

## Bower Park- Mid Morning Break

<b>Recipe</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
Breakfast Muffin (V)	127	33.3
Bacon Baguette	105	41.4
Apple Fruit Pot	95	6.2
Cheese & Bacon Muffin	110	31
Croissant	65	24.2
Double Hash Brown	86	18.1
Garlic Bread	26	9.4
Grape Fruit Pot	110	17.7
Half Cheese Panini	75	25.2
Half Cheese & Ham Panini	85	25.4
Melon Fruit Pot	95	4.1
Pancakes - Plain	45	23.4
Popcorn Chicken	84	6.5
Potato Wedges with BBQ Sauce	123.5	21.9
Propercorn Sweet & Salty (VE)	30	19
Propercorn Lightly Sea Salted Popcorn (VE)	20	11.3
Pineapple Fruit Pot	95	5
Orange Fruit Pot	130	7.5
Sausage Roll	120	27.7
Sausage Baguette	194	49.9
Waffle	90	50.2

## Bower Park Lunch- Week 1

<b>Day</b>	<b>Recipe</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
Monday	Hunters BBQ Chicken	137.76	6.1
Monday	BBQ Glazed Fillet (V)	94	10.5
Monday	Baked Potato Wedges	121.07	21.1
Monday	Sweetcorn	80	9.3
Monday	Peas	80	7.2
Tuesday	Beef Lasagne	352.5	71.9
Tuesday	Lasagne Florentine (V)	300.5	68.9
Tuesday	Broccoli	80	2.6
Tuesday	Carrot Batons	80	5.4
Wednesday	Chicken Korma	190.46	12
Wednesday	Sweet Potato & Butter bean Korma	217.5	26.4
Wednesday	50/50 Rice	55.56	42.7
Wednesday	Green Beans	80	1.6
Wednesday	Cauliflower	80	3.5
Thursday	Roast Chicken	80	0.6
Thursday	Cumberland Sausages (VE)	100	13
Thursday	Gravy	145	8.2
Thursday	Roast Potatoes	156.25	33.9
Thursday	Yorkshire Pudding (V)	30	11.8
Thursday	Carrot Batons	80	5.4
Thursday	Savoy Cabbage	80	3.3
Friday	Salmon Fish Fingers	84	17.6
Friday	Southern Style Burger (V)	113	34.3
Friday	Skin on Fries	181.6	38.1
Friday	Peas	80	7.2
Friday	Corn on the Cob	83.33	15

## Bower Park Lunch- Week 2

<b>Day</b>	<b>Recipe</b>	<b>Portion Size (g)</b>
Monday	Levi Roots West Indian breaded Chicken Fillet	90
Monday	Jamaican Inspired Jerk Fillet (V)	78.55
Monday	Baked Potato Wedges	121.07
Monday	Fruity Summer Slaw	80.83
Monday	Corn on the Cob	83.33
Tuesday	Bolognese Pasta Bake	178.62
Tuesday	Mac 'N' Cheese (V)	233.57
Tuesday	Broccoli	80
Tuesday	Carrot Batons	80
Wednesday	Tandoori Chicken Thighs (Halal)	100
Wednesday	Vegetable & Lentil Dhal (VE)	454.87
Wednesday	50/50 Rice	55.56
Wednesday	Peas	80
Wednesday	Cauliflower	80
Thursday	Roast Chicken	80
Thursday	Roast Quorn Fillet (V)	69
Thursday	Gravy	145
Thursday	Roast Potatoes	156.25
Thursday	Yorkshire Pudding (V)	30
Thursday	Carrot Batons	80
Thursday	Savoy Cabbage	80
Friday	Battered Fish	100
Friday	Onion Bhaji Burger (VE)	150
Friday	Skin on Fries	181.6
Friday	Peas	80
Friday	Coleslaw	55

