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| **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 |