

<b>Week 1</b>				
19/04/2021, 10/05/2021, 07/06/2021, 28/06/2021, 19/07/2021, 13/09/2021, 04/10/2021				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Golden Dippers (V) 80g <b>9.6g</b>	BBQ Chicken 80g <b>3.1g</b>	Roast British Gammon 50g <b>0.5g</b>	Lemon & Garlic Chicken 99g <b>1.5g</b>	Omega 3 Fish Fingers 75g <b>14.6g</b>
Jacket Potato with a Choice of Toppings	Mac 'n' Cheese (V) 293g <b>51.8g</b>	Cheesy Tomato Pasta (V) 151g <b>42.7g</b>	Margherita Pizza (V) 209g <b>47.6g</b>	Lightly Spiced Rogan Josh (VE) 241g <b>15.7g</b>
Diced Potatoes 114g <b>18.4g</b>	50/50 Rice 35g <b>26.9g</b>	Roast Potatoes McCains: 113g <b>24.0g</b> Jackets: 125g <b>19.9g</b> VacPac: 130g <b>19.9g</b>	Wedges McCains: 114g <b>19.9g</b> Homemade: 132g <b>20.2g</b>	Oven Baked Chips 114g <b>23.9g</b>
		Yorkshire Pudding 28g <b>11.0g</b> VE: 64g <b>15.0g</b>		50/50 Rice 35g <b>26.9g</b>
Farmhouse Vegetables 71g <b>2.4g</b>	Corn on the Cob 63g <b>5.9g</b>	Carrots 71g <b>6.9g</b>	Coleslaw 60g <b>3.7g</b>	Peas 71g <b>6.4g</b>
Baked Beans 87g <b>13.3g</b>	Broccoli 60g <b>4.0g</b>	Spring Greens 50g <b>3.3g</b>	Sweetcorn 71g <b>8.3g</b>	Cauliflower 75g <b>3.8g</b>
Vanilla Ice Cream Tub 42g <b>7.5g</b>	Fresh Fruit Platter	Fruit Jelly Orange - 178g <b>6.4g</b> Raspberry - 178g <b>6.4g</b> Strawberry - 178g <b>6.4g</b>	Fresh Fruit Platter	Marble Cake with Custard 55g <b>21.7g</b> 78g <b>9.7g</b> Non Chocolate Marble Cake: 73g <b>27.9g</b>
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.

<b>Week 2</b>				
<i>26/04/2021, 17/05/2021, 14/06/2021, 05/07/2021, 30/08/2021, 20/09/2021, 11/10/2021</i>				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Italian Style Lasagne (V) 259g <b>37.3g</b>	Jacket Potato with a Choice of Toppings	Traditional Roast Turkey 50g <b>0.5g</b>	Sticky Chicken 79g <b>3.8g</b>	Battered Fish Fillet 60g <b>12.2g</b>
Sausage Roll (VE) 65g <b>16.9g</b>	Crispy Vegetable Fingers (VE) 85g <b>19.6g</b>	Mince & Onion Puff (VE) 91g <b>26.3g</b>	Freshly Baked Baguette with a Choice of Filling	Jacket Potato with a Choice of Toppings
Diced Potatoes 114g <b>18.4g</b>	Wedges McCains: 114g <b>19.9g</b> Homemade: 132g <b>20.2g</b>	Roast Potatoes McCains: 113g <b>24.0g</b> Jackets: 125g <b>19.9g</b> VacPac: 130g <b>19.9g</b>	50/50 Rice 35g <b>26.9g</b>	Oven Baked Chips 114g <b>23.9g</b>
		Yorkshire Pudding 28g <b>11.0g</b> VE: 64g <b>15.0g</b>		
Peas 71g <b>6.4g</b>	Farmhouse Vegetables 71g <b>2.4g</b>	Cabbage 88g <b>5.3g</b>	Broccoli 60g <b>4.0g</b>	Cauliflower 75g <b>3.8g</b>
Sweetcorn 71g <b>8.3g</b>	Baked Beans 87g <b>13.3g</b>	Carrots 71g <b>6.9g</b>	Corn on the Cob 63g <b>5.9g</b>	Peas 71g <b>6.4g</b>
Red Velvet Sponge 67g <b>23.1g</b> Ripple Sponge 76g <b>25.7g</b>	Fresh Fruit Plater	Raspberry Ripple Ice Cream Tub 42g <b>8.5g</b>	Fresh Fruit Platter	Orange Cookie 52g <b>27.9g</b>
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.