**Carbohydrates per portion (g)**

13.3

6.6

21.1

11.6

15

56.7

62.1

2.6

5.4

5.7

88.2

42.7

7.2

3.5

0.6

2.8

8.2

33.9

11.8

5.4

3.3

19

40.3

38.1

7.2

3

## Bower Park Lunch- Week 3

<b>Day</b>	<b>Recipe</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
Monday	Farm Assured Pork Sausages	112	8.5
Monday	Cumberland Sausages (VE)	100	13
Monday	Mash Potato	216.1	32.9
Monday	Baked Beans	93.57	12
Monday	Peas	80	7.2
Tuesday	Mexican Beef Enchiladas	209.32	28.3
Tuesday	Mexican Style Enchiladas (V)	239.64	35
Tuesday	Cajun Spiced Wedges	121.73	21.3
Tuesday	Sweetcorn	80	9.3
	Coleslaw	55	3
Wednesday			
Wednesday	Chicken Tikka Masala	194.63	9.7
Wednesday	Quorn Tikka Masala	194.44	10.8
Wednesday	Pilau Rice	60.74	46.4
Wednesday	Broccoli	80	2.6
Thursday			
Thursday	Roast Chicken	80	0.6
Thursday	Cheese & Broccoli Puff (V)	183.33	31.1
Thursday	Gravy	145	8.2
Thursday	Roast Potatoes	156.25	33.9
Thursday	Yorkshire Pudding (V)	30	11.8
Thursday	Carrot Batons	80	5.4
Thursday	Savoy Cabbage	80	3.3
Friday			
Friday	Crispy Fishwich Burger	140.92	42
Friday	Spinach & Falafel Burger (VE)	163	42.4
Friday	Skin on Fries	181.6	38.1
Friday	Peas	80	7.2
Friday	Corn on the Cob	83.33	15

## Bower Park- Grab N Go

<b>Recipe</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
Piri Piri Chicken Wrap	168	33.6
Meatball Sub (V)	205	51
Potato Wedges with BBQ Sauce	123.5	21.9
Popcorn Chicken	84	6.5
Cheese Panini	150	50.4
Cheese & Ham Panini	170	50.8
Southern Style Chicken Wrap	168	39.8
Nacho's topped with Cheese & Mexican Salsa	160	42.9
Crispy Golden Dippers (V)	80	9.6
Sausage Baguette	194	49.9
Pepperoni Pizza Slice	140.67	35.5
BBQ Chicken Wrap	168	35.7
Beef Burger (NH)	162	29.2
Beef Burger (H)	162	29.2
Cheese Beef Burger (NH)	175	30.1
Cheese Beef Burger (H)	175	30.1
Buttermilk Chicken Burger	190	35

## Bower Park- Everyday Options

<b>Recipe</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
Cheese Pizza Slice (V)	133.67	35.5
Southern Style Chicken Wrap	168	39.8
BBQ Chicken Wrap	168	35.7
Chicken Mayonnaise Wrap	183	32.9

## Bower Park- Tugo Pots

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Pasta Pot	100	72
Pasta Pot with Cheese (V)	130	72
Beef Bolognese Pasta Pot	200	79
Beef Bolognese Pasta Pot with Cheese	215	79.1
Cheese 4 Mac Pasta Pot (V)	200	75.6
Cheese 4 Mac Pasta Pot (V) with Cheese	215	75.5
Chicken Fajitas Pasta Pot (H)	200	85.2
Chicken Fajitas Pasta Pot with Cheese (H)	215	85.1
Herby Tomato Pasta Pot (V)	200	80.2
Herby Tomato Pasta Pot with Cheese (V)	215	80.2
Mediterranean Chicken Pasta Pot	200	78
Mediterranean Chicken Pasta Pot with Cheese	215	78
Nepalese Curry Pasta Pot (V)	200	80.8
Nepalese Curry Pasta Pot with Cheese (V)	215	80.8
Pepperonata Pasta Pot (V)	200	76.4
Pepperonata Pasta Pot with Cheese (V)	215	76.3
Piri Piri Chicken Pasta Pot	200	79.2
Piri Piri Chicken Pasta Pot with Cheese	215	79.1
Sicilian Vegetable Pasta Pot	200	78.4
Sicilian Vegetable Pasta Pot with Cheese	215	78.5
Tomato & Chorizo Pasta Pot	200	80.6
Tomato & Chorizo Pasta Pot with Cheese	215	80.6



