

| Week 1 | | | | |
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| <i>19/04/2021, 10/05/2021, 07/06/2021, 28/06/2021, 19/07/2021, 13/09/2021, 04/10/2021</i> | | | | |
| Key:Weights in Black- Portion Size | | | Weights in Red- Carbohydrates per Portion. | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Golden Dippers (V) 80g 9.6g | BBQ Chicken 80g 3.1g | Roast British Gammon 50g 0.5g | Lemon & Garlic Chicken 99g 1.5g | Omega 3 Fish Fingers 75g 14.6g |
| Jacket Potato with a Choice of Toppings | Rustic Italian Meatball Linguine (VE) 188g 47.3g | Cheesy Tomato Pasta (V) 151g 42.7g | Jacket Potato with Baked Beans (VE) 329g 50.0g | Freshly Baked Baguettes with a Choice of Filling |
| Spanish Inspired Vegetable Paella (VE) 208g 35.9g | Mac 'n' Cheese (V) 293g 52.0g | Cumberland Sausage & Bean Puff (VE) 117g 26.7g | Margherita Pizza (V) 209g 47.6g | Lightly Spiced Rogan Josh (VE) 241g 15.7g |
| Diced Potatoes 114g 18.4g | 50/50 Rice 35g 26.9g | Roast Potatoes <i>McCains: 113g 24.0g</i> <i>Jackets: 125g 19.9g</i> <i>VacPac: 130g 19.9g</i> | Wedges <i>McCains: 114g 19.9g</i> <i>Homemade: 132g 20.2g</i> | Oven Baked Chips 114g 23.9g |
| | | Yorkshire Pudding 28g 11.0g VE: 64g 15.0g | | 50/50 Rice 35g 26.9g |
| Farmhouse Vegetables 71g 2.4g | Corn on the Cob 63g 5.9g | Carrots 71g 6.9g | Coleslaw 60g 3.7g | Peas 71g 6.4g |
| Baked Beans 87g 11.2g | Broccoli 60g 4.0g | Spring Greens 50g 3.3g | Sweetcorn 71g 8.3g | Cauliflower 75g 3.8g |
| Vanilla Ice Cream Tub 42g 7.5g | Fresh Fruit Platter | Fruit Jelly <i>Orange - 178g 7.0g</i> <i>Raspberry - 178g 7.0g</i> <i>Strawberry - 178g 7.0g</i> | Fresh Fruit Platter | Marble Cake with Custard 55g 21.7g 78g 9.7g Non Chocolate Marble Cake: 73g 27.9g |
| Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection |
| 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 | Fresh Fruit Pot | Fresh Fruit Pot | Fresh Fruit Pot | Fresh Fruit Pot |
| Cheese and Crackers | Cheese and Crackers | Cheese and Crackers | Cheese and Crackers | Cheese and Crackers |

Please note that the portion size weight of meals containing pasta, rice etc are based on dry weight not cooked.

| Week 2 | | | | |
|---|---|--|--|--|
| <i>26/04/2021, 17/05/2021, 14/06/2021, 05/07/2021, 30/08/2021, 20/09/2021, 11/10/2021</i> | | | | |
| Key:Weights in Black- Portion Size | | | Weights in Red- Carbohydrates per Portion. | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Italian Style Lasagne (V) 259g 37.5g | Creamy Chicken Korma 147g 9.3g | Traditional Roast Turkey 50g 0.5g | Sticky Chicken 79g 2.6g | Battered Fish Fillet 60g 12.2g |
| Cheesy Tomato Pasta (V) 151g 42.7g | Jacket Potato with a Choice of Toppings | Salmon & Broccoli Pasta 250g 43.4g | Freshly Baked Baguette with a Choice of Filling | Jacket Potato with a Choice of Toppings |
| Sausage Roll (VE) 65g 16.9g | Crispy Vegetable Fingers (VE) 85g 19.6g | Mince & Onion Puff (VE) 91g 26.3g | Quorn Stir Fry with Asian Style Noodles (VE) 221g 28.4g | Baked Enchiladas (VE) 146g 28.6g |
| Diced Potatoes 114g 18.4g | 50/50 Rice 35g 26.9g | Roast Potatoes <i>McCains:</i> 113g 24.0g <i>Jackets:</i> 125g 19.9g <i>VacPac:</i> 130g 19.9g | 50/50 Rice 35g 26.9g | Oven Baked Chips 114g 23.9g |
| | Wedges <i>McCains:</i> 114g 19.9g <i>Homemade:</i> 132g 20.2g | Yorkshire Pudding 28g 11.0g VE: 64g 15.0g | | Mexican Style Rice 62g 40.0g |
| Peas 71g 6.4g | Farmhouse Vegetables 71g 2.4g | Cabbage 88g 5.3g | Broccoli 60g 4.0g | Cauliflower 75g 3.8g |
| Sweetcorn 71g 8.3g | Baked Beans 87g 11.2g | Carrots 71g 6.9g | Corn on the Cob 63g 5.9g | Peas 71g 6.4g |
| Red Velvet Sponge 67g 23.1g Ripple Sponge 76g 25.6g | Fresh Fruit Plater | Raspberry Ripple Ice Cream Tub 42g 8.5g | Fresh Fruit Platter | Orange Cookie 52g 28.6g |
| Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection |
| 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 | Fresh Fruit Pot | Fresh Fruit Pot | Fresh Fruit Pot | Fresh Fruit Pot |
| Cheese and Crackers | Cheese and Crackers | Cheese and Crackers | Cheese and Crackers | Cheese and Crackers |

