

## Year 10s Mid Morning Break

	Weight of Portion (g)	Carbs per Portion (g)
Cheese Pizza Slice (V)	117g	38.2g
Croissant	65g	24.2g
Hash Brown (x2)	86g	18.1g
1/2 Cheese & Ham Panini	86g	25.3g
Popcorn Chicken	60g	4.6g

## Lunchtime Additions

	Weight of Portion (g)	Carbs per Portion (g)
BBQ Chicken Wrap	163g	35.7g
Beef Bolognese Pasta Pot	200g	79.0g
Beef Chilli Rice Pot	200g	82.8g
Veggie Chilli Pasta Pot (VE)	200g	83.2g
Chicken Fajita Pasta Pot	200g	85.2g
Chicken Tikka Masala Rice Pot	200g	88.0g
Ratatouille Rice Pot (VE)	200g	86.0g
British Buttermilk Chicken in a Brioche Bun	221g	45.0g
Sausage Roll	120g	26.9g
Sausage Roll (VE)	65g	16.9g

Pre Order September 2020 Carbohydrate Chart

<b>Jacket Potato</b>		
<b>Filling Choice</b>	<b>Weight of Portion (g)</b>	<b>Carbs per Portion (g)</b>
<b>Baked Beans</b>	375g	74.8g
<b>Cheese</b>	305g	56.6g
<b>Coleslaw</b>	320g	60.0g
<b>Baked Beans &amp; Cheese</b>	380g	71.8g
<b>Cheese &amp; Coleslaw</b>	370g	60.1g
<b>Tuna Mayonnaise</b>	325g	56.8g

## Tugo Grab N Go Pots

Filling Choice	Weight of Portion (g)	Carbs per Portion (g)
Plain Pasta	100g	72.0g
Plain Pasta with Cheese	130g	72.0g
Beef Bolognese Pasta Pot	200g	79.0g
Beef Bolognese Pasta Pot with Cheese	215g	79.1g
Beef Chilli Pasta Pot	200g	75.4g
Beef Chilli Pasta Pot with Cheese	215g	75.3g
Beef Chilli Rice Pot	200g	82.8g
Cheese 4 Mac Pasta Pot (V)	200g	75.6g
Cheese 4 Mac Pasta Pot with Cheese (V)	215g	75.5g
Chicken Fajitas Noodles Pot	200g	83.6g
Chicken Fajitas Pasta Pot	200g	85.2g
Chicken Fajitas with Pasta Pot with Cheese	215g	85.1g
Chicken Tikka Masala Pasta Pot	200g	80.4g
Chicken Tikka Masala Pasta Pot with Cheese	215g	80.4g
Chicken Tikka Masala Rice Pot	200g	88.0g
Herby Tomato & Beef Meatball Noodle Pot	200g	80.6g
Herby Tomato & Beef Meatball Pasta Pot	200g	82.2g
Herby Tomato & Beef Meatball Pasta Pot with Cheese	215g	82.1g
Herby Tomato Pasta Pot (V)	200g	80.2g
Herby Tomato Pasta Pot with Cheese (V)	215g	80.2g
Katsu Chicken Curry Pasta Pot	200g	81.6g
Katsu Chicken Curry Pasta Pot with Cheese	215g	81.7g
Katsu Chicken Curry Rice Pot	200g	89.2g
Mascarpone Tomato & Basil Pasta Pot (V)	200g	79.2g
Mascarpone Tomato & Basil Pasta Pot with Cheese (V)	215g	79.1g
Mediterranean Chicken Pasta Pot	200g	78.0g
Mediterranean Chicken Pasta Pot with Cheese	215g	78.0g
Nepalese Curry Pasta Pot (V)	200g	80.8g
Nepalese Curry Pasta Pot with Cheese (V)	215g	80.8g
Nepalese Curry Rice Pot	200g	88.4g
Pepperonata Pasta Pot (V)	200g	76.4g
Pepperonata Pasta Pot with Cheese (V)	215g	76.3g
Piri Piri Chicken Pasta Pot	200g	79.2g
Piri Piri Chicken Pasta Pot with Cheese	215g	79.1g
Ratatouille Pasta Pot (VE)	200g	78.6g
Ratatouille Pasta Pot with Cheese (V)	215g	78.5g
Ratatouille Rice Pot (VE)	200g	86.0g
Tomato & Basil Pasta Pot (V)	200g	80.8g
Tomato & Basil Pasta Pot with Cheese (V)	215g	80.6g
Tomato & Chorizo Pasta Pot	200g	80.6g
Tomato & Chorizo Pasta Pot with Cheese	215g	80.6g
Veggie Chilli with Noodles (V)	200g	81.6g
Veggie Chilli with Pasta (VE)	200g	83.2g
Veggie Chilli with Pasta with Cheese (V)	215g	83.2g

