

Carbohydrate Content of Interim Menu Autumn Winter 2025

Food Items: (Check label to ensure your food item matches this list)	Carbohydrate (grams)
Breakfast:	
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
Cream Crackers -- 2 crackers (15.5g) Jacobs	10.5
Main Courses:	
Fish in Parsley Sauce	31.0
Cottage Pie	34.2
Beef Pasta Bolognaise	55.4
Roast Chicken	42.9
Chicken Goujons and Potato Wedges	41.7
Small portion energy dense meals (Apetito):	
Salmon Bake	41.0
Macaroni Cheese	42.0
Cheese and Potato Bake	30.0
Pasta Carbonara	54.0
Chicken Hotpot	56.0

Curried Mutton, Chicken & Fish (HMC Approved Halal):	
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
Fish Curry, Split Masoor Dal & Saag Rice	59.0
Accompaniments:	
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	
Vegetarian and Vegan Options:	
Cheese & Tomato Pasta	62.1
Plain Omelette	36.8
Meat Free pasta Bolognese	65.5
Vegetarian & Vegan curries:	
Alu brinjal peas, chana dal & basmati rice	67.0
Cabbage peas, rajasthani dal & saffron rice	70.0
Corn peas methi, rajasthani dal & saffron rice	67.0
Methi paneer, mixed dal & basmati rice	63.0
Corn peas potato, chana dal & basmati rice	67.0
Jacket potato and toppings:	
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
Salads:	
Cheese Salad	25.0

Free Range Egg Mayo Salad	25.0
Tuna Mayo Salad	25.0
Chicken Salad	25.0
Nourishing Soup:	
Chicken Soup	26.0
Cheesy leek & Potato Soup	29.0
Tomato & lentil Soup	33.0
Sandwiches:	
Ham sandwich – White	39.0
Ham sandwich – Wholemeal	31.0
Egg Mayo sandwich – White	38.0
Egg Mayo 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
Hot Desserts:	
Ginger Sponge	36.2
Lemon Sponge	36.9
Raspberry Jam Sponge	48.4
Treacle Sponge	52.5
Apple Crumble	31.2
Custard	19.8
Rice pudding pot – hot	19.0
Cold desserts:	
Apple, Orange or banana ?size	Approx. 10g
Peach & Pear in Juice	17.0
Rice pudding pot	19.0
Ambrosia Chocolate Custard Pot	18.0
Muller Thick and Creamy Yoghurt (Strawberry or Toffee)	16.3
Mullerlight Strawberry / peach & passion fruit Yoghurt	7.8

Snacks:	
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
Extras:	
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

