

Bower Park Autumn/Winter 2021 Carbohydrate Chart

**Mid Morning**

<b>Menu Item</b>	<b>Weight per Portion (g)</b>	<b>Carbohydrate per portion (g)</b>
Cheese & Bacon Naan Bread	131g	45.9g
Croissants	65g	24.2g
Hash Brown (X2)	86g	18.1g
Pancakes	45g	23.4g
Popcorn Chicken	60g	4.6g
Sausage Roll (Pork)	120g	27.7g

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**Lunchtime Additions**

<b>Menu Item</b>	<b>Weight per Portion (g)</b>	<b>Carbohydrate per portion (g)</b>
<b>Buttermilk Chicken Burger in a Bun</b>	160g	32.4g
<b>Jumbo Sausage Baguette (White)</b>	235g	71.3g
<b>Cheese Pizza</b>	140g	35.6g
<b>Pepperoni Pizza</b>	123g	34.9g

Bower Park Autumn/Winter 2021 Carbohydrate Chart

Week 1				
Bower Park				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
Monday	Tuesday	Wednesday	Thursday Roast Day	Friday
Bolognaise Pasta Bake 208g 57.5g	Pork Sausages 112g 8.5g	Mexican Beef Enchiladas 221g 29.3g	Roast Chicken (H) 80g 0.6g	Beef Burger (H) (NH) 162g 29.2g Cheese Beef Burger (H) (NH) 175g 30.1g
Mediterranean Pasta Bake (V) 257g 60.9g	Cumberland Sausages (VE) 100g 13.0g	Mexican Style Enchiladas (V) 240g 35.0g	Quorn Fillet (V) 69g 2.8g	Spinach & Falafel Burger (VE) 163g 42.4g
Bolognaise	Bolognaise	Bolognaise	Bolognaise	Bolognaise
Tomato & Basil	Tomato & Basil	Tomato & Basil	Tomato & Basil	Tomato & Basil
Pizza Seletion- Cheese & Pepperoni	Pizza Seletion- Cheese & Pepperoni	Pizza Seletion- Cheese & Pepperoni	Pizza Seletion- Cheese & Pepperoni	Pizza Seletion- Cheese & Pepperoni
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
	Mash Potato 200g 45.2g	Baked Potato Wedges 114g 19.7g	Roast Potato 125g 27.6g Yorkshire Pudding 30g 11.8g	Skin on Fries 182g 38.1g
Farmhouse Mixed Vegetables 80g 2.7g	Baked Beans 94g 12.0g	Sweetcorn 80g 9.3g	Carrots 80g 5.4g Sweetcorn 80g 9.3g Broccoli 80g 2.6g	Corn on the cob 83g 15.0g
Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts

Please note that the portion size weight of meals containing pasta, rice etc are based on dry weight not cooked.

Week 2				
Bower Park				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
Monday	Tuesday	Wednesday	Thursday Roast Day	Friday
BBQ Chicken Thighs 93g 4.6g	Spaghetti Bolognese 301g 57.8g	Chicken Tikka Masala 195g 9.9g	Roast Turkey 100g 1.0g	Buttermilk Chicken Burger 160g 32.4g
BBQ Quorn Pieces (VE) 171g 37.7g	Mac n Cheese (V) 199g 59.0g	Sweet Potato, Quorn & Butterbean Tikka Masala (V) 224g 25.1g	Cheese & Broccoli Puff (V) 183g 31.1g	Onion Bhaji burger (VE) 150g 40.3g
Herby Tomato	Herby Tomato	Herby Tomato	Herby Tomato	Herby Tomato
Meatballs	Meatballs	Meatballs	Meatballs	Meatballs
Piri Piri Chicken Wraps 143g 33.2g	Cheese Pizza (V)	Jacket Potato	Nacho's (V) 155g 42.9g	Pepperoni Pizza
Veggie Burrito (V) 263g 68.9g	Pepperoni Pizza			Cheese Pizza
Baked Potato Wedges 114g 19.7g		50/50 Rice 56g 42.7g	Roast Potato 125g 27.6g Yorkshire Pudding 30g 11.8g	Potato Dippers 150g 32.9g
Baked Beans 94g 12.0g	Broccoli 80g 2.6g	Cauliflower 80g 3.5g Peas 80g 7.2g	Mixed Vegetables 83g 5.8g	Corn on the cob 83g 15.0g
Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts

Please note that the portion size weight of meals containing pasta, rice etc are based on dry weight not cooked.

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<b>Week 3</b>				
<b>Bower Park</b>				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday Roast Day</b>	<b>Friday</b>
Chicken Korma 195g 12.5g	Shepherds Pie 333g 38.3g	Beef Lasagne 338g 60.9g	Roast Chicken (H) 80g 0.6g	Battered Fish Fillet 100g 19.0g
Quorn Korma (V) 184g 27.2g	Shepherdess Pie (VE) 342g 49.1g	Lasagne (V) 352g 62.1g	Quorn Fillet (V) 69g 2.8g	Southern Style Burger (V) 113g 34.3g
Mediterranean Chicken	Mediterranean Chicken	Mediterranean Chicken	Mediterranean Chicken	Mediterranean Chicken
Mascarpone, Tomato & Basil	Mascarpone, Tomato & Basil	Mascarpone, Tomato & Basil	Mascarpone, Tomato & Basil	Mascarpone, Tomato & Basil
Jacket Potato	Pepperoni Pizza	BBQ Chicken Wrap 163g 35.7g	Jacket Potato	Pepperoni Pizza
	Cheese Pizza	Vegetable Spring Rolls 180g 39.8g		Cheese Pizza
50/50 Rice 56g 42.7g Mini Naan Bread 35g 19.0g			Roast Potato 125g 27.6g Yorkshire Pudding 30g 11.8g	Skin on Fries 182g 38.1g
Green Beans 80g 1.6g	Peas 80g 7.2g	Broccoli 80g 2.6g	Carrots 80g 5.4g Sweetcorn 80g 9.3g	Baked Beans 94g 12.0g
Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts

Please note that the portion size weight of meals containing pasta, rice etc are based on dry weight not cooked.

