

Carb Content Info 2016-17 Menu

	Monday	g	Tuesday	g	Wednesday	g	Thursday	g	Friday	g
Week 1	<p>Chinese Chicken Curry Quorn Dog Macaroni Cheese (V) Ham Sandwich</p> <p>Spiced Potato Wedges Boiled Rice Baby Carrots</p> <p>Chocolate Muffin</p>	<p>5.4 26.2 27.7 30.4</p> <p>13.5 29.2 2.4</p> <p>15.2</p>	<p>Chicken Fillet in Gravy Breaded Fish BBQ Vegeballs (V) Roast Beef Sandwich</p> <p>Pasta Parsley Potatoes Garden Peas</p> <p>Jam Sponge with Custard</p>	<p>3.2 16.1 10.2 30.2</p> <p>20.4 18 4.2</p> <p>25 9.1</p>	<p>Roast Beef in Gravy with Yorkshire Pudding Fishcake Cheese & Tomato Pizza (V) Tuna Mayo Sandwich</p> <p>Pasta Roast Potatoes Broccoli</p> <p>Jelly & Cream</p>	<p>11.4 16.1 17.1 31.1</p> <p>20.4 17.8 0.5</p> <p>4.3</p>	<p>Tomato & Lentil Soup Oven Baked Sausages Cheese Baked Potato Chinese Style Mushroom Rice (V) Chicken Mayo Wrap</p> <p>Mashed Potatoes Baked Beans Green Beans</p>	<p>18 9.4 47.6 34.1 27.7</p> <p>19 7.2 1.2</p>	<p>Beef Burger in a Bun Fish Fingers Vegetable Curry (V) Turkey Roll</p> <p>Chips Boiled Rice Sweetcorn</p> <p>Tiffin</p>	<p>24.7 15.6 9.5 23.2</p> <p>18.4 29.2 8.8</p> <p>31.2</p>
Week 2	<p>BBQ Chicken Sausage Roll Vegetable Omelette (V) Cheese Mayo Roll</p> <p>Boiled Rice Mashed Potatoes Baked Beans Green Beans Apple Sponge with Custard</p>	<p>6.9 25.3 7.3 23.3</p> <p>29.2 19 7.2 1.2 21.9 9.1</p>	<p>Breaded Nuggets Pork Steak & Gravy Vegetable & Bean Chilli (V) Turkey Sandwich</p> <p>Baby Boiled Potatoes Boiled Rice Mexicorn</p> <p>Chocolate Crispy Cake</p>	<p>15.2 3.5 15.1 31.4</p> <p>15.4 29.2 5.4</p> <p>31.6</p>	<p>Yellow Pea Soup Steak Casserole Chinese Style Chicken Rice Macaroni Cheese (V) Ham Sandwich</p> <p>Herbie Diced Potatoes Sliced Carrots</p>	<p>16.7 7.3 33.7 27.7 30.4</p> <p>13.5 2.5</p>	<p>Chicken Fajita Traditional Beef Mince Cheese & Tomato Pizza (V) Tuna Mayo Wrap</p> <p>Mashed Potatoes Garlic Bread Broccoli</p> <p>Raspberry Jelly & Fruit</p>	<p>33.2 8.4 17.9 29.6</p> <p>19 10.3 0.5</p> <p>4.2</p>	<p>Turkey Burger in a Bun Fish Fingers Vegeballs in Tomato Sauce(V) Chicken Roll</p> <p>Pasta Chips Peas St Clements Muffin</p>	<p>26.5 15.8 10.2 33.7</p> <p>20.4 18.4 4.2 21.8</p>
Week 3	<p>Turkey Meatball Sub Baked Bean Baked Potato Macaroni Cheese (V) Ham Roll</p> <p>Potato Wedges Broccoli Florets</p> <p>Lemon Drizzle Sponge</p>	<p>55.6 54.8 27.7 22.2</p> <p>13.5 0.5</p> <p>23.5</p>	<p>Lentil Soup Sticky Chicken Ham Pasta Salad Cheese & Tomato Pizza (V) Turkey Sandwich</p> <p>Pasta Boiled Rice Sweetcorn</p>	<p>22.2 9.2 26.1 17.1 31.4</p> <p>20.4 29.2 8.8</p>	<p>Steak Pie Fish Fingers Baked Quorn Wrap (V) Tuna Mayo Sandwich</p> <p>Parsley Potatoes Baby Carrots</p> <p>Ice Cream with Berry Sauce & a Wafer</p>	<p>17.5 15.6 32.5 31.1</p> <p>18 2.4</p> <p>11.8</p>	<p>Sausages in Gravy Spaghetti Bolognaise Vegetable Bean Burger (V) Coronation Chicken Wrap</p> <p>Mashed Potatoes Broccoli Florets</p> <p>Chocolate Sponge with Custard</p>	<p>12.1 22 35.7 30.8</p> <p>19 0.5</p> <p>19.3 9.1</p>	<p>Chicken Burger in a Bun Breaded Fish Tomato Pasta Bake (V) Cheese Sandwich</p> <p>Chips Garden Peas</p> <p>Shortbread Biscuit</p>	<p>41 16.1 28.2 30.36</p> <p>18.4 4.2</p> <p>26</p>
Week 4	<p>Chicken in Gravy Pie Fish Fingers Sweet & Sour Quorn (V) Turkey Sandwich</p> <p>Boiled Potatoes Boiled Rice Baby Carrots</p> <p>Cheese & Crackers</p>	<p>11 15.6 9 31.4</p> <p>15.4 29.2 2.4</p> <p>9.9</p>	<p>Mince Filled Yorkshire Pudding Chicken Curry Quorn Dog Roll (V) Tuna Mayo Wrap</p> <p>Baby boiled potatoes Boiled Rice Broccoli</p> <p>Golden Sponge with Chocolate Sauce</p>	<p>17.7 5.8 26.2 29.2</p> <p>15.4 29.2 0.5</p> <p>23.1 9.3</p>	<p>Chicken Noodle Soup BBQ Pork in Sub Roll Breaded Fish Cheese & Tomato Pizza (V) Cheese Roll</p> <p>Pasta Chips Peas</p>	<p>8.8 55.6 16.1 17.1 22.4</p> <p>20.4 18.4 4.2</p>	<p>Sausages Chicken in a Tomato Sauce Macaroni Cheese (V) Ham Sandwich</p> <p>Mashed Potatoes Garlic Bread Baked Beans Green Beans</p> <p>Chocolate Brownie</p>	<p>10.3 5.2 27.7 30.4</p> <p>19 10.3 7.2 2.7</p> <p>19.6</p>	<p>Cheese Burger in a Bun Tuna Baked Potato Vegetable Nuggets (V) Chicken Sandwich</p> <p>Potato Wedges Sweetcorn</p> <p>Golden Crunch</p>	<p>25 48.4 22.3 31.6</p> <p>13.5 8.8</p> <p>28.7</p>