

## Hall Mead Autumn/Winter 2021 Carbohydrate Chart

<b>Mid Morning Offer</b>		
<b>Item</b>	<b>Weight per Portion (g)</b>	<b>Carbohydrate per portion (g)</b>
6" Cheese Pizza (V)	237g	66.2g
Cheese & Bacon Naan	131g	45.9g
Cheese Pizza Slice (V)	140g	35.6g
Croissant (Plain) (V)	65g	24.2g
Double Hash Brown (V)	86g	18.1g
Garlic Bread (V)	26g	9.4g
1/2 Panini - Cheese (V)	75g	25.2g
1/2 Panini- Ham & Cheese	86g	25.4g
Cheese Panini (V)	150g	50.5g
Cheese & Ham Panini	171g	50.8g
Pepperoni Pizza Slice	123g	34.9g
Pizza Wrap (V)	103g	32.8g
Popcorn Chicken	60g	4.6g
Panko Chicken Bites	75g	6.3g
Sausage Roll - Pork	120g	27.7g
Sausage Roll (VE)	65g	16.9g

## Hall Mead Autumn/Winter 2021 Carbohydrate Chart

Week 1				
Hall Mead				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
Monday	Tuesday	Wednesday	Thursday Roast Day	Friday
Chilli Con Carne 240g 22.6g	Farmhouse Rustic Pork & Garlic Bake 283g 29.6g	Lamb Meatloaf (H) 83g 8.1g	Roast Chicken (H) 80g 0.6g	Omega 3 Fish Fingers 100g 19.4g
Steamed Sweet Chilli Bao Bun (VE) 133g 34.2g	Spinach & Ricotta Parcel (V) 127g 22.7g	Spicy Bean Stew (V) 250g 17.3g	Roast Quorn Fillet (V) 69g 2.8g	Cheesy Pasta Bake (V) 230g 79.7g
Chicken Tikka (H)	Tomato & Meatballs	Tomato & Chorizo	Chicken Fajitas (H)	Bolognaise
Tomato & Basil	Veggie Chilli	Ratatouille	Arrabiata	Mascarpone, Tomato & Basil
Cheese Pizza (V) 140g 35.6g	Sausage Roll (VE) 65g 16.9g	Cheese Pizza (V) 140g 35.6g	Sweet Potato & Halloumi Quesadillas (V) 182g 51.7g	Buttermilk Chicken Burger in a Brioche Bun 221g 45.0g
BBQ Chicken Wrap 163g 35.7g	Popcorn Chicken 75g 6.3g	BBQ Chicken Wrap 163g 35.7g	Pork Sausage Roll 120g 27.7g	American Style Hot Dog (V) 140g 27.1g
50/50 Rice 56g 42.7g	Diced Potato 201g 32.3g	Herby Crushed Potatoes 211g 30.1g	Roast Potato 125g 27.6g Yorkshire Pudding 30g 11.8g	Skin on Fries 182g 38.1g
Sweetcorn 80g 9.3g	Mixed Vegetables 83g 5.8g	Broccoli 80g 2.6g	Roast Parsnips 82g 13.0g Peas 80g 7.2g	Baked Beans 94g 12.0g
Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts

