

Renfrewshire Council Interim Primary School Menu 2020

Carbohydrate Counting

Dish Name	Carbohydrate Per 100g	Item portion Size	Carbohydrates Per portion
Main Items			
Sausage Roll	27g	69g	18.6g
Chicken Goujon Wrap	70g	121g (3)	43.4g
Chicken Goujons	16.3g	100 (4)	16.3g
Pizzini	26.2g	140g	36.6g
Chicken Burger in Bun	54.2g	105g	27.6g
Beef Burger in Bun	38.8g	158g	19.3g
Macaroni Cheese	13.8g	200g	27.6g
Cheese Sandwich	28.9g	120g	34.7g
Ham Sandwich	27.8g	125g	34.7g
Tuna Mayonnaise Sandwich	25.9g	138g	35.7g
Chicken Nuggets	19g	90g	17.1g
Veggie Burger In Bun	62.4g	104g	31.3g
Fish Goujon Wrap	73g	121g (3)	46.9g
Fish Goujons	19.7g	90g (4)	17.73g
Omelette	1.9g	100g	1.9g
PJ Foods Ham Sandwich	28.5g	122g	34.8g
PJ Foods Tuna Mayonnaise Sandwich	26.0g	137.5g	37.5g
PJ Foods Cheese Sandwich	28.9g	120g	34.7g
Main Items (Gluten Free)			
Gluten Free Cumberland Sausage	2.3g	94g	2.1g
Gluten Free Chicken Goujons	11.1g	103g (3)	11.4g
Gluten Free Chicken Goujon Wrap	51.7g	131g (2)	35.8g
Gluten Free Beef Burger In Bun	40.5g	193g	34.0g
Gluten Free Hot Dog In Bun	56.1g	164g	63.0g
Gluten Free Ham Sandwich	27.8g	125g	34.7g
Gluten Free Cheese Sandwich	28.9g	120g	34.7g
Gluten Free Tuna Mayonnaise	25.9g	138g	35.7g
PJ Foods Gluten Free Ham Sandwich	29.7g	118g	35.0g
PJ Foods Gluten Free Tuna Mayonnaise Sandwich	30.0g	119g	35.7g

Falafel (Veggie Bites)	19g	100g	19g
Gluten Free Fish Goujon Wrap	52.4g	150g (3)	44.1g
Main Items (Dairy Free)			
Dairy Free Ham Sandwich	27.8g	125g	34.7g
Dairy Free Cheese Sandwich	28.9g	120g	34.7g
Diary Free Tuna Mayonnaise Sandwich	25.9g	138g	35.7g
Side Items			
Potato Smileys	26.7g	79g (4)	21.1g
Potato Wedges	22g	100g	22g
Side Salad	1.6g	49g	0.8g
Desserts			
Healthy Balance Yoghurt Strawberry	12.3g	110g	13.5g
Healthy Balance Yoghurt Peach	12.3g	110g	13.5g
Fruit			
Apple	11.8g	115g	13.6g
Orange	8.5g	76g	6.5g
Banana	23.8g	145g	33.6