

SCHOOL FOOD COMPANY - CARB VALUES – WINTER MENU – NOVEMBER 2019 to APRIL 2020

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN KORMA 12G RICE 32G	ORGANIC MINCED BEEF PIE 23G MASH 15G	ROAST PORK 0G ROAST POTATOES 22G VEGGIES 2-5G AND GRAVY 1G	ORGANIC BEEF BOLOGNESE 4G WHOLEMEAL PENNE 19G	SOUTHERN STYLE CHICKEN GOJONS 10G CHIPS 36G KETCHUP 3G
CHEESY VEG BURGER 19G WHOLEMEAL ROLL 22G KETCHUP 3G COLESLAW 2G	PASTA ITALIENNE 32G	QUICHE 19G ROAST POTATOES 22G VEGGIES 2-5G AND GRAVY 1G	VEGEBALLS 5G BBQ SAUCE 5G POTATO WEDGES 22G	QUORN SAUSAGE 3G CHIPS 36G KETCHUP 3G
CHOCOLATE CRUNCH BISCUIT 25G	FLAPJACK 31G	APPLE CRUMBLE 30G ICE CREAM 21G	SPONGE CAKE 35G CUSTARD 8G	SYRUP BISCUIT 23G

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FREE RANGE STIR FRY PORK WITH EGG NOODLES 28G	CHICKEN TIKKA CHUNKS 5G RICE 32G	ROAST TURKEY 0G ROAST POTATOES 22G VEGGIES 2-5G AND GRAVY 1G	ORGANIC BEEF BURGER 0G WHOLEMEAL ROLL 22G KETCHUP 3G COLESLAW 2G	FISH FINGERS 9G CHIPS 36G KETCHUP 3G
MACARONI CHEESE 35G	VEGETARIAN SAUSAGE ROLL 18G POTATO WEDGES BAKED 26G	QUORN ROAST 2G ROAST POTATOES 22G VEGGIES 2-5G AND GRAVY 1G	COURGETTE BITES 19G PASTA IN TOMATO SAUCE 26G	CHEESE AND TOMATO PIZZA 32G CHIPS 36G KETCHUP 3G
MADIERA CAKE 35G	MELTING MOMENT 30G	RICE PUDDING 17G FRUIT JAM 7G	COCONUT CRUNCH BISCUIT 25G	CHOCOLATE OATY SLICE 31G

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
QUORN SAUSAGE 3G CHAMP POTATO 15G GRAVY 1G	POLLOCK FILLET IN BATTER 11G WHOLEMEAL ROLL 22G KETCHUP 3G COLESLAW 2G	ORGANIC ROAST BEEF 0G YORKSHIRE PUDDING 1G ROAST POTATOES 22G VEGGIES 2-5G AND GRAVY 1G	BACON AND CHEESE PASTA BAKE 35G	ORGANIC BEEF MEATBALLS 0G CHIPS 36G GRAVY 1G
SWEET POTATO AND CHICKPEA CURRY 15G CHAPATI 27G	CHEESE AND LEEK RISOTTO 19G	CAULI/BROC CHEESE 10G YORKSHIRE PUDDING 1G ROAST POTATOES 22G VEGGIES 2-5G AND GRAVY 1G	VEGETABLE BIRYANI 40G MINI OMELETTE 0G	QUORN DIPPERS 8G CHIPS 36G GRAVY 1G
ORANGE CAKE 32G	OATY BISCUIT 30G	FRESH FRUIT SALAD 10G JELLY 9G	CHOCOLATE SPONGE CAKE 35G CHOCOLATE SAUCE 9G	GINGER BISCUIT 23G

Make and Take Jacket and Sandwich Bar

BREAD ROLL 22g, TORTILLA 29g	CHEESE PORTION 0g	TUNA MAYONNAISE 0g	TURKEY SLICE 0g / HAM SLICE 0g
JACKET POTATO 77g	CHEESE PORTION 0g	TUNA MAYONNAISE 0g	BAKED BEANS 10g

Fruit and Vegetables

ORANGE PORTION 4g, BANANA 18g, MELON PORTION 6g, PINEAPPLE PORTION 8g, GRAPES PORTION 10g, YOGHURT 18g, VEGETABLES 2-5g as per nutritional database Nutmeg UK™
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Please note: The above carbohydrate values are approximate per portion; sizes of items and portions can vary. There is a salad bar available every day which may contain carbohydrates; also bread no spread is available each day.