

Week 1				
<i>30/10/2017, 20/11/2017, 11/12/2017, 08/01/2018, 29/01/2018, 26/02/2018, 19/03/2018</i>				
Key:Weights in Black- Portion Size			Weights in Red- Carbohydrates per Portion.	
Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Lamb Mint Grills 60g 5.8g	Pasta Bolognese 273g 64.6g	BBQ Chicken 80g 4.2g	Roast Pork 50g 0.9g	Birds Eye Fish Fingers 84g 16.8g
Fish & Tomato Bake 246g 17.7g	Topped Jacket Potato	Cod in Parsley Sauce 131g 6.1g	Chicken & Vegetable Cobbler 146.5g 28.9g	Cheese & Potato Melt 151g 19.1g
Macaroni Cheese 306g 84.4g	Vegetarian Bolognese 278g 65.4g	Broccoli & Cauliflower Cheese Bake 207g 8.2g	Vegetarian Sausage Roll 57g 15.2g	Sweet Potato & Butterbean Korma 150g 22.8g
Potato Wedges 114g 34.3g	Garlic Bread 50g 17.8g	50/50 Rice 84g 64.6g	Roast Potatoes 130g 21.5g Yorkshire Pudding 13g 4.5g	Oven Baked Chips 114g 24.0g
50/50 Pasta 102g 68.5g		New Potatoes 83g 13.4g		50/50 Rice 84g 64.6g
Sweetcorn 71g 8.3g	Roasted Vegetables 58g 2.0g	Broccoli 100g 1.8g	Fresh Organic Carrots 71g 7.5g	Fresh Cauliflower 100g 3.0g
Garden Peas 71g 6.4g	Baked Beans 101g 15.3g	Sweetcorn 71g 8.3g	Green Cabbage 111g 4.6g	Garden Peas 71g 6.4g
Raspberry Ripple Ice Cream Tub 90ml 21.6g	Toffee Sponge and Custard 92g 42.7g 78g 9.7g	Lemon Drizzle Cake 70g 27.1g	Angel Delight 88g 6.7g	Banana Cake 80g 27.5g
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 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g
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

*New in 2015, all our pasta dishes contain a minimum of 50% Organic Wholemeal Pasta

Week 2

06/11/2017, 27/11/2017, 18/12/2017, 15/01/2018, 05/02/2018, 05/03/2018, 26/03/2018

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Pork Sausages 75g 13.1g	Pepperoni Pizza 85g 21.4g	Beef & MacCheese Bake 310g 80.3g	Roast Chicken 60g 1.3g	Battered Fish Fillet 60g 10.3g
Tuna & Sweetcorn Pasta Bake 237g 77.4g	Caribbean Cod 111g 14.3g	Jerk Chicken 91g 0.9g	Quorn Strognoaff 136g 8.9g	Topped Jacket Potato
Red Onion & Rosemary Sausage 100g 6.9g	Cheese & Tomato Pizza 84g 21.4g	Vegetarian Sausage Roll 57g 15.2g	Vegetable Fingers 85g 19.6g	Bean Chilli 133g 11.8g
Mash Potato 125g 20.1g	50/50 Rice 84g 64.6g	Rice & Peas 180g 75.6g	Roast Potatoes 130g 21.5g Yorkshire Pudding 13g 4.5g	Oven Baked Chips 114g 24.0g
Baked Beans 101g 15.3g	50/50 Pasta 102g 68.5g	Diced Potato 115g 28.6g	50/50 Rice 84g 64.6g	50/50 Rice 84g 64.6g
Baked Beans 101g 15.3g	Sweetcorn 71g 8.3g	Broccoli 100g 1.8g	Green Cabbage 111g 4.6g	Baked Beans 101g 15.3g
Garden Peas 71g 6.4g	Green Beans 71g 1.4g	Fresh Organic Carrots 71g 7.5g	Sweetcorn 71g 8.3g	Fresh Cauliflower 100g 3.0g
Pancakes with Strawberry Sauce 58g 26.9g	Oaty Fruit Crunch with Custard 103g 27.5g 78g 9.7g	Orange Cake 53g 13.8g	Lime & Courgette Muffin 59g 21g	Marble Cake & Custard 64g 25.1g 78g 9.7g
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 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g
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

13/11/2017, 04/12/2017, 01/01/2018, 22/01/2018, 19/02/2018, 12/03/2018

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Beef Burger 106g 23.9g	Cottage Pie 198g 21.3g	Beef Burrito Boats 285g 93.5g	Roast Turkey 50g 0.1g	Salmon Fish Fingers 84g 17.6g
Pea & Bacon Pasta 235g 78.9g	Sticky Chicken 75g 4.1g	Chicken Meatballs 110g 5.1g	Fish Pie 219g 20.5g	Mixed Bean Jambalaya 385g 121.6g
Vegetable Burger 100g 34.7g	Vegetarian Cottage Pie 198g 23.7g	Vegetable Burrito Boat 255g 90.5g	Sticky Quorn Sausages 135g 11.8g	Cheese & Tomato Pizza 84g 21.4g
Potato Wedges 114g 34.3g	Potato Wedges 114g 34.3g	50/50 Pasta 50g 33.8g	Roast Potatoes 130g 21.5g Yorkshire Pudding 13g 4.5g	Oven Baked Chips 114g 24.0g
	50/50 Rice 84g 64.6g			
Spgahetti Rings 94g 10.1g	Fresh Broccoli 100g 1.8g	Sweetcorn 71g 8.3g	Roasted Parsnips 50g 6.3g	Baked Beans 101g 15.3g
Mixed Vegetables 62.5g 4.4g	Fresh Organic Carrots 71g 7.5g	Swede & Carrot Mix 75g 4.0g	Garden Peas 71g 6.4g	Sweetcorn & Pepper Mix 75.7g 8.5g
Iced Fruit Smoothies 80ml 15.2g	Apple & Pear Sponge with Custard 127g 31.3g 78g 9.7g	Ripple Sponge & Custard 81g 23.8g 78g 9.7g	Carrot Cake 86g 31.9g	Fruit Jelly 202g 8.3g
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 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g	A selection of Chilled Yoghurts 18.2g
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	310g	45.2g
Cheese & Baked Beans	300g	47.8g
Baked Beans	300g	50.6g
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