

Primary SS22 Lunch Menu Red Choice

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Golden Nuggets (VE)	80	20.2
BBQ Chicken	110	3.1
BBQ Chicken (H)	110	3.1
Roast British Gammon	50	0.5
Gravy	30	1.5
Tandoori Chicken Thigh	89	4.6
Tandoori Chicken Thigh (H)	89	4.6
Omega 3 Fish Fingers	75	14.6
Italian Inspired Lasagne (V)	257.9	39
Creamy Chicken Korma	147	9.2
British Pork Sausage Toad in the Hole	150.5	21.2
Lemon & Herb Chicken	106.5	0.5
Lemon & Herb Chicken (H)	106.5	0.5
Battered Fish Fillet	60	12.2
Organic Beef Burger in a Bun	106	25
Mexican Fajita (VE)	140	27.7
Roast British Beef	50	1
Honey Mustard Chicken	109.7	2.8
Honey Mustard Chicken (H)	109.7	2.8
Oven Baked Chicken	83	0.00
Chicken Rogan Josh	195	6.2

Primary SS22 Lunch Menu Blue Choice

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Jacket Potato with Tuna Mayonnaise	312	40.6
Jacket Potato With Baked Beans (VE)	329	50
Jacket Potato With Cheese (V)	304	40.5
Jacket Potato with Cheese (VE)	294	48.8
Cheesy Tomato Pasta (V)	150.6	42.7
Tuna Mayo Baguette White	133	41.5
Tuna Mayo Baguette Malted Wheat	121.38	32
Ham Baguette White	125	41.4
Ham Baguette Malted Wheat	112.5	31.8
Cheese Baguette White (V)	125	41.4
Cheese Baguette Malted Wheat (V)	112.5	31.9
Cheese Baguette White (VE)	125	51.8
Salmon & Broccoli Pasta	249	45.3
Tuna Pasta Salad	145	36.2
Spanish Style Pieces (VE)	155	6.7
Carbonara	247	41
Creamy Fish Pie	238	24.5
Tuna Pasta Bake	282	50.3
Cheese & Onion Quiche	116	18.2
Cheesy Leek Pasta	230	40.9

Primary SS22 Lunch Menu Green Choice

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Rustic Italian Meatball Linguine (VE)	200	48.1
Cumberland Sausage & Bean Puff (VE)	120	27
Gravy	30	1.5
Mac N Cheese (V)	271	57.3
Lightly Spiced Rogan Josh (VE)	242	16.6
Sausage Roll (VE)	65	16.9
Crispy Vegetable Fingers (VE)	85.2	19.6
Sausage Toad in the Hole (VE)	148	25.9
Spaghetti Bolognaise (VE)	209	47.8
Baked Enchilada (VE)	142	28.8
Crispy Country Bake Burger (VE)	100	34
Mince & Onion Puff (VE)	118.75	28.3
Sweet Potato & Chickpea Tikka Masala (VE)	234	28.9
Hot Cheesy Quesadillas (V)	143	27
Margherita Pizza	137	26.5

Primary SS22 Lunch Menu Carbohydrates

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Mexican Style Rice	60	39.7
Oven Baked Chips	103	21.7
McCains Wedges	114	19.9
Homemade Wedges	132	20.2
Potato Dippers	100	22
Diced Potatoes	114	18.4
Mash Potato- Simply Mash	125	20.1
Mash Potato- Lamb Weston	125	21.3
McCains Roast Potatoes	113	19.5
Roast Potatoes (Vac Pack)	130	19.9
Roast Potatoes (Jackets)	125	19.9
Yorkshire Pudding	28	11
Yorkshire Puddings (VE)	58	15.2
Cold Pasta Salad (VE)	50	17.4
Cold Pasta Salad	50	17.4
Jollof Rice	63	29.2
50/50 Rice	35	26.9
Wholemeal Pasta	45	29.7

Primary SS22 Lunch Menu Vegetables

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Carrots	71	6.9
Broccoli	62.5	4.1
Cauliflower	62.5	3.1
Spring Greens	50	3.3
Peas	62.5	5.6
Sweetcorn	71	8.3
Corn on the Cob	62.5	5.9
Baked Beans	70	9.1
White Cabbage	70	4.2
Coleslaw	60	3.7
Mixed Salad	50	0.
Green Beans	63	1.3

Primary SS22 Lunch Menu Dessert

Recipe	Portion Size	Carbohydrates per portion
Vanilla Ice Cream Tub	40	7.6
Peach Melba Sponge	87	32.8
Fruit Jelly	168	8.4
Fresh Fruit Platter	92	11.9
Marble Cake	55	21.9
Coconut & Mango Muffins (VE)	69	26.8
Mango Muffin (VE)	69	26.3
Orange Cookie (VE)	52	33.7
Strawberry Iced Fruit Smoothie (VE)	80	14.7
Red Velvet Sponge	66	23.3
Raspberry Ripple Arctic Roll	38	11.6
Lemon Drizzle Cake (VE)	67	35.4
Zesty Sponge	76	34.3
Milk Custard	78	9.8
Chocolate Sponge	58	24.2
Chocolate Custard	93	11.5
Chocolate Muffin	51	27.8
Lemon Shortbread (VE)	57	28.8
Apple & Peach Crumble (VE)	105	32.9
Apple Crumble (VE)	105	32.7
Coconut Muffins (VE)	57	25.6
Marble Sponge (Non Choc schools)	73	28.1

Yoghurt Carb List

Item	Portion Size	Carbohydrates per portion
Veo Valley Organic Mango & Vanilla Yoghurt	80g	8.5g
Veo Valley Organic Raspberry Yoghurt	80g	8.5g
Veo Valley Organic Strawberry Yoghurt	80g	8.5g
Golden Acre: Strawberry Yoghurt	100g	19.6g
Golden Acre: Raspberry Yoghurt	100g	19.6g
Golden Acre: Peach & Passion Fruit Yoghurt	100g	19.6g

Cheese & Crackers

Item	Portion Size	Carbohydrates per portion
Crackers (95022- large pack)	16g	10.8g
Cheese & Crackers (95022)	34g	11.7g
Crackers (00137 mini packs)	16g	10.8g
Cheese & Crackers (00137)	34g	11.7g

Fresh Fruit Salad

Item	Portion Size	Carbohydrates per portion
Mixed Melon	121g	9.6g

Melon & Grape	131g	11.4g
Fresh Fruit Platter	92g	11.9g

Primary SS22 Lunch Menu Salad Bar

Recipe	Portion Size (g)	Carbohydrates per portion (g)
Coleslaw	60	3.7
Mixed Peppers	41	1.9
Cucumber	80	2.9
Lettuce	44	1.3
Cherry Tomatoes	41	1.5
Beetroot	41	3
Grated Carrot	40	3.8
Pineapple	32	3.9
Potato Salad	280	37.2