Carbohydrate Content of Standard Menu Autumn Winