Inverclyde Secondary school Carbohydrate Information 2023-24

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| **Week 1** | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning break | **Plain bagel:** Portion = 115g Carb per portion= 58  **Cinnamon bagel:** Portion = 100g Carb per portion=52  **Chicken links:** Portion 2x57g =114g Carb per portion= 22  **Roll:** Portion = 45g Carb per portion= 21  **Turkey slice:**  Portion = 85g Carb per portion=13 **Roll:** Portion = 45g Carb per portion= 21  **Chicken grill:**  Portion = 60g Carb per portion= 16 **Roll:** Portion = 45g Carb per portion= 21 | | | | |
| **Week 1**  **Option 1-** Traditional  **£2.00** | **Salmon bites**  Portion 5x19g =95g  Carb per portion=17  **Potato wedges**  Portion= 100g  Carb per portion= 17 | **Chicken meatballs in gravy**  Portion 6x 12g=72g  Carb per portion=8  **Mash potato**  Portion=130g  Carb per portion= 20 | **Bolognaise**  Portion= 160g  Carb per portion=9  **Pasta**  Portion= 120g  Carb per portion= 40 | **Chicken Pie**  Portion=160g  Carb per portion=14  **Mash potato**  Portion=130g  Carb per portion= 20 | **Breaded Haddock**  Portion= 110g  Carb per portion= 23  **Beef Burger**  Portion= 113g  Carb per portion= 2  **Quorn burger**  Portion= 70g  Carb per portion= 10  **Roll**  Portion= 50g  Carb per portion= 24  **Chips**  Portion= 110g  Carb per portion= 39 |

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| **Week 2**  **Option 1-** Traditional  **£2.00** | **Chicken or**  **Veg Fajitas**  Portion= 160g  Carb per portion= 27  **Potato wedges**  Portion= 100g  Carb per portion= 17 | **Vegan sausage roll**  Portion= 64g  Carb per portion= 18  **Potato wedges**  Portion= 100g  Carb per portion= 17 | **Steak Pie**  Portion= 160g  Carb per portion=18  **Mash potato**  Portion=130g  Carb per portion= 20 | **Chicken Curry**  Portion= 160g  Carb per portion= 6  **Rice**  Portion= 120g  Carb per portion=37 | **Breaded Haddock**  Portion= 110g  Carb per portion= 23  **Beef Burger**  Portion= 113g  Carb per portion= 2  **Quorn burger**  Portion= 70g  Carb per portion= 10  **Roll**  Portion= 50g  Carb per portion= 24  **Chips**  Portion= 110g  Carb per portion= 39 |
| **Week 3**  **Option 1-** Traditional  **£2.00** | **Grilled Pork Sausage**  Portion= 3x57g = 171g  Carb per portion= 23  **Mash potato**  Portion=130g  Carb per portion= 20 | **Roast turkey & Gravy**  Portion= 80g  Carb per portion= 2(gravy)  **Yorkshire pudding**  Portion =1x21g  Carb per portion=8  **Roast potatoes**  Portion= 100g  Carb per portion=26 | **Chilli beef**  Portion= 100g  Carb per portion= 7  **Nachos**  Portion= 50g  Carb per portion=30 | **Chicken meatballs in tomato sauce**  Portion= 6x 12g=72g  Carb per portion=8  **Sub roll**  Portion= 85g  Carb per portion= 40  **Potato wedges**  Portion= 100g  Carb per portion= 17 | **Breaded Haddock**  Portion= 110g  Carb per portion= 23  **Beef Burger**  Portion= 113g  Carb per portion= 2  **Quorn burger**  Portion= 70g  Carb per portion= 10  **Roll**  Portion= 50g  Carb per portion= 24  **Chips**  Portion= 110g  Carb per portion= 39 |
| **Week 1, 2 and 3**  **Option 2 –** Pasta  **£1.30** | **Tomato and basil penne**  Portion= 150g  Carb per portion= 30 | **Cheesy macaroni**  Portion= 163g  Carb per portion= 32 | **Cajun Chicken pasta**  Portion= 163g  Carb per portion= 32 | **Vegeball and tomato** **pasta**  Portion= 160g(4 vegieballs)  Carb per portion= 35 |  |
| **Week 1, 2 and 3**  **Option 3-** Burger  **£1.50** | **Turkey burger**  Portion= 71g  Carb per portion= 12  **Roll**  Portion= 50g  Carb per portion= 24 | **Quorn Southern Style Burger**  Portion= 70g  Carb per portion= 10  **Roll**  Portion= 50g  Carb per portion= 24 | **Chicken burger**  Portion= 60g  Carb per portion= 7  **Roll**  Portion= 50g  Carb per portion= 24 | **Quorn Southern style burger**  Portion= 70g  Carb per portion= 10  **Roll**  Portion= 50g  Carb per portion= 24 |  |
| **Week 1, 2 and 3**  **Option 4 -** Pizza  **£1.30** | **Triple cheese pizza slice**  Portion= 120g  Carb per portion= 51 | **Chicken pizza slice**  Portion= 120g  Carb per portion= 51 | **Triple cheese pizza slice**  Portion= 120g  Carb per portion= 51 | **Chicken pizza slice**  Portion= 120g  Carb per portion= 51 | **Triple cheese pizza slice**  Portion= 120g  Carb per portion= 51 |
| **Week 1, 2 and 3**  Option 5-  **From £1.20 to £1.80** | **Bread**  Portion= 2 slices Carb per portion=38  **Panini**  Portion= 130g Carb per portion=60  **Wrap**  Portion= 65g Carb per portion=31  **Baguette**  Portion= 140g Carb per portion=66  **Cheese Pizzini** Portion= 135g Carb per portion=35  **Spicy chicken Pizzini** Portion= 155g Carb per portion=39  **Baked potato** Portion= 200g Carb per portion=43 | | | | |
| **Desserts**  **50p** | **Chocolate sponge Cake** Portion= 39g Carb per portion= 20  **Sponge Cake**  Portion= 35g Carb per portion= 18 | | | | |