

## Carbohydrate Content of Standard Menu Autumn Winter 2025

<b>Food Items: (Check label to ensure your food item matches this list)</b>	<b>Carbohydrate (grams)</b>
<b>Breakfast:</b>	
Pure orange Juice (Country range) - per 100mls	11.3g
Pure Apple Juice (Country range) - per 100mls	11.3g
Kelloggs Cornflakes (1 packet = 24g)	20.0
Kelloggs Rice Krispies (1 packet = 22g)	19.0
Kelloggs Branflakes (1 packet = 40g)	26.0
Weetabix (2 biscuits = 37.5g)	26 ( 13g for 1 biscuit)
Readybrek (per 30g)	17.4
Full fat milk - per 100mls	4.7
Semi skimmed milk – per 100mls	4.8
One slice of medium white Bread (Kingsmill)	18.2
One slice of medium wholemeal bread (Kingsmill)	15.4
Jam / marmalade	11.8
Marmite 8g	2.4
Apple, Orange or Banana ?size	Approx. 10g
Muller Thick & Creamy Strawberry / toffee Yogurts (110g )	16.3
Mullerlight Strawberry / peach & passion fruit Yoghurt (100g)	7.8
Mild Cheddar Cheese Portions (20g)	0
Jacobs Cream Crackers -- 2 crackers ( 15.5g)	10.5
<b>Starters:</b>	
Melba Toast – 20g pack	15.4
Crusty Bread Roll (GF) (58g)	27.3
Sliced White Bap (80g)	38.6
Brown Roll (35g)	22.0
Small mixed salad with honey & mustard dip	5.2
Cream cheese spread ( Philadelphia) (16.7g)	0.7
<b>Main Courses:</b>	
Fish in Parsley Sauce	31.0
Creamy Salmon Pasta	50.8
Cottage Pie	34.2
Beef Pasta Bolognaise	55.4
All Day Breakfast	24.3

Roast Chicken	42.9
Chicken, Leek and Gammon Pie	72.7
Chicken and Mushroom Casserole	29.9
Chicken Goujons and Potato Wedges	41.7
Creamy Chicken and Mushroom pasta	51.2
<b>Small portion energy dense meals (Apetito):</b>	
Corned beef Hash	49.0
Salmon Bake	41.0
Macaroni Cheese	42.0
Cheese and Potato Bake	30.0
Pasta Carbonara	54.0
Chicken Hotpot	56.0
<b>Curried Mutton, Chicken &amp; Fish ( HMC Approved Halal ):</b>	
Alu Gosht, Rajasthani Dal & Saffron Rice	67.0
Masala Gosht, Mixed Dal & Basmati Rice	63.0
Saag Gosht, Chana Dal & Basmati Rice	59.0
Chicken Coconut, Mixed Dal & Basmati Rice	63.0
Chicken Saag, Rajasthani Dal & Saffron Rice	59.0
Chicken Dal, Kadai Vegetables & Saag Rice	56.0
Coconut Fish, Saag Chhole & Pilau Rice	56.0
Fish Curry, Split Masoor Dal & Saag Rice	59.0
<b>Accompaniments:</b>	
Grated Cheddar Cheese pot (43g)	0.02
Baked Beans portion – snap pot ~(200g)	25.6
Side salad with dip	5.2
Gravy ( per 100mls)	5.3
Mini round naan	17.0
Golden Acre Plain Yogurt	6.9
Rolls – see starter section	
<b>Vegetarian and Vegan Options:</b>	
Cheese & Tomato Pasta	62.1
All day Vegetarian Breakfast	29.7
Vegan Shepherd's pie	37.4
Plain Omelette	36.8

Vegetarian sausages ( Finger Food)	32.2
Meat Free pasta Bolognese	65.5
Smokey Bean chilli	72.2
<b>Vegetarian &amp; Vegan curries:</b>	
Alu brinjal peas, chana dal & basmati rice	67.0
Alu gobi, rajasthani dal & saffron rice	59.0
Aubergine kala chana, teen dal & jeera rice	63.0
Aubergine potato, saag chhole & pilau rice	70.0
Cabbage peas, rajasthani dal & saffron rice	70.0
Corn peas methi, rajasthani dal & saffron rice	67.0
Kadai vegetables, kala chana & saag rice	63.0
Methi paneer, mixed dal & basmati rice	63.0
Corn peas potato, chana dal & basmati rice	67.0
Alu matar, chana dal & basmati rice	67.0
<b>Jacket potato and toppings:</b>	
Jacket Potato	39.0
Grated Cheddar Cheese pot	0.02
Plain Tuna	0
Tuna Pot & 2 x Heinz light mayonnaise - per 10mls sachet ( 0.8g carbohydrates)	1.6 approx
Baked Beans portion – snap pot (200g)	25.6
<b>Salads:</b>	
Wiltshire Ham Salad	25.0
Cheese Salad	25.0
Free Range Egg Mayo Salad	25.0
Tuna Mayo Salad	25.0
Chicken Salad	25.0
<b>Nourishing Soup:</b>	
Chicken Soup	26.0
Cheesy leek & Potato Soup	29.0
Tomato & lentil Soup	33.0
<b>Sandwiches:</b>	

Ham sandwich – White	39.0
Ham sandwich – Wholemeal	31.0
Egg Mayo sandwich – White	38.0
Egg Mayo sandwich - wholemeal	31.0
Just Chicken sandwich - White	31.0
Just Chicken sandwich– Wholemeal	31.0
Cheddar Cheese sandwich - White	38.0
Cheddar Cheese sandwich – Wholemeal	31.0
Tuna mayo sandwich - White	39.0
Tuna Mayo sandwich – Wholemeal	31.0
<b>Hot Desserts:</b>	
Ginger Sponge	36.2
Lemon Sponge	36.9
Raspberry Jam Sponge	48.4
Treacle Sponge	52.5
Apple Crumble	31.2
Custard	19.8
<b>Cold desserts:</b>	
Apple, Orange or banana ?size	Approx. 10g
Peach & Pear in Juice	17.0
Rice pudding pot	19.0
Ambrosia Chocolate Custard Pot	18.0
Ambrosia Banana Custard Pot	15.4
Muller Thick and Creamy Yoghurt (Strawberry or Toffee)	16.3
Mullerlight Strawberry / peach & passion fruit Yoghurt	7.8
<b>Snacks:</b>	
Apple, Orange or banana ?size	Approx. 10g
Raisins pack	9.7
Sliced apple & grape bag	10.4
Seabrook crisps – ready salted (18g bag)	9.5
Skips	9.5
Ambrosia Chocolate Custard Pot (120g)	18.0
Ambrosia Banana Custard Pot (120g)	15.4
Ambrosia Plain Custard Pot (120g)	17.8
Packet of 3 biscuits (any flavour)	21.0

Mild Cheddar Cheese Portions ( 20g)	0
Jacobs Cream Crackers -15.5g	10.5
Wicked Bakewell Slice (50g)	26.5
Wicked Carrot Cake (44g)	23.3
Wicked Lemon Drizzle Cake (42g)	24.4
Madeira cake (25g)	14.5
<b>Extras:</b>	
Mrs Crimbles Giant Macaroon	40.0
Mrs Crimbles Large Jam Coconut ring	22.0
A 200ml glass of milk ( semi-skimmed or full cream)	10.0
Aymes Shake (Banana,Chocolate, Strawberry or Vanilla)	40.0 -42.0
Actisolve savoury ( vegetable or chicken)	32 – 34.4