Wheat</b> 113g 33.2g	Topped Jacket Potato
Veggie Hot Dog 109g 29.0g	Macaroni Cheese 290g 75.2g	Quorn Mince Puff 92g 24.5g	Quorn Sausage Paella 253g 70.8g	Cheese & Tomato Pizza 84g 15.8g
Wedges 100g 30.2g	Diced Potatoes 101g 25.2g	Roast Potatoes <b>Homemade</b> 130g 21.5g <b>McCains</b> 113g 24.0g	Rice 84g 64.6g	Oven Baked Chips 113g 24.0g
		Yorkshire Pudding 13g 4.5g		
Sweetcorn 71g 8.3g	Broccoli 60g 1.1g	Organic Carrots 71g 7.5g	Sweetcorn 71g 8.3g	Peas 71g 6.4g
Spaghetti Hoops 94g 10.1g	Baked Beans 101g 15.3g	Cabbage 67g 2.8g	Cauliflower 60g 1.8g	Baked Beans 101g 15.3g
Vanilla Muffin 62g 24.9g	Pear & Apple Sponge with Custard 94g 28.3g 78g 9.7g	Lemon Cookie 55g 28.8g	Sticky Toffee Pudding & Custard 96g 40.3g 78g 9.7g	Strawberry Ice Cream 80ml 20.8g
Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g
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 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g
Cheese and Crackers <b>Jacobs: 47g 21.3g</b> <b>Van Allen: 49g 46.7g</b>	Cheese and Crackers <b>Jacobs: 47g 21.3g</b> <b>Van Allen: 49g 46.7g</b>	Cheese and Crackers <b>Jacobs: 47g 21.3g</b> <b>Van Allen: 49g 46.7g</b>	Cheese and Crackers <b>Jacobs: 47g 21.3g</b> <b>Van Allen: 49g 46.7g</b>	Cheese and Crackers <b>Jacobs: 47g 21.3g</b> <b>Van Allen: 49g 46.7g</b>

### Week 3

*12/11/2018, 03/12/2018, 07/01/2019, 28/01/2019, 25/02/2019, 18/03/2019, 08/04/2019*

**Key:Weights in Black- Portion Size**

**Weights in Red- Carbohydrates per Portion.**

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Pork Sausages 75g <b>13.1g</b>	Sticky Chicken 81g <b>5.6g</b>	Roast Turkey Dinner 50g <b>0.5g</b>	Buttermilk Chicken 60g <b>3.7g</b>	Fish Fingers 75g <b>14.6g</b>
Cheesy Tomato Pasta Pot 208g <b>78.2g</b>	Topped Jacket Potato	Quorn Bolognaise Pasta Pot 166g <b>45.8g</b>	Hot Turkey Baguette <b>White</b> 123g <b>40.8g</b> <b>Malted Wheat</b> 113g <b>33.2g</b>	Topped Jacket Potato
Vegetable Fingers 85g <b>19.6g</b>	Vegetarian Cottage Pie 178g <b>28.1g</b>	Cheese & Potato Puff 109g <b>23.3g</b>	Cheese & Tomato Pizza 84g <b>15.8g</b>	Quorn Keema Curry 146g <b>19.7g</b>
Mash Potato 125g <b>20.1g</b>	Rice 84g <b>64.6g</b>	Roast Potatoes <b>Homemade</b> 130g <b>21.5g</b> <b>McCains</b> 113g <b>24.0g</b>	Wedges 100g <b>30.2g</b>	Oven Baked Chips 113g <b>24.0g</b>
		Yorkshire Pudding 13g <b>4.5g</b>		Rice 84g <b>64.6g</b>
Peas 71g <b>6.4g</b>	Broccoli 60g <b>1.1g</b>	Cabbage 67g <b>2.8g</b>	Sweetcorn 71g <b>8.3g</b>	Peas 71g <b>6.4g</b>
Baked Beans 101g <b>15.3g</b>	Sweetcorn 71g <b>8.3g</b>	Organic Carrots 71g <b>7.5g</b>	Green Beans 71g <b>1.4g</b>	Baked Beans 101g <b>15.3g</b>
Frozen Yoghurt 56g <b>12.7g</b>	Molly's Carrot Cake & Custard 95g 27.6g 78g <b>9.7g</b>	Fruit Jelly 161g <b>5.4g</b>	Lemon Drizzle Cake 70g <b>27.1g</b>	Cherry Muffin 61g <b>27.7g</b>
Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>	Fresh Salad Selection <b>4.3g</b>
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 <b>83g 2.7g</b>	Fresh Fruit Pot <b>83g 2.7g</b>	Fresh Fruit Pot <b>83g 2.7g</b>	Fresh Fruit Pot <b>83g 2.7g</b>	Fresh Fruit Pot <b>83g 2.7g</b>
Cheese and Crackers <b>Jacobs: 47g 21.3g</b> <b>Van Allen: 49g 46.7g</b>	Cheese and Crackers <b>Jacobs: 47g 21.3g</b> <b>Van Allen: 49g 46.7g</b>	Cheese and Crackers <b>Jacobs: 47g 21.3g</b> <b>Van Allen: 49g 46.7g</b>	Cheese and Crackers <b>Jacobs: 47g 21.3g</b> <b>Van Allen: 49g 46.7g</b>	Cheese and Crackers <b>Jacobs: 47g 21.3g</b> <b>Van Allen: 49g 46.7g</b>

**Topped Jacket Potato Carb List**

<b>Topped Jacket Potato</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
<b>Cheese</b>	<b>290g</b>	<b>43.0g</b>
<b>Cheese &amp; Coleslaw</b>	<b>318g</b>	<b>45.5g</b>
<b>Baked Beans</b>	<b>325g</b>	<b>54.4g</b>
<b>Tuna Mayonnaise</b>	<b>306g</b>	<b>43.2g</b>
<b>Cheese &amp; Baked Beans</b>	<b>308g</b>	<b>48.7g</b>

<b>Yoghurt Carb List</b>		
<b>Yoghurt</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
<b>Veo Valley Organic Mango &amp; Vanilla Yoghurt</b>	<b>80g</b>	<b>8.8g</b>
<b>Veo Valley Organic Raspberry Yoghurt</b>	<b>80g</b>	<b>8.8g</b>
<b>Veo Valley Organic Strawberry Yoghurt</b>	<b>80g</b>	<b>8.8g</b>
<b>Golden Acre: Strawberry Yoghurt</b>	<b>100g</b>	<b>19.6g</b>
<b>Golden Acre: Raspberry Yoghurt</b>	<b>100g</b>	<b>19.6g</b>
<b>Golden Acre: Peach &amp; Passion Fruit Yoghurt</b>	<b>100g</b>	<b>19.6g</b>