## Bower Park- Jacket Potatoes

<b>Recipe</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
Jacket Potato Plain	255	56.5
Jacket Potato with Cheese	305	56.6
Jacket Potato with Baked Beans	375	71.9
Jacket Potato with Baked Beans & Cheese	380	69.3
Jacket Potato with Tuna Mayonnaise	325	56.9

## Bower Park Baguettes

<b>Recipe</b>	<b>Portion Size (g)</b>
White Baguette Buttered	145
Malted Wheat Baguette Buttered	135
BBQ Chicken Baguette (White Baguette)	230
BBQ Chicken Baguette (Malted Wheat Baguette)	220
Cheese Baguette (White Baguette)	195
Cheese Baguette (Malted Wheat Baguette)	185
Cheese Salad Baguette (White Baguette)	260
Cheese Salad Baguette (Malted Baguette)	250
Cheese Baguette (White Baguette) VE	195
Cheese Baguette (Malted Wheat Baguette) VE	185
Cheese Salad Baguette (White Baguette) VE	260
Cheese Salad Baguette (Malted Baguette) VE	250
Chicken Baguette (White Baguette)	220
Chicken Baguette (Malted Wheat Baguette)	210
Chicken Salad Baguette (White Baguette)	290
Chicken Salad Baguette (Malted Baguette)	280
Chicken & Sweetcorn Mayonnaise Baguette (Malted Wheat Baguette)	227.5
Chicken & Sweetcorn Mayonnaise Baguette (White Baguette)	237.5
Crispy Chicken Baguette (White Baguette)	245
Crispy Chicken Baguette (Malted Wheat Baguette)	235
Southern Coated Chicken Baguette (White Baguette)	227
Southern Coated Chicken Baguette (Malted Wheat Baguette)	217
Ham Baguette (White Baguette)	220
Ham Baguette (Malted Wheat Baguette)	210
Ham Salad Baguette (White Baguette)	285
Ham Salad Baguette (Malted Wheat Baguette)	275
Tuna Baguette (White Baguette)	215
Tuna Baguette (Malted Wheat Baguette)	205
Tuna, Sweetcorn & Mayonnaise Baguette (White Baguette)	250
Tuna, Sweetcorn & Mayonnaise Baguette (Malted Wheat Baguette)	240

**Carbohydrates per portion (g)**

63.7  
66.4  
66.8  
69.5  
63.8  
66.4  
65  
67.6  
74.2  
76.9  
75.4  
78.1  
64.2  
66.9  
65.5  
68.1  
69.4  
66.8  
72.1  
74.8  
70.9  
73.5  
63.9  
66.5  
65.1  
67.7  
64.1  
66.7  
66.5  
69.1

## Brittons Academy- Cold Pasta & Salads

<b>Recipe</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
Chicken Pasta Pot	203.33	35.5
Tuna Pasta Pot	240	36.7
Plain Salad Box	170	8.9
Char-grilled Chicken Salad Box	263	10.7
Cheese Salad Box	235	9.6
Tuna Salad Box	275	10.2

## Bower Park- Selection of Desserts

<b>Recipe</b>	<b>Portion Size (g)</b>	<b>Carbohydrates per portion (g)</b>
Apple	85	5.5
Banana	100	12.8
Clementine Sponge	94	44.8
Double Choc Cookie	50	28.9
Grape Fruit Pot	110	17.7
Green Apple	160	10.4
Iced Chocolate Sponge	84.79	45.4
Iced Sponge	83.13	45.8
Lemon Drizzle Cake	94.25	40
Lime & Coconut Drizzle Sponge	94.09	46.5
Milk Chocolate Cookie	50	31
Mixed Melon Fruit Pot	165	6
Oranges (Large)	185	10.7
Oranges (Small)	96	5.6
Peach & Passionfruit Yoghurt	100	19.6
Pineapple Fruit Pot	95	5
Pineapple Upside Down Cake	115.5	36.9
Raspberry Yoghurt	100	19.6
Strawberry Cheesecake Mousse	59.82	5.7
Strawberry Delight Mousse Pot	50	1.2
Strawberry Jelly (VE)	171.39	4.5
Strawberry Yoghurt	100	19.6
Waffle	90	50.2
White Chocolate Cookie	50	32.8
Zesty Lemon Cheesecake	63.54	7.6