

Week 1

16/04/2018, 07/05/2018, 04/06/2018, 25/06/2018, 16/07/2018, 17/09/2018, 08/10/2018

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Pork Sausages 75g 13.1g	Marinated Chicken Tikka 92g 3.6g	Roast Gammon 50g 0.5g	Chicken Fajitas 138g 31.8g	Fish Fingers 75g 14.6g
Cheesy Leek Pasta 266g 62.3g	Sticky Quorn Sausages 71g 10.5g	Vegetable Fingers 85g 19.6g	Cheese & Tomato Pizza 68g 12.7g	Sweet Potato Korma 145g 22.4g
Tuna & Sweetcorn Baguette 144g 42.0g	Cheesy Tomato Pasta Pot 208g 78.2g	Topped Jacket Potato	Ham Baguette 108g 40.7g	Cheesy Tomato Pasta Pot 208g 78.2g
Mash Potato 125g 20.1g	Rice 84g 64.6g	Roast Potato McCains 113g 24.0g Homemade 130g 21.5g	Vegetable Rice 71g 47.3g	Chips 114g 24.0g
	Potato Wedges McCains 100g 30.2g Homemade 125g 21.5g	Yorkshire Pudding 13g 4.5g	Pasta 102g 64.9g	Rice 84g 64.6g
Peas 71g 6.4g	Broccoli 75g 1.4g	Cauliflower 75g 2.3g	Corn on the Cob 83g 8.3g	Peas 71g 6.4g
Baked Beans 100g 15.3g	Sweetcorn 71g 8.3g	Organic Carrots 71g 7.5g	Green Beans 71g 1.4g	Cauliflower 75g 2.3g
Frozen Yoghurt 56g 12.7g	Banana Muffin 69g 21.6g	Fruit Jelly 202g 8.6g	Marble Cake & Custard 62g 25.1g 78g 9.7g	Lime & Courgette Muffin 59g 21.0g
Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g
A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts
Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g
Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g

Week 2

23/04/2018, 14/05/2018, 11/06/2018, 02/07/2018, 03/09/2018. 24/09/2018, 15/10/2018

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Beef Burger in a Bun 106g 23.9g	BBQ Chicken 80g 4.2g	Roast Chicken TR- 60g 1.3g WWM- 70g 1.0g	Mediterranean Cod 125g 1.5g	Battered Fish Fillet 60g 10.3g
Vegetable Burger in a Bun 100g 34.7g	Cheesy Bean Puff 97g 20.7g	Roast Quorn Fillet 69g 2.8g	Cheese & Tomato Pizza 68g 12.7g	Cheesy Stack Wrap 68g 12.9g
Cheesy Tomato Pasta Pot 208g 78.2g	Egg Mayonnaise Baguette 144g 40.9g	Topped Jacket Potato	Tuna & Sweetcorn Baguette 144g 42.0g	Topped Jacket Potato
Potato Wedges McCains 100g 30.2g Homemade 125g 21.5g	Diced Potatoes 101g 25.2g	Roast Potato McCains 113g 24.0g Homemade 130g 21.5g	Lemon Cous Cous 55g 35.0g	Chips 114g 24.0g
		Yorkshire Pudding 13g 4.5g	Pasta 102g 64.9g	
Corn on the Cob 83g 8.3g	Broccoli 75g 1.4g	Savoy Cabbage 67g 2.8g	Sweetcorn 71g 8.3g	Baked Beans 100g 15.3g
Peas 71g 6.4g	Cauliflower 75g 2.3g	Organic Carrots 71g 7.5g	Mixed Pepper Medley 60g 2.8g	Mixed Vegetables 71g 5.0g
Artic Roll 39g 11.6g	Pear & Apple Sponge & Custard 94g 28.3g 78g 9.7g	Lemon Cookie 60g 31.1g	Mandarin Sponge & Custard 92g 27.3g 78g 9.7g	Strawberry & Caramel Muffin 65g 24.3g
Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g
A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts
Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g
Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g

Week 3

30/04/2018, 21/05/2018, 18/06/2018, 09/07/2018, 10/09/2018, 01/10/2018

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Hot Dog in a Roll 96g 24.2g	Sticky Chicken 81g 5.6g	Roast Turkey 50g 0.1g	Breaded Chicken Bites 75g 9.8g	Lemon Crumb Salmon Fillet 60g 13.4g
Veggie Hot Dog in a Roll 106g 28.8g	Macaroni Cheese 290g 75.2g	Vegetarian Sausage Roll 57g 15.2g	Quorn Sausage Paella 253g 70.8g	Cheese & Tomato Pizza 68g 12.7g
Cheesy Tomato Pasta Pot 208g 78.2g	Topped Jacket Potato	Cheesy Tomato Pasta Pot 208g 78.2g	Ham Baguette 108g 40.7g	Topped Jacket Potato
Potato Wedges McCains 100g 30.2g Homemade 125g 21.5g	Diced Potatoes 101g 25.2g	Roast Potato McCains 113g 24.0g Homemade 130g 21.5g	Potato Wedges McCains 100g 30.2g Homemade 125g 21.5g	Chips 114g 24.0g
		Yorkshire Pudding 13g 4.5g		
Corn on the Cob 83g 8.3g	Broccoli 75g 1.4g	Organic Carrots 71g 7.5g	Sweetcorn 71g 8.3g	Peas 71g 6.4g
Green Beans 71g 1.4g	Baked Beans 100g 15.3g	Spring Greens 42g 1.3g	Mixed Vegetables 71g 5.0g	Cauliflower 75g 2.3g
Pineapple Iced Fruit Smoothies 80ml 14.1g	Vanilla Sponge & Custard 61g 25.0g 78g 9.7g	Pancakes with Lemon 47g 20.0g	Peach Melba Sponge & Custard 92g 27.9g 78g 9.7g	Toffee Muffin 77g 32.2g
Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g	Fresh Salad Selection 4.3g
A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts	A selection of Chilled Yoghurts
Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g	Fresh Fruit Pot 83g 2.7g
Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g	Cheese and Crackers 32g 11.6g

Topped Jacket Potato Carb List

Topped Jacket Potato	Portion Size (g)	Carbohydrates per portion (g)
Cheese	290g	43.0g
Cheese & Coleslaw	318g	45.4g
Baked Beans	325g	54.4g
Tuna Mayonnaise	306g	43.1g

Yoghurt Carb List		
Yoghurt	Portion Size (g)	Carbohydrates per portion (g)
Veo Valley Organic Mango & Vanilla Yoghurt	80g	8.8g
Veo Valley Organic Raspberry Yoghurt	80g	8.8g
Veo Valley Organic Strawberry Yoghurt	80g	8.8g
Golden Acre: Strawberry Yoghurt	100g	19.6g
Golden Acre: Raspberry Yoghurt	100g	19.6g
Golden Acre: Peach & Passion Fruit Yoghurt	100g	19.6g