Pre Order September 2020 Carbohydrate Chart

<b>Sub Stop Baguettes</b>		
<b>Filling Choice</b>	<b>Weight of Portion (g)</b>	<b>Carbs per Portion (g)</b>
BBQ Chicken (White)	215g	66.7g
BBQ Chicken (Malted Wheat)	205g	69.3g
Cheese Salad (White)	270g	65.1g
Cheese Salad (Malted Wheat)	260g	67.7g
(VE) Mozzarella Salad (White)	250g	75.4g
Chicken & Bacon (White)	245g	64.9g
Chicken & Bacon (Malted Wheat)	235g	67.5g
Chicken Baguette (White)	215g	64.2g
Chicken Baguette (Malted Wheat)	205g	66.9g
Chicken & Bacon (White) - No Mayo	225g	64.3g
Chicken & Bacon (Malted Wheat) - No Mayo	215g	66.9g
Ham Salad (White)	285g	66.0g
Ham Salad (Malted Wheat)	275g	68.6g
Tuna Mayonnaise (White)	225g	64.1g
Tuna Mayonnaise (Malted Wheat)	215g	66.7g
Tuna & Sweetcorn Mayonnaise (White)	245g	66.4g
Tuna & Sweetcorn Mayonnaise (Malted Wheat)	235g	69.0g
Sweet Potato Falafel (VE) (White)	268g	85.0g

Pre Order September 2020 Carbohydrate Chart

<b>Pasta Pots</b>		
<b>Filling Choice</b>	<b>Weight of Portion (g)</b>	<b>Carbs per Portion (g)</b>
Cheese	220g	36.5g
Chicken	223g	36.6g
Tuna	240g	36.7g

<b>Salad Pots</b>		
<b>Filling Choice</b>	<b>Weight of Portion (g)</b>	<b>Carbs per Portion (g)</b>
Chargrilled Chicken	242g	9.7g
Cheese	232g	9.4g
Ham	232g	10.0g
Plain	170g	8.9g
Tuna	254g	9.6g
(VE) Mozzarella	220g	19.4g

Pre Order September 2020 Carbohydrate Chart

Selection of Desserts		
Dessert Choice	Weight of Portion (g)	Carbs per Portion (g)
<b>Custard Pots</b>		
Devon Custard	120g	17.8g
Banana Custard	120g	19.3g
Chocolate Custard	120g	22.2g
<b>Fresh Fruit (Portion Sizes may vary)</b>		
Banana	100g	12.8g
Apple	85g	5.5g
Orange	96g	5.6g
<b>Fruit Pots</b>		
Apple	95g	6.2g
Grape	110g	17.7g
Melon	95g	4.1g
Orange	130g	7.5g
Pineapple	95g	5.0g
<b>Jelly Pots</b>		
Orange	171g	4.2g
Raspberry	171g	4.2g
Strawberry	171g	4.2g
<b>Yoghurts</b>		
Peach & Passionfruit	100g	19.6g
Raspberry	100g	19.6g
Strawberry	100g	19.6g
<b>Cookies</b>		
Milk Choc	50g	31.5g
Double Choc	50g	28.9g
White Choc	50g	32.2g