

PRIMARY MENU OCTOBER 2015

Main Courses	Portion Weight	Nutrients per Portion			
		Kcal	Charbohydrates (g)	Fat (g)	Protein (g)
Baked Potato with Baked Beans and Coleslaw	311g	284.37	37.93	13.09	6.42
Bean and Lentil Burger	57g	81.34	15.48	1.12	4.86
Beef/Lamb Bolognaise	150g	122.92/197.08	6.3/6.3	5.32/14.99	12.87/9.6
Beef/Lamb Burger	57g	103.17/152.75	5.10/7.92	5.98/10.13	9/7.98
Beef/Lamb Lasagne	221g	278.58/352.38	20.87/20.87	13.07/22.74	19.62/16.35
Cajun Chicken Drumsticks	76g	148.25	0.16	7.91	19.15
Cheese Flan	109g	258.27	15.48	16.86	11.61
Chicken Curry	230g	140.05	17.8	3.08	11.3
Chicken Nuggets	51g	71	5.4	1.7	8.4
Chicken Pasta Bake	239g	265.01	23.02	8.12	26.39
Chicken Pie	208g	336.77	25.51	19.15	15.86
Fish Fingers	60g	117	12.12	2.4	7.56
Fish Pie	132g	244.43	19.47	14.36	9.89
Lemon Roasted Chicken	92g	166.83	0.69	9.67	19.34
Lentil and Vegetable Curry	176g	135.24	26.79	1.23	5.93
Macaroni Cheese	180g	220.86	24.95	10.62	7.68
Meat Balls in Tomato Sauce					
Beef/Lamb	121g	133.42/192.87	8.02/8.02	5.90/13.69	12.46/9.82
Pasta Provencal	190g	193.79	38.45	2.36	7.07
Penne Pasta with Sweet Tomato and Basil Sauce	190g	232.55	46.58	2.99	7.68
Pizza Margherita	97g	171.73	20.07	6.77	7.95
Pizza with a Ham and Cheese Topping	112g	190.92	20.07	7.81	10.38
Quorn Bolognaise	151g	89.52	9.25	3.28	6.24
Quorn Burger	67g	46g	0.95	1.6	7.05
Quorn Chilli	117g	69.35	2.2	6.77	6.15
Quorn Cottage Pie	268g	220.94	26.54	8.4	11.47
Quorn Frankfurter	45g	51.25	1.12	3.5	3.37
Quorn Sausages	50g	63.5	4.3	2.25	6.5
Quorn Stir Fry in a Sweet and Sour Sauce	137g	205.6	28.69	6.11	10.62
Roast Chicken and Stuffing	75g	131.81	4.29	6.46	14.36
Roast Turkey	70g	122.25	0.10	3.00	23.78
Salmon Fillet in Wholemeal Breadcrumbs	60g	134	8.00	5.60	9.40
Sausages with Yorkshire Pudding	134g	234.66	11.99	12.74	18.21
Shepherds Pie	266g	334.36	25.3	21.25	12.04
Sweet Potato and Lentil Korma	176g	135.24	26.79	1.23	5.93
Vegetable Curry	250g	147.05	19.25	6.72	3.54
Vegetarian Lasagne	272g	277.43	28.29	13.35	11.55
Wholemeal Quorn Wrap	140g	182.75	25.44	4.47	11.87
Wholemeal Tuna Wrap	136g	200.66	24.93	6.83	11.47

Starchy Sides	Portion Weight	Kcal	Charbohydrates (g)	Fat (g)	Protein (g)
Baked Potato	100g	93	21	0.1	2.5
Bun (Burger)	33g	86.33	15.5	1.3	2.9
Bun (Hot Dog)	50g	127	25.75	1.3	4.65
Cous Cous	54g	95.81	18.76	0.31	3.05
Creamy Mashed Potatoes	117g	100.2	19.03	2.25	2.1
French Stick	13g	32.88	7.01	0.24	1.13
Garlic Bread	26g	94.9	11.7	4.76	2.03
New Potatoes	111g	83.33	19.78	0.33	1.67
Noodles	105g	133	24.4	2.78	4.11
Organic Bread	16g	35.14	6.8	0.4	1.52
Oven Baked Chips	100g	162	29.8	4.2	3.2
Pasta	57g	196.18	42.41	1.13	6.74
Roast Potatoes	111g	79.92	18.87	0.11	2
Sliced Bread	21g	45.66	8.84	0.53	1.98
Wholemeal Rice	132g	152.01	34.05	1.43	2.9

