

Carbohydrate Content of Interim Menu Autumn Winter 2025(Updated)

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 (carbohydrate values are total for the whole plated meal):	
Fish in Parsley Sauce White fish in a creamy parsley sauce served with mashed potato and root vegetables	31.0
Salmon Bake (smaller nourishing meal) Pieces of salmon and peas in cheese sauce topped with diced fried potatoes	41
Beef Pasta Bolognese Pasta served in a rich minced beef, tomato and herb sauce	55.4
Cottage Pie Minced beef in a rich gravy topped with mashed potato with root vegetable mash	34.2
Roast Chicken Chicken breast, in rich gravy, with roast potatoes, stuffing ball and vegetables	42.9
Chicken Goujons and Potato Wedges (finger food) Seasoned chicken served with seasoned potato wedges carrots and broccoli florets	41.7
Chicken Hot pot (smaller nourishing meal) Chicken in gravy with swede and carrot topped with sauté potato	56
Pasta Carbonara (smaller nourishing meal) Pasta with chicken, mushroom and ham	54
Macaroni Cheese (smaller nourishing meal) Macaroni pasta in a mature cheddar and regato cheese sauce	42
Cheese & Tomato Pasta Pasta in a rich tomato sauce topped with Cheddar Cheese	62.1

Cheese and Potato Bake (smaller nourishing meal) Served with broccoli	30.0
Plain Omelette served with seasoned potato wedges and baked beans	36.8
Meat Free pasta Bolognese Pasta in a rich tomato sauce with soya mince	65.5
Chicken Coconut, Mixed Dal & Basmati Rice (HMC Approved Halal)	61.0
Chicken Dal, Kadai Vegetables & Saag Rice (HMC Approved Halal)	56.0
Chicken Saag, Rajasthani Dal & Saffron Rice (HMC Approved Halal)	59.0
Fish Curry, Split Masoor Dal & Saag Rice (HMC Approved Halal)	58.0
Saag Gosht, Chana Dal & Basmati Rice (HMC Approved Halal)	59.0
Corn peas potato, chana dal & basmati rice	67.0
Corn peas methi, rajasthani dal & saffron rice	67.0
Alu brinjal peas, chana dal & basmati rice	67.0
Methi paneer, mixed dal & basmati rice	63.0
Cabbage peas, rajasthani dal & saffron rice	70.0
Salads:	
Chicken Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.7
Tuna Mayo Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.9
Free Range Egg Mayo Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.5
Cheese Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.3
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 (sugars 9.2g)
Sandwiches:	
Tuna mayo sandwich - White	39.0
Tuna Mayo sandwich – Wholemeal	31.0
Ham sandwich – White	39.0
Ham sandwich – Wholemeal	31.0
Cheddar Cheese sandwich - White	38.0

Cheddar Cheese sandwich – Wholemeal	31.0
Egg Mayo sandwich – White	38.0
Egg Mayo sandwich - wholemeal	31.0
Nourishing Soup:	
Chicken Soup	26.0
Cheesy leek & Potato Soup	29.0
Tomato & lentil Soup	33.0
Accompaniments:	
Grated Cheddar Cheese pot (43g)	0.02
Baked Beans portion – snap pot ~(200g)	25.6 (sugars 9.2g)
Side salad with dip	5.2
Gravy (per 100mls)	5.3
Mini round naan	17.0
Golden Acre Plain Yogurt	6.9
Crusty white roll (58g) (GF)	27.3
Crusty brown roll (35g)	22
Sliced White bap (80g)	38.6
Hot Desserts:	
Raspberry Jam Sponge	48.4
Ginger Sponge	36.2
Lemon Sponge	36.9
Apple Crumble	31.2
Custard	19.8
Rice pudding pot – hot	19.0
Cold desserts:	
Ambrosia Chocolate Custard Pot	18.0
Rice pudding pot	19.0
Peach & Pear in Juice	17.0
Muller Thick and Creamy Yoghurt (Strawberry or Toffee)	16.3
Mullerlight Strawberry / peach & passion fruit Yoghurt	7.8
Apple, Orange or banana ?size	Approx. 10g
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