

Week 1

29/04/2019, 20/05/2019, 17/06/2019, 08/07/2019, 02/09/2019, 23/09/2019, 14/10/2019

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 24.9g	Spaghetti Bolognaise 263g 57.3g	Roast Gammon Dinner 50g 0.5g	Baked Fish in Parsley Sauce 181g 6.2g	Fish Fingers 75g 14.6g
Cheesy Tomato Pasta Pot 208g 80.3g	Topped Jacket Potato	Chicken Meatball Pasta Pot 218g 81.8g	Filled Baguettes	Topped Jacket Potatoes
Vegetable Burger in a Bun 100g 34.7g	Vegetarian Sausage Roll 57g 15.2g	Sticky Quorn Sausage Roast 71g 10.7g	Cheese & Tomato Pizza 107g 15.6g	Cauliflower & Broccoli Cheese Bake 190g 7.6g
Potatoes Wedges McCains 100g 30.2g Homemade 125g 21.5g	Diced Potatoes 101g 25.2g	Roast Potatoes Homemade 130g 21.5g McCains 113g 24.0g	New Potatoes 83g 13.4g	Oven Baked Chips 113g 24.0g
		Yorkshire Pudding 13g 4.5g		
Sweetcorn 71g 8.3g	Broccoli 60g 1.1g	Cabbage 67g 2.8g	Sweetcorn 71g 8.3g	Baked Beans 101g 15.3g
Peas 71g 6.4g	Cauliflower 60g 1.8g	Roast Parsnips 59g 7.3g	Broccoli 60g 1.1g	Mixed Vegetables 71g 5.0g
Oaty Fruit Crunch & Custard 103g 27.6g 78g 9.7g	Marble Cake & Custard 62g 25.1g 78g 9.7g	Strawberry & Vanilla Mousse 90ml 19.0g	Banana Cake 86g 27.0g	Autumn Sponge & Custard 71g 25.3g 78g 9.7g
	Chocolate Sponge & Chocolate Custard 63g 25.3g 93g 11.4g			
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 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 Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g

Week 2

06/05/2019, 03/06/2019, 24/06/2019, 15/07/2019, 09/09/2019, 30/09/2019

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Chicken Fillet in a Bun 107g 23.3g	Marinated Chicken Tikka 92g 3.7g	Roast Beef Dinner 50g 0.5g	BBQ Chicken 80g 4.1g	Salmon Crumb Fillet 60g 13.4g
Cheesy Tomato Pasta Pot 208g 80.3g	Topped Jacket Potato	Cheesy Tomato Pasta Pot 208g 80.3g	Filled Baguettes	Topped Jacket Potato
Quorn Burger in a Bun 100g 24.9g	Macaroni Cheese 290g 75.5g	Quorn Mince Puff 92g 24.5g	Quorn Sausage Paella 256g 74.4g	Cheese & Tomato Pizza 107g 15.6g
Potatoes Wedges McCains 100g 30.2g Homemade 125g 21.5g	Rice 88g 68.5g	Roast Potatoes Homemade 130g 21.5g McCains 113g 24.0g	Rice 88g 68.5g	Oven Baked Chips 113g 24.0g
		Yorkshire Pudding 13g 4.5g		
Peas 71g 6.4g	Broccoli 60g 1.1g	Carrots 50g 4.0g	Sweetcorn 71g 8.3g	Peas 71g 6.4g
Spaghetti Hoops 94g 10.1g	Sweetcorn 71g 8.3g	Cabbage 67g 2.8g	Cauliflower 60g 1.8g	Baked Beans 101g 15.3g
Vanilla Muffin 62g 24.9g	Pear & Apple Sponge with Custard 94g 28.6g 78g 9.7g	Lemon Cookie 55g 29.9g	Sticky Toffee Pudding & Custard 96g 40.5g 78g 9.7g	Strawberry Ice Cream 80ml 20.8g
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 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 Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g

Week 3

13/05/2019, 10/06/2019, 01/07/2019, 22/07/2019, 16/09/2019, 07/10/2019

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Pork Sausages 75g 13.1g	Sticky Chicken 81g 5.7g	Roast Turkey Dinner 50g 0.1g	Buttermilk Chicken 60g 3.7g	Fish Fingers 75g 14.6g
Cheesy Tomato Pasta Pot 208g 80.3g	Topped Jacket Potato	Quorn Bolognaise Pasta Pot 166g 46.7g	Filled Baguettes	Topped Jacket Potato
Vegetable Fingers 85g 19.6g	Vegetarian Cottage Pie 178g 27.6g	Cheese & Potato Puff 109g 23.3g	Cheese & Tomato Pizza 107g 15.6g	Quorn Keema Curry 146g 19.7g
Mash Potato 125g 20.1g	Rice 88g 68.5g	Roast Potatoes Homemade 130g 21.5g McCains 113g 24.0g	Potatoes Wedges McCains 100g 30.2g Homemade 125g 21.5g	Oven Baked Chips 113g 24.0g
		Yorkshire Pudding 13g 4.5g		Rice 88g 68.5g
Peas 71g 6.4g	Broccoli 60g 1.1g	Cabbage 67g 2.8g	Sweetcorn 71g 8.3g	Peas 71g 6.4g
Baked Beans 101g 15.3g	Sweetcorn 71g 8.3g	Carrots 50g 4.0g	Green Beans 71g 1.4g	Baked Beans 101g 15.3g
Frozen Yoghurt 56g 12.7g	Molly's Carrot Cake 95g 26.9g	Fruit Jelly 161g 5.4g	Lemon Drizzle Cake 70g 27.1g	Cherry Muffin 61g 27.7g
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 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 Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g	Cheese and Crackers Jacobs: 34g 12.3g Van Allen: 34g 12.3g

Topped Jacket Potato Carb List

Topped Jacket Potato	Portion Size (g)	Carbohydrates per portion (g)
Cheese	290g	43.1g
Cheese & Coleslaw	315g	45.2g
Baked Beans	325g	54.4g
Tuna Mayonnaise	306g	43.2g
Cheese & Baked Beans	308g	48.7g

Filled Baguettes Carb List		
Filled Baguettes	Portion Size (g)	Carbohydrates per portion (g)
Beef Baguette (White)	123	41.2
Beef Baguette (Malted Wheat)	113	33.7
Cheese Baguette (White)	123	40.8
Cheese Baguette (Malted Wheat)	113	33.3
Gammon Baguette (White)	123	40.7
Gammon Baguette (Malted Wheat)	112	33.2
Ham Baguette (White)	108	40.7
Ham Baguette (Malted Wheat)	98	33.2
Tuna Mayonnaise Baguette (White)	144	42.2
Tuna Mayonnaise Baguette (Malted Wheat)	133	34.7
Turkey Baguette (White)	123	40.8
Turkey Baguette (Malted Wheat)	113	33.2

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	8.6g
Veo Valley Organic Strawberry Yoghurt	80g	8.8g
Golden Acre: Strawberry Yoghurt	100g	19.6g
Golden Acre: Raspberry Yoghurt	100g	19.6g
Golden Acre: Peach & Passion Fruit Yoghurt	100g	19.6g