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Cooked Vegetables	Portion Weight	Kcal	Charbohydrates (g)	Fat (g)	Protein (g)
Baked Beans	65g	48.1	9.88	0.2	2.86
Cabbage (Fresh)	91g	18.16	2.86	0.2	1.19
Carrots (Fresh)	73g	18.94	3.79	0.3	0.44
Broccoli (Fresh)	91g	18.26	1	0.5	2.43
Garden Peas	71g	56.43	7.14	1.14	4.79
Sliced Green Beans	51g	12.76	2.4	0.05	0.87
Sweetcorn	71g	66.43	12.14	1.29	2.43
Salad Bar	Portion Weight	Kcal	Charbohydrates (g)	Fat (g)	Protein (g)
Beetroot	27g	4.95	0.99	0.04	0.21
Chopped Dates	28g	76.54	19.28	0.06	0.94
Coleslaw	57g	72.58	2.82	6.64	0.53
Cous Cous	51g	69.68	12.63	0.95	2
Cucumber	20g	1.94	0.29	0.02	0.14
Dried Apricots	28g	53.3	12.3	0.2	1.36
Five Bean Salad	68g	63.12	9.68	1.03	3.75
Grated Carrot	27g	7.1	1.42	0.12	0.17
Lettuce	34g	3.67	0.54	0.08	0.2
Mixed Peppers	38g	7.34	1.41	0.11	0.28
Mushroom Salad	52g	34.97	0.63	3.23	0.9
Pasta Salad	47g	66.05	11.98	3.34	2.76
Potato Salad	63g	134.08	6.61	11.77	0.83
Rice Salad	67g	81.16	16.68	0.84	2.79
Sultanas	19g	51.97	13.12	0.08	0.51
Sweetcorn	75g	74.83	16.32	0.74	1.78
Tomatoes	40g	6.8	1.24	0.12	0.28
Desserts	Portion Weight	Kcal	Charbohydrates (g)	Fat (g)	Protein (g)
Apple Sponge	114g	246.56	30.78	13.15	3.23
Carrot Cake	54g	180.26	19.45	10.79	2.59
Cheese and Biscuits	37g	125.27	12.79	6.62	3.7
Chocolate Cookie	51g	206.2	28.78	9.76	2.57
Chocolate Cracknell	44g	180.73	26.35	8.45	1.44
Chocolate Muffin	74g	254.65	30.68	12.76	4.22
Chocolate Sauce	110g	72.89	13.71	0.6	3.39
Chocolate Sponge	57g	226.07	23.46	13.82	3.4
Custard	95g	78.58	7.85	3.86	3.23
Flapjack	58g	250.85	33.97	12.52	2.66
Flavoured Milk	200ml	102.67	19.67	0.2	5.6
Fresh Fruit Pots	62g	26	6.29	0.08	0.29
Fresh Fruit Salad	124g	50.87	12.58	0.12	0.59
Frozen Yoghurt	100g	91.33	13.53	1.5	4.7
Fruit in Jelly with Ice Cream	148g	209	35.87	6.24	2.75
Iced Bun	57g	150.76	34.08	0.68	3.12
Lemon Iced Sponge	61g	183.5	36	3.8	2.2
Lemon Muffin	59g	226.88	25.77	13.1	3.07
Oaty Apple Crumble	106g	145.16	21.1	12.46	1.82
Organic Fruit Yoghurt	80g	91.33	13.53	1.5	4.7
Peach Crumble	106.5g	137	20	12	2.3
Plum Crumble	141g	264.15	37.66	11.96	4.76
Shortbread Biscuits	28g	135.18	16.01	7.74	1.34
Sticky Toffee Muffin	81g	277.2	37.92	12.38	3.82