

Nutrition Plan with Carbohydrates

Menu: F+ Autumn & Winter 2022-23

Group	Recipe Code	Menu Item	Carbohydrate Count Per Ptn (g)
Mains	F+2498-22	Booths Meatballs in Tomato Sauce	7.62g
Mains	F+0064-22	British Beefburger in a Bun	24.81g
Mains	F+0471-22	Bubble Coated Salmon	14.52g
Mains	F+1092-22	Chicken & Sweet Potato Curry	17.94g
Mains	F+036-22	Gluten Free Battered Fish	7.49g
Mains	F+1853-22	Gravy	2.66g
Mains	F+0098-22	Homemade Cottage Pie	31.61g
Mains	F+1097-22	Meat & Potato Pie	37.37g
Mains	F+130-22	Omega 3 Fish Fingers	7.67g
Main	F+114-22	Pork Sausages & Onion Gravy	7.78g
Mains	F+0582-22	Roast Chicken, Yorkshire Pudding & Gravy	14.02g
Mains	F+05462-22	Roast Pork, York Pudd & Gravy	13.52g
VegMain	F+022-22	Cheddar Cheese Whirl	28.22g
VegMain	F+0521-22	Lancashire Cheese & Potato Pie	46.05g
VegMain	F+8943-22	Loaded Veggie Stand & Stuff Taco	14.86g
VegMain	F+00112-22	Macaroni Cheese Bake	49.48g
VegMain	F+0398-22	Pasta Arrabbiata	37.66g
VegMain	F+987-22	Pasta Neapolitan	37.06g
VegMain	F+065-22	Pizza Margherita	23.91g
VegMain	F+5892-22	Plant Based Meatballs	7.08g
VegMain	F+0626-22	Plant-Based Meatballs in Tomato Sauce	9.76g
VegMain	F+05369-22	Quorn Pasta Bolognaise	37.13g
VegMain	F+04884-22	Quorn Tikka Curry	13.25g
VegMain	F+080-22	Tomato & Mascarpone Pasta	32.89g
VegMain	F+044-22	Tomato & Sweet Pepper Pasta	37.73g
VegMain	F+1894-22	Vegetable Curry	29.34g
VegMain	F+1053-22	Vegetable Fingers & Tomato Ketchup	15.64g
VegMain	F+05395-22	Vegetarian Sausage Roll	17.73g
VegMain	F+04696-22	Vegetarian Sausages & Onion Gravy	12.08g
JktSand	F+1003-22	Jacket Potato with Choice	
		Jacket Potato with Cheese (30g) & Beans (50g)	49.3g
		Jacket Potato with Tuna Mayonnaise (30g) & Cheese (30g)	44.1g
		Jacket Potato with Cheese (40g Cheese)	43.9g
		Jacket Potato with Baked Beans (60g Beans)	49.9g
		Jacket Potato with Tuna & Mayonnaise (50g Tuna Mayonnaise)	43.5g
JktSand	F+107-22	Choice of filled Sandwich Rolls	
		White Sandwich Roll with Ham (40g)	22.20g
		Wholemeal Sandwich Roll with Ham (40g)	18.60g
		White Sandwich Roll with Cheese (40g)	22.60g
		Wholemeal Sandwich Roll with Cheese (40g)	19.00g
		White Sandwich Roll with Tuna Mayo (40g)	22.36g
JktSand	F+0054-22	Cheese & Tomato Calzone Pizza	23.90g

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JktSand	F+0741-22	Cheese Panini Melt	27.09g
JktSand	F+04880-22	French Bread Pizza Cheese & Tomato	28.53g
Carb	F+06-22	Creamy Mashed Potatoes	21.06g
Carb	F+0888-22	Garden Peas Half Ptn	2.91g
Carb	F+1305-22	Herby Potatoes	20.50g
Carb	F+0117-22	Homemade Potato Wedges	30.36g
Carb	F+013-22	Mixed Rice	29.52g
Carb	F+040-22	New Potatoes	21.36g
Carb	F+039-22	Oven Baked Chips	16.80g
Carb	F+0542-22	Paprika Potatoes	20.50g
Carb	F+391-22	Pasta Salad	17.74g
Carb	F+0493-22	Penne Pasta	26.19g
Carb	F+032-22	Roast Potatoes	17.00g
Carb	F+0776-22	Tortilla Chips	15.48g
Veg	F+024-22	Broccoli	1.50g
Veg	F+0889-22	Carrots Batons Half Ptn	1.47g
Veg	F+7865-22	Garden Peas Full Ptn	5.82g
Veg	F+0888-22	Garden Peas Half Ptn	2.91g
Veg	F+0202-22	Mixed Vegetable Medley	5.93g
Veg	F+025-22	Reduced Sugar Baked Beans	7.50g
Veg	F+07-22	Salad Bar	1.40g
Veg	F+0927-22	Sliced Beetroot Half Ptn	0.91g
Veg	F+045-22	Sweetcorn Full Ptn	11.76g
Veg	F+0893-22	Sweetcorn Half Ptn	5.88g
Veg	F+0548-22	Vegetable Sticks and Dips	2.63g
Veg	F+066-22	Winter Cabbage Half Ptn	0.90g
Dessert	F+05072-22	Chocolate Brownie	29.27g
Dessert	F+00117-22	Chocolate Cookie	24.61g
Dessert	F+10044-22	Chocolate Sauce	13.96g
Dessert	F+008-22	Custard	14.09g
Dessert	F+05310-22	Fresh Fruit Medley & Vanilla Cream	4.43g
Dessert	F+011-22	Fruit Bar	4.09g
Dessert	F+05052-22	GF Chocolate Muffin	25.89g
Dessert	F+05304-22	Mini Shortbread Biscuit & Melon Wedges	13.60g
Dessert	F+05691-22	Rice Pudding & Jam	29.39g
Dessert	F+0681-22	Strawberry Ice Cream Roll	15.45g
Dessert	F+010-22	Strawberry Yoghurt	10.96g
Dessert	F+1056-22	Syrup Sponge	31.72g
Dessert	F+0017-22	Vanilla Sponge	27.09g
Bread	F+00091-22	Homemade 50/50 Bread Basket	23.66g
Bread	F+051-22	Naan Bread Half Ptn	9.40g
Drinks	F+0021-22	Fresh Milk Primary	7.50g