Please note that the portion size weight of meals containing pasta, rice etc are based on dry weight not cooked.

| Week 3 | | | | |
|---|--|---|---|---|
| <i>03/05/2021, 24/05/2021, 21/06/2021, 12/07/2021, 06/09/2021, 27/09/2021, 18/10/2021</i> | | | | |
| Key:Weights in Black- Portion Size | | Weights in Red- Carbohydrates per Portion. | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Organic Beef Burger in a Bun 106g 25.0g | Mild Balti Curry (VE) 202g 36.5g | British Pork Sausage Toad in the Hole 151g 21.2g | Southern Style Chicken 73g 0.3g | Omega 3 Fish Fingers 75g 14.6g |
| Sweet Chilli Chicken Pasta 299g 54.8g | Jacket Potato with a Choice of Toppings | Cheesy Tomato Pasta (V) 151g 42.7g | Freshly Baked Baguette with a Choice of Filling | Rice, Lentil & Vegetable Dhal (VE) 363g 59.2g |
| Crispy Country Bake Burger in a Bun (VE) 100g 34.0g | Margherita Pizza (V) 209g 47.6g | Toad in the Hole (VE) 148g 24.2g Toad in the Hole (V) 121g 21.8g | Mild Chilli Loaded Potato Dippers (VE) 309g 32.1g | Hot Cheesy Quesadilla (V) 139g 26.3g |
| Wedges McCains: 114g 19.9g Homemade: 132g 20.2g | 50/50 Rice 35g 26.9g | Mash Simply (VE): 125g 20.1g Lamb Weston (V): 125g 21.3g | Potato Dippers 125g 27.4g | Oven Baked Chips 114g 23.9g |
| | Wholemeal Pasta 45g 29.7g | Gravy 31g 1.5g | | |
| Sweetcorn 71g 8.3g | Farmhouse Vegetables 71g 2.4g | Carrots 71g 6.9g | Corn on the Cob 63g 5.9g | Peas 71g 6.4g |
| Green Beans 71g 1.4g | Peas 71g 6.4g | Broccoli 60g 4.0g | Baked Beans 87g 11.2g | Cauliflower 75g 3.8g |
| Zesty Sponge with Custard 76g 28.1g 78g 9.7g | Fresh Fruit Platter | Fruit Jelly Orange - 178g 7.0g Raspberry - 178g 7.0g Strawberry - 178g 7.0g | Fresh Fruit Platter | Strawberry Frozen Yoghurt 80g 20.8g |
| Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection |
| 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 | Fresh Fruit Pot | Fresh Fruit Pot | Fresh Fruit Pot | Fresh Fruit Pot |
| Cheese and Crackers | Cheese and Crackers | Cheese and Crackers | Cheese and Crackers | Cheese and Crackers |

Please note that the portion size weight of meals containing pasta, rice etc are based on dry weight not cooked.

| Topped Jacket Potato Carb List | | |
|---------------------------------------|---------------------|----------------------------------|
| Topped Jacket Potato | Portion Size | Carbohydrates per portion |
| Cheese | 304g | 40.5g |
| Cheese & Coleslaw | 337g | 43.1g |
| Baked Beans | 329g | 50.0g |
| Tuna Mayonnaise | 310g | 40.6g |
| Cheese & Baked Beans | 312g | 46.1g |

| Filled Baguettes Carb List | | |
|--|---------------------|----------------------------------|
| Filled Baguettes | Portion Size | Carbohydrates per portion |
| Cheese Baguette (White) | 125g | 41.4g |
| Cheese Baguette (Malted Wheat) | 113g | 33.3g |
| Ham Baguette (White) | 125g | 41.4g |
| Ham Baguette (Malted Wheat) | 113g | 33.3g |
| Tuna Mayonnaise Baguette (White) | 144g | 42.7g |
| Tuna Mayonnaise Baguette (Malted Wheat) | 161g | 34.6g |

Filled Rolls Carb List (High Fibre Roll)

| | Portion Size | Carbohydrates per portion |
|---|---------------------|----------------------------------|
| Cheese Roll (V) | 100g | 23.1g |
| Ham Roll | 100g | 23.1g |
| Tuna & Sweetcorn Mayonnaise Roll | 120g | 24.9g |

Yoghurt Carb List

| | Portion Size | Carbohydrates per portion |
|---|---------------------|----------------------------------|
| Veo Valley Organic Mango & Vanilla Yoghurt | 80g | 8.6g |
| 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

| | 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

| | Portion Size | Carbohydrates per portion |
|--------------------------------|---------------------|----------------------------------|
| Mixed Melon Fruit Salad | 121g | 9.6g |
| Rainbow Fruit Salad | 131g | 12.3g |
| Zesty Fruit Salad | 100g | 10.5g |