

Carbohydrate Content of Standard Menu Spring Summer 2026

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)	26.0 (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
Starters:	
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
Main Courses:	
Fish in Parsley Sauce White fish in a creamy parsley sauce served with mashed potato and root vegetables	31.0
Cottage Pie Minced beef in a rich gravy topped with mashed potato with root vegetable mash	34.2
Beef Pasta Bolognese Pasta served in a rich minced beef, tomato and herb sauce	55.4

All Day Breakfast Lincolnshire sausage, streaky bacon, fluffy omelette, baked beans, hash brown	24.3
Roast Chicken Chicken breast, in rich gravy, with roast potatoes, stuffing ball and vegetables	42.9
Chicken, Leek and Gammon Pie Shortcrust pastry pie (filled chicken, leek, gammon & sauce), mashed potato & mushy peas	72.7
Chicken and Mushroom Casserole Chicken and mushroom casserole in a creamy paprika sauce topped with dumplings	29.9
Chicken Goujons and Potato Wedges Seasoned chicken served with seasoned potato wedges carrots and broccoli florets	41.7
Creamy Chicken and Mushroom pasta Served with spinach	51.2
Chicken Tikka Masala Served with yellow rice	51.5
Vegetarian and Vegan Options:	
Cheese & Tomato Pasta Pasta in a rich tomato sauce topped with Cheddar Cheese	62.1
All day Vegetarian Breakfast Omelette, baked beans, mushrooms & hash brown	29.7
Vegan Shepherd's pie Lentils & vegetables in a rich tomato gravy with mashed potato top served with green vegetable medley	38.8
Plain Omelette Served with seasoned potato wedges and baked beans	36.8
Vegetarian sausages (Finger Food) Served with potato wedges, carrots and broccoli	32.2
Smokey Bean chilli Served with brown rice	72.2
Chickpea & Spinach Curry A mild chickpea and vegetable curry with steamed rice	70.2
Small portion energy dense meals (Apetito):	
Corned beef Hash Served with fried diced potatoes	49.0
Salmon Bake Pieces of salmon and peas in cheese sauce topped with diced fried potatoes	41.0
Macaroni Cheese Macaroni pasta in a mature cheddar and regato cheese sauce	42.0
Cheese and Potato Bake Served with broccoli	30.0
Chicken Hotpot Chicken in gravy with swede and carrot topped with sauté potato	56.0
Vegetarian & Vegan curries:	
Alu brinjal peas, chana dal & basmati rice	68.0
Alu gobi, rajasthani dal & saffron rice	61.0
Aubergine kala chana, teen dal & jeera rice	61.0
Aubergine potato, saag chhole & pilau rice	73.0
Cabbage peas, rajasthani dal & saffron rice	72.0
Corn peas methi, rajasthani dal & saffron rice	66.0
Kadai vegetables, kala chana & saag rice	64.0

Methi paneer, mixed dal & basmati rice	64.0
Corn peas potato, chana dal & basmati rice	66.0
Alu matar, chana dal & basmati rice	65.0
Curried Mutton, Chicken & Fish (HMC Approved Halal):	
Alu Gosht, Rajasthani Dal & Saffron Rice	68.0
Masala Gosht, Mixed Dal & Basmati Rice	61.0
Saag Gosht, Chana Dal & Basmati Rice	59.0
Chicken Coconut, Mixed Dal & Basmati Rice	61.0
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	58.0
Accompaniments:	
Grated Cheddar Cheese pot (43g)	0.02
Baked Beans portion – snap pot ~(200g)	25.6 (sugars 9.2g)
Side salad with honey & mustard dip	5.2
Gravy (per 100mls)	5.3
Mini round naan	17.0
Golden Acre Plain Yogurt	6.9
Rolls – see starter section	
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)
Salads:	
Wiltshire Ham 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
Free Range Egg Mayo Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.5
Tuna Mayo Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.9

Chicken Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.7
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
Just Chicken sandwich - White	40.0
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
Hot Desserts:	
Ginger Sponge	36.2
Lemon Sponge	36.9
Raspberry Jam Sponge	47.6
Treacle Sponge	50.1
Apple Crumble	48.8
Custard	19.8
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
Ambrosia Banana Custard Pot	15.4
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) – on menu but not available	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