<b>Week 3</b>				
<i>03/05/2021, 24/05/2021, 21/06/2021, 12/07/2021, 06/09/2021, 27/09/2021, 18/10/2021</i>				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Organic Beef Burger in a Bun 106g <b>24.9g</b>	Jacket Potato with a Choice of Toppings	British Pork Sausage Toad in the Hole 151g <b>21.2g</b>	Southern Style Chicken 73g <b>0.3g</b>	Omega 3 Fish Fingers 75g <b>14.6g</b>
Crispy Country Bake Burger in a Bun (VE) 100g <b>33.9g</b>	Margherita Pizza (V) 209g <b>47.6g</b>	Toad in the Hole (VE) 148g <b>24.2g</b> Toad in the Hole (V) 121g <b>21.8g</b>	Freshly Baked Baguette with a Choice of Filling	Hot Cheesy Quesadilla (V) 139g <b>26.3g</b>
Wedges McCains: 114g <b>19.9g</b> Homemade: 132g <b>20.2g</b>	Wholemeal Pasta 40g <b>26.4g</b>	Mash Simply (VE): 125g <b>20.1g</b> Lamb Weston (V): 125g <b>21.3g</b>	Potato Dippers 125g <b>27.4g</b>	Oven Baked Chips 114g <b>23.9g</b>
		Gravy 31g <b>1.5g</b>		
Sweetcorn 71g <b>8.3g</b>	Farmhouse Vegetables 71g <b>2.4g</b>	Carrots 71g <b>6.9g</b>	Corn on the Cob 63g <b>5.9g</b>	Peas 71g <b>6.4g</b>
Green Beans 71g <b>1.4g</b>	Peas 71g <b>6.4g</b>	Broccoli 60g <b>4.0g</b>	Baked Beans 87g <b>13.3g</b>	Cauliflower 75g <b>3.8g</b>
Zesty Sponge with Custard 76g <b>28.1g</b> 78g <b>9.7g</b>	Fresh Fruit Platter	Fruit Jelly Orange - 178g <b>6.4g</b> Raspberry - 178g <b>6.4g</b> Strawberry - 178g <b>6.4g</b>	Fresh Fruit Platter	Strawberry Frozen Yoghurt 80g <b>20.8g</b>
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

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<b>Topped Jacket Potato Carb List</b>		
<b>Topped Jacket Potato</b>	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Cheese</b>	<b>294g</b>	<b>40.5g</b>
<b>Cheese &amp; Coleslaw</b>	<b>337g</b>	<b>43.1g</b>
<b>Baked Beans</b>	<b>329g</b>	<b>51.7g</b>
<b>Tuna Mayonnaise</b>	<b>310g</b>	<b>40.6g</b>
<b>Cheese &amp; Baked Beans</b>	<b>312g</b>	<b>46.1g</b>

<b>Filled Baguettes Carb List</b>		
<b>Filled Baguettes</b>	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Cheese Baguette (White)</b>	125g	<b>41.4g</b>
<b>Cheese Baguette (Malted Wheat)</b>	113g	<b>33.3g</b>
<b>Ham Baguette (White)</b>	125g	<b>41.4g</b>
<b>Ham Baguette (Malted Wheat)</b>	113g	<b>33.3g</b>
<b>Tuna Mayonnaise Baguette (White)</b>	144g	<b>42.7g</b>
<b>Tuna Mayonnaise Baguette (Malted Wheat)</b>	161g	<b>34.6g</b>

<b>Filled Rolls Carb List (High Fibre Roll)</b>		
	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Cheese Roll (V)</b>	100g	<b>23.0g</b>
<b>Ham Roll</b>	100g	<b>23.0g</b>
<b>Tuna &amp; Sweetcorn Mayonnaise Roll</b>	120g	<b>24.8g</b>

**Yoghurt Carb List**

	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Veo Valley Organic Mango &amp; Vanilla Yoghurt</b>	<b>80g</b>	<b>8.6g</b>
<b>Veo Valley Organic Raspberry Yoghurt</b>	<b>80g</b>	<b>8.5g</b>
<b>Veo Valley Organic Strawberry Yoghurt</b>	<b>80g</b>	<b>8.5g</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>

**Cheese & Crackers**

	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Crackers (95022- large pack)</b>	<b>16g</b>	<b>10.8g</b>
<b>Cheese &amp; Crackers (95022)</b>	<b>34g</b>	<b>11.7g</b>
<b>Crackers (00137 mini packs)</b>	<b>16g</b>	<b>10.8g</b>
<b>Cheese &amp; Crackers (00137)</b>	<b>34g</b>	<b>11.7g</b>

**Fresh Fruit Salad**

	<b>Portion Size</b>	<b>Carbohydrates per portion</b>
<b>Mixed Melon Fruit Salad</b>	<b>121g</b>	<b>9.6g</b>
<b>Rainbow Fruit Salad</b>	<b>131g</b>	<b>12.3g</b>
<b>Zesty Fruit Salad</b>	<b>100g</b>	<b>10.8g</b>