Hall Mead Autumn/Winter 2021 Carbohydrate Chart

Week 2				
Hall Mead				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
Monday	Tuesday	Wednesday	Thursday Roast Day	Friday
Cheesy, Leek & Ham Pasta 301g 59.1g	British Buttermilk Chicken Wrap 163g 38.6g	Salmon & Pollock Fish Cakes 224g 30.5g	Roast Chicken (H) 80g 0.6g	Cheese Burger (H) (NH) 175g 30.1g
Sweet Chilli Quorn Noodles (V) 189g 40.3g	Roasted Tomato, Basil & Cheese Quiche (V) 277g 45.9g	Lasagne (V) 352g 62.1g	Roast Quorn Fillet (V) 69g 2.8g	Onion Bhaji Flatbread With Yoghurt (V) 190g 53.4g
Chicken Tikka (H)	Tomato & Meatballs	Tomato & Chorizo	Chicken Fajitas (H)	Bolognese
Tomato & basil	Veg Chilli	Ratatouille	Arrabiata	Mascapone tomato & basil
Cheese Pizza (V) 140g 35.6g	Sausage Roll (VE) 65g 16.9g	Cheese Pizza (V) 140g 35.6g	Sweet Potato & Halloumi Quesadillas (V) 182g 51.7g	Buttermilk Chicken Burger in a Brioche Bun 221g 45.0g
BBQ Chicken Wrap 163g 35.7g	Popcorn Chicken 75g 6.3g	BBQ Chicken Wrap 163g 35.7g	Pork Sausage Roll 120g 27.7g	American Style Hot Dog (V) 140g 27.1g
	Dirty Rice 174g 47.9g	Herby Crushed Potatoes 211g 30.1g	Roast Potato 125g 27.6g Yorkshire Pudding 30g 11.8g	Skin on Fries 182g 38.1g
Broccoli 80g 2.6g	Corn on the Cob 83g 15.0g	Carrots (Fluted) 81g 5.4g	Peas 80g 7.2g Sweetcorn 80g 9.3g	Baked Beans 94g 12.0g
Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts

Week 3				
Hall Mead				
Key: Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
Monday	Tuesday	Wednesday	Thursday Roast Day	Friday
Beef Lasagne 338g 60.9g	Shepherds Pie 333g 38.3g	Beef Casserole with Dumplings 410g 26.3g	Roast Chicken (H) 80g 0.6g	Double Lamb & Cheese Burger (H) (NH) 175g 37.3g
Potato, Leek & Tomato Bake (VE) 429g 49.9g	Mince & Onion Puff (VE) 177g 31.2g	Sweet Potato & Halloumi Quesadillas (V) 182g 51.7g	Roast Quorn Fillet (V) 69g 2.8g	Mac n Cheese (V) 199g 59.0g
Chicken Tikka (H)	Tomato & Meatballs	Tomato & Chorizo	Chicken Fajitas (H)	Bolognaise
Tomato & Basil	Veg Chilli	Ratatouille	Arrabiata	Mascapone tomato & basil
Cheese Pizza (V) 140g 35.6g	Sausage Roll (VE) 65g 16.9g	Cheese Pizza (V) 140g 35.6g	Sweet Potato & Halloumi Quesadillas (V) 182g 51.7g	Buttermilk Chicken Burger in a Brioche Bun 221g 45.0g
BBQ Chicken Wrap 163g 35.7g	Popcorn Chicken 75g 6.3g	BBQ Chicken Wrap 163g 35.7g	Pork Sausage Roll 120g 27.7g	American Style Hot Dog (V) 140g 27.1g
Herby Crushed Potatoes 211g 30.1g	Diced Potatoes 201g 32.3g	New Potatoes 200g 29.8g	Roast Potato 125g 27.6g Yorkshire Pudding 30g 11.8g	Skin on Fries 182g 38.1g
Sweetcorn 80g 9.3g	Mixed Salad 87g 1.6g	Peas 80g 7.2g	Carrots 81g 5.4g Green beans 80g 1.6g	Baked Beans 94g 12.0g
Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts

Hall Mead Autumn/Winter 2021 Carbohydrate Chart

<b>Jacket Potato</b>		
<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

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 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 (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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<b>Sub Stop Baguettes</b>		
<b>Filling Choice</b>	<b>Weight per Portion (g)</b>	<b>Carbohydrate per portion (g)</b>
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)	255g	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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<b>Pasta Pots</b>		
<b>Filling Choice</b>	<b>Weight per Portion (g)</b>	<b>Carbohydrate 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 per Portion (g)</b>	<b>Carbohydrate per portion (g)</b>
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



## Hall Mead Autumn/Winter 2021 Carbohydrate Chart

Selection of Desserts		
Dessert Choice	Weight per Portion (g)	Carbohydrate per portion (g)
Devon Custard	120g	17.8g
Banana Custard	120g	19.6g
Chocolate Custard	120g	22.2g
<b>Fresh Fruit:</b>		
Banana	100g	12.8g
Apple	85g	5.5g
Orange (Small)	96g	5.6g
<b>Fruit Pots:</b>		
Apple	85g	5.5g
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>Hot Desserts</b>		
Apple Crumble	184g	51.8g
Jam & Coconut Sponge	112g	41.1g
Milk Custard	110g	13.8g