

Hall Mead Mid Morning

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Apple Fruit Pot	95	6.2
BBQ Pop Oats	20	14.1
Breakfast Muffin (V)	127	33.3
Cheese & Bacon Muffin	110	31
Cheese & Ham Panini	170	50.8
Cheese Panini	150	50.4
Cheese Pizza Slice (V)	133.67	35.5
Croissant	65	24.2
Double Hash Brown	86	18.1
Garlic Bread	26	9.4
Grape Fruit Pot	110	17.7
Half Cheese & Ham Panini	85	25.4
Half Cheese Panini	75	25.2
Melon Fruit Pot	95	4.1
Orange Fruit Pot	130	7.5
Pepperoni Pizza Slice	140.67	35.5
Pineapple Fruit Pot	95	5
Popcorn Chicken	84	6.5
Salt & Vinegar Pop Oats	20	14.2
Sausage Roll	120	27.7
Sour Cream & Chive Pop Oats	20	14.1
Waffle	90	50.2

Hall Mead Lunch- Week 1

Day	Recipe	Portion Size (g)	Carbohydrates per portion (g)
Monday	Levi Roots Jerk Chicken Fillet	90	14.9
	Mac 'N' Cheese (V)	233.57	62.1
	Baked Potato Wedges	121.07	21.1
	Coleslaw	55	3
	Mixed Salad	80	1.8
Tuesday	Mexican Style Chicken	150	6
	Katsu Curry (V)	162	16.5
	50/50 Rice	55.56	42.7
	Broccoli	80	2.6
Wednesday	Hawaiian Glazed Pork	156.64	18.6
	BBQ Glazed Fillet (V)	94	10.5
	Herby Diced Potatoes	200.89	32.4
	Corn on the Cob	83.33	15
	Green Beans	80	1.6
Thursday	Roast British Beef	101.18	0.9
	Cumberland Sausages (VE)	100	13
	Gravy	145	8.2
	Roast Potatoes	127.5	27.6
	Yorkshire Pudding (V)	30	11.8
	Carrot Batons	80	5.4
	Peas	80	7.2
Friday	Cheese Beef Burger (H)	175	30.1
	Cheese Beef Burger (NH)	175	30.1
	Double Quorn Burger (v)	150	29.2
	Skin on Fries	181.6	38.1
	Baked Beans	93.57	12
	Mixed Salad	80	1.8

Hall Mead Lunch- Week 2

Day	Recipe	Portion Size (g)	Carbohydrates per portion (g)
Monday	Tandoori Chicken Thighs (Halal)	100	5.7
Monday	Jamaican Inspired Jerk Fillet (V)	78.55	6.6
Monday	Vegetable 50/50 Rice	71	44.1
Monday	Fruity Summer Slaw	80.83	11.6
Monday	Broccoli	80	2.6
Tuesday	Mexican Pork Pasties	179.55	24.2
Tuesday	Cheesy Pasta Bake (V)	230	79.6
Tuesday	Herby Diced Potatoes	200.89	32.4
Tuesday	Corn on the Cob	83.33	15
Tuesday	Mixed Salad	80	1.8
Wednesday	Salmon & Broccoli Pasta	305.94	60.9
Wednesday	Sausage Roll (VE)	65	16.9
Wednesday	Baked Potato Wedges	121.07	21.1
Wednesday	Mixed Salad	80	1.8
Wednesday	Green Beans	80	1.6
Thursday	Roast Chicken	80	0.6
Thursday	Roast Quorn Fillet (V)	69	2.8
Thursday	Gravy	145	8.2
Thursday	Roast Potatoes	127.5	27.6
Thursday	Yorkshire Pudding (V)	30	11.8
Thursday	Carrot Batons	80	5.4
Thursday	Cauliflower	80	3.5
Friday	Double Lamb & Cheese Burger (H)	175	37.3
Friday	Double Lamb & Cheese Burger (NH)	175	37.3
Friday	Quorn Tikka Masala	194.44	10.8
Friday	Skin on Fries	181.6	38.1
Friday	50/50 Rice	55.56	42.7
Friday	Baked Beans	93.57	12
Friday	Peas	80	7.2

Hall Mead Lunch- Week 3

Day	Recipe	Portion Size (g)	Carbohydrates per portion (g)
Monday	Levi Roots West Indian breaded Chicken Fillet	90	13.3
Monday	Spanish Inspired Paella (VE)	279.53	54.7
Monday	Herby Diced Potatoes	200.89	32.4
Monday	Sweetcorn	80	9.3
Monday	Peas	80	7.2
Tuesday	Farm Assured Pork Sausages	112	8.5
Tuesday	Mexican Style Enchiladas (V)	239.64	35
Tuesday	Baked Potato Wedges	121.07	21.1
Tuesday	Mixed Salad	80	1.8
Tuesday	Broccoli	80	2.6
Wednesday	Korean BBQ Chicken Thighs (Halal)	100	5.8
Wednesday	Vegetable & Lentil Dhal (VE)	454.87	88.2
Wednesday	50/50 Rice	55.56	42.7
Wednesday	Coleslaw	55	3
Wednesday	Corn on the Cob	83.33	15
Thursday	Roast Gammon	100	1
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	Green Beans	80	1.6
Friday	Beef Burger (H)	162	29.2
Friday	Beef Burger (NH)	162	29.2
Friday	Southern Style Burger (V)	113	34.3
Friday	Skin on Fries	181.6	38.1
Friday	Baked Beans	93.57	12

Hall Mead- Lunch Additions

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Cheese Pizza Slice (V)	133.67	35.5
Pepperoni Pizza Slice	140.67	35.5

Hall Mead- Grab N Go.