Bower Park Autumn/Winter 2021 Carbohydrate Chart

**Jacket Potato**

<b>Filling Choice</b>	<b>Weight per Portion (g)</b>	<b>Carbohydrate per portion (g)</b>
<b>Baked Beans</b>	375g	71.9g
<b>Cheese</b>	305g	56.6g
<b>Coleslaw</b>	320g	60.0g
<b>Baked Beans &amp; Cheese</b>	380g	69.4g
<b>Cheese &amp; Coleslaw</b>	370g	60.1g
<b>Tuna Mayonnaise</b>	325g	56.9g

### Sub Stop Baguettes

Filling Choice	Weight per Portion (g)	Carbohydrate per portion (g)
White Baguette (Buttered)	145g	63.7g
Malted Wheat Baguette (Buttered)	135g	66.4g
Cheese (White)	195g	63.8g
Cheese (Malted Wheat)	185g	66.4g
Cheese VE (White)	195g	74.2g
Cheese VE (Malted Wheat)	185g	76.9g
Chicken (White)	220g	64.2g
Chicken (Malted Wheat)	210g	66.9g
Chicken Mayonnaise (White)	235g	64.7g
Chicken Mayonnaise (Malted Wheat)	225g	67.4g
Chicken, Sweetcorn & Bacon Mayonnaise (White)	255g	66.4g
Chicken, Sweetcorn & Bacon Mayonnaise (Malted Wheat)	245g	69.1g
Crispy Chicken (White)	245g	72.1g
Crispy Chicken (Malted Wheat)	235g	74.8g
Ham (White)	220g	63.9g
Ham (Malted Wheat)	210g	66.5g
Tuna (White)	215g	64.1g
Tuna (Malted Wheat)	205g	66.7g
Tuna Mayonnaise (White)	235g	64.7g
Tuna Mayonnaise (Malted Wheat)	225g	67.4g
Tuna & Sweetcorn Mayonnaise (White)	250g	66.5g
Tuna & Sweetcorn Mayonnaise (Malted Wheat)	240g	69.1g
Spicy (Southern) Coated Chicken (White)	227g	70.9g
Spicy (Southern) Coated Chicken (Malted Wheat)	217g	73.5g

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**Tugo Grab N Go Pots**

Filling Choice	Weight per Portion (g)	Carbohydrate per portion (g)
Plain Pasta	100g	72.0g
Plain Pasta with Cheese	130g	72.0g
Arrabiata Pasta Pot (V)	200g	80.0g
Arrabiata Pasta Pot with Cheese (V)	215g	80.0g
Beef Bolognaise Pasta Pot	200g	79.0g
Beef Bolognaise 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 (H)	200g	83.6g
Chicken Fajitas Pasta Pot (H)	200g	85.2g
Chicken Fajitas with Pasta Pot with Cheese (H)	215g	85.1g
Chicken Tikka Masala Pasta Pot (H)	200g	80.4g
Chicken Tikka Masala Pasta Pot with Cheese (H)	215g	80.4g
Chicken Tikka Masala Rice Pot (H)	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 (H)	200g	81.6g
Katsu Chicken Curry Pasta Pot with Cheese (H)	215g	81.7g
Katsu Chicken Curry Rice Pot (H)	200g	89.2g
Mascarpone Tomato & Basil Pasta Pot (V)	200g	79.2g
Mascarpone Tomato & Basil Pasta Pot with Cheese (V)	215g	79.1g
Meatball Marianna Pasta Pot (H)	200g	80.2g
Meatball Marianna Pasta Pot with Cheese (H)	215g	80.2g
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
Tomato & Cream Cheese Pasta	200g	81.4g
Tomato & Cream Cheese Pasta with Cheese	215g	81.5g
Tomato & Meatball Pasta with Cheese	215g	82.1g
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



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**Pasta Pots**

Filling Choice	Weight per Portion (g)	Carbohydrate per portion (g)
Cheese	220g	36.5g
Chicken	223g	36.6g
Tuna	240g	36.7g

**Salad Pots**

Filling Choice	Weight per Portion (g)	Carbohydrate per portion (g)
Chargrilled Chicken	242g	9.7g
Cheese	232g	9.4g
Ham	232g	10.0g
Plain	170g	8.9g
Tuna	254g	9.7g
(VE) Mozzarella	220g	19.4g

Bower Park Autumn/Winter 2021 Carbohydrate Chart

**Selection of Desserts**

Dessert Choice	Weight per Portion (g)	Carbohydrate per portion (g)
<b>Fresh Fruit (Portion Sizes may vary)</b>		
Banana	100g	12.8g
Apple	85g	5.5g
Orange (Small)	96g	5.6g
<b>Fruit Pots</b>		
Grape	110g	17.7g
Melon	95g	4.1g
Orange	130g	7.5g
Pineapple	95g	5.0g
<b>Jelly Pots</b>		
Orange (V)	171g	4.2g
Raspberry (V)	171g	4.2g
Strawberry (V)	171g	4.2g
<b>Yoghurts</b>		
Peach & Passionfruit	100g	19.6g
Raspberry	100g	19.6g
Strawberry	100g	19.6g
<b>Cookies</b>		
White Choc	50g	32.8g
Milk Choc	50g	31.0g
Double Choc	50g	28.9g
<b>Doughnuts</b>		
Sugared Ring Doughnut	51g	26.5g