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 =95gCarb per portion=17**Potato wedges**Portion= 100g Carb per portion= 17 | **Chicken meatballs in gravy**Portion 6x 12g=72gCarb 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=72gCarb 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= 120gCarb per portion= 51 | **Chicken pizza slice**Portion= 120gCarb per portion= 51 | **Triple cheese pizza slice**Portion= 120gCarb per portion= 51 | **Chicken pizza slice**Portion= 120gCarb per portion= 51 | **Triple cheese pizza slice**Portion= 120gCarb 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 |