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Meatball Sub (V)	205	51
BBQ Chicken Wrap	168	35.7
Crispy Golden Dippers (V)	80	9.6
Sausage Roll (VE)	65	16.9
Mediterranean Pizza Slice	162	36.8
Piri Piri Chicken Wrap	168	33.6
Sweet Potato & Halloumi Quesadillas (V)	181.55	51.7
Chargrilled Chicken Topped Nacho's	155	34.9
Buttermilk Chicken Burger	190	35
American Style Hot Dog (V)	140	27.1
Chargrilled Chicken Pizza Slice	147	35.6
Hawaiian Pizza Slice	167	37.7

Hall Mead- Tugo

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
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
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
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

Hall Mead- Jacket Potatoes

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Jacket Potato with Baked Beans	375	71.9
Jacket Potato with Cheese	305	56.6
Jacket Potato with Coleslaw	320	60
Jacket Potato with Baked Beans & Cheese	380	69.3
Jacket Potato With Cheese & Coleslaw	370	60.1
Jacket Potato with Tuna Mayonnaise	325	56.9

Hall- Mead- Baguettes

Recipe	Portion Size (g)	Carbohydrates per portion (g)
White Baguette Buttered	145	63.7
Malted Wheat Baguette Buttered	135	66.4
BBQ Chicken Baguette (White Baguette)	230	66.8
BBQ Chicken Baguette (Malted Wheat Baguette)	220	69.5
Cheese Baguette (White Baguette)	195	63.8
Cheese Baguette (Malted Wheat Baguette)	185	66.4
Cheese Salad Baguette (White Baguette)	260	65
Cheese Salad Baguette (Malted Baguette)	250	67.6
Cheese Baguette (White Baguette) VE	195	74.2
Cheese Baguette (Malted Wheat Baguette) VE	185	76.9
Cheese Salad Baguette (White Baguette) VE	260	75.4
Cheese Salad Baguette (Malted Baguette) VE	250	78.1
Chicken Baguette (White Baguette)	220	64.2
Chicken Baguette (Malted Wheat Baguette)	210	66.9
Chicken Salad Baguette (White Baguette)	290	65.5
Chicken Salad Baguette (Malted Baguette)	280	68.1
Chicken & Sweetcorn Mayonnaise Baguette (White Baguette)	237.5	66.8
Crispy Chicken Baguette (White Baguette)	245	72.1
Chicken & Sweetcorn Mayonnaise Baguette (Malted Wheat Baguette)	227.5	69.4
Crispy Chicken Baguette (Malted Wheat Baguette)	235	74.8
Southern Coated Chicken Baguette (White Baguette)	227	70.9
Southern Coated Chicken Baguette (Malted Wheat Baguette)	217	73.5
Ham Baguette (White Baguette)	220	63.9
Ham Baguette (Malted Wheat Baguette)	210	66.5
Ham Salad Baguette (White Baguette)	285	65.1
Ham Salad Baguette (Malted Wheat Baguette)	275	67.7
Tuna Baguette (White Baguette)	215	64.1
Tuna Baguette (Malted Wheat Baguette)	205	66.7
Tuna, Sweetcorn & Mayonnaise Baguette (White Baguette)	250	66.5
Tuna, Sweetcorn & Mayonnaise Baguette (Malted Wheat Baguette)	240	69.1

Hall Mead- Cold Pasta & Salads

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Chicken Pasta Pot	203.33	35.5
Tuna Pasta Pot	240	36.7
Ham Pasta Pot	230	37.1
Cheese Pasta Pot	220	36.5
Char-grilled Chicken Salad Box	263	10.7
Cheese Salad Box	235	9.6
Cheese Salad Box (VE)	215	16.4
Ham Salad Box	265	11.2
Tuna Salad Box	275	10.2

Hall Mead- Salad Bar Options

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Coleslaw	55	3
Curried CousCous	85.34	26.2
Cherry Tomatoes	41.67	1.5
Cucumber	50	0.6
Beetroot	16.67	1.3
Mixed Peppers	16.67	0.7
Pasta Salad	53.55	16.2
Potato Salad	50.15	6.1
Grated Carrot	83.33	6.4
Rice Salad	65.33	36.5
Roasted Vegetable Cous Cous	117.58	20.7
Shredded Iceberg Lettuce	29.17	0.4
Sweetcorn	83.33	9.7

Hall Mead Selection of Desserts

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Apple	85	5.5
Apple Fruit Pot	95	6.2
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
Lemon Drizzle Cake	94.25	40
Lime & Coconut Drizzle Sponge	94.09	46.5
Melon Fruit Pot	95	4.1
Milk Chocolate Cookie	50	31
Orange Fruit Pot	130	7.5
Orange Jelly (VE)	171.39	4.5
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 Jelly (VE)	171.39	4.5
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