

Week 1

07/09/2020, 28/09/2020, 19/10/2020, 02/11/2020, 23/11/2020, 14/12/2020, 18/01/2021, 08/02/2021, 08/03/2021, 29/03/2021

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Pork Sausages 114g 8.7g	Sticky Chicken 79g 3.9g	Roast Turkey Dinner 50g 0.5g	Freshly Baked Filled Baguettes	Omega 3 Fish Fingers 75g 14.6g
Vegetable Fingers (VE) 85g 19.6g	Topped Jacket Potato with a Choice of Fillings	Cheesy Tomato Pasta (V) 151g 42.7g	Cheese & Tomato Pizza (V) Sante- 120g 23.6g CR Cheese- 120g 24.0g	Topped Jacket Potato with a Choice of Fillings
Mash Potato <i>Lamb Weston</i> 125g 21.3g <i>Simply Mash</i> 125g 20.1g	Potato Wedges McCains - 114g 19.8g	Roast Potato VacPac 130g 19.9g Homemade 125g 19.9g McCains 113g 19.5g	Pasta 40g 26.4g	Oven Baked Chips 114g 23.9g
		Yorkshire Pudding 18g 6.8g		
Peas 71g 6.4g	Sweetcorn 71g 8.3g	Carrots 71g 6.9g	Broccoli 60g 4.0g	Peas 71g 6.4g
Orange Cookie 43g 25.9g	Marble Cake 57g 23.8g	Seasonal Fresh Fruit	Fruit Jelly 178g 6.4g	Vanilla Sponge 56g 23.6g
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 Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g

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

Week 2

14/09/2020, 05/10/2020, 09/11/2020, 30/11/2020, 04/01/2021, 25/01/2021, 22/02/2021, 15/03/2021

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Organic Beef Burger in a Bun 106g 23.7g	Pasta Bolognaise Bake 272g 54.6g	Roast Chicken Dinner 70g 0.0g	Vegetarian Sausage Roll (VE) 65g 16.9g	Omega 3 Fish Fingers 75g 14.6g
Vegetable Burger in a Bun (VE) 100g 33.9g	Topped Jacket Potato with a Choice of Fillings	Tomato & Basil Pasta (V) 130g 34.4g	Cheese & Tomato Pizza (V) Sante- 120g 23.6g CR Cheese- 120g 24.0g	Topped Jacket Potato with a Choice of Fillings
Potato Curls 125g 27.4g		Roast Potato VacPac 130g 19.9g Homemade 125g 19.9g McCains 113g 19.5g	Diced Potato 115g 18.3g	Oven Baked Chips 114g 23.9g
		Yorkshire Pudding 18g 6.8g	Pasta 40g 26.4g	
Peas 71g 6.4g	Broccoli 60g 4.0g	Carrots 71g 6.9g	Sweetcorn 71g 8.3g	Baked Beans 87g 13.3g
Vanilla Muffin 59g 25.8g	Fruit Jelly 178g 6.4g	Seasonal Fresh Fruit	Banoffee Sponge 91g 36.4g	Lemon Cookie 58g 30.6g
Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot
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
Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g

Week 3

21/09/2020, 12/10/2020, 16/11/2020, 07/12/2020, 11/01/2021, 01/02/2021, 01/03/2021, 22/03/2021

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Chicken Korma 147g 9.3g	Topped Jacket Potato with a Choice of Fillings	Roast Gammon Dinner 50g 0.5g	BBQ Chicken 80g 3.1g	Omega 3 Fish Fingers 75g 14.6g
Cheese & Tomato Pizza (V) Sante- 120g 23.6g CR Cheese- 120g 24.0g	Vegetarian Sausage Roll (VE) 65g 16.9g	Cheesy Tomato Pasta (V) 151g 42.7g	Freshly Baked Filled Baguettes (V)	Topped Jacket Potato with a Choice of Fillings
Rice 35g 30.0g	Diced Potato 115g 18.3g	Roast Potato VacPac 130g 19.9g Homemade 125g 19.9g McCains 113g 19.5g	Savoury Rice 63g 41.0g	Oven Baked Chips 114g 23.9g
Oven Baked Chips 114g 23.9g		Yorkshire Pudding 18g 6.8g		
Peas 71g 6.4g	Broccoli 60g 4.0g	Carrots 71g 6.9g	Sweetcorn 71g 8.3g	Baked Beans 87g 13.3g
Organic Fruit Yoghurt	Clementine Sponge 72g 28.2g	Seasonal Fresh Fruit	Fruit Jelly 178g 6.4g	Vanilla Sponge 56g 23.6g
Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot
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
Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g	Cheese and Crackers Crackers : 16g 10.8g Cheese (89203): 17.5g 1.5g Cheese (07012): 17.5g 1.0g

Topped Jacket Potato Carb List

Topped Jacket Potato	Portion Size (g)	Carbohydrates per portion (g)
Cheese	294g	40.5g
Cheese & Coleslaw	337g	43.1g
Baked Beans (VE)	329g	51.7g
Tuna Mayonnaise	310g	40.6g
Cheese & Baked Beans	312g	46.1g

Filled Baguettes Carb List		
Filled Baguettes	Portion Size (g)	Carbohydrates per portion (g)
Cheese Baguette (White)	125g	41.4g
Cheese Baguette (Malted Wheat)	113g	31.8g
Ham Baguette (White)	125g	41.4g
Ham Baguette (Malted Wheat)	113g	31.8g
Tuna Mayonnaise Baguette (White)	144g	42.7g
Tuna Mayonnaise Baguette (Malted Wheat)	131g	33.2g

Yoghurt Carb List		
Yoghurt	Portion Size (g)	Carbohydrates per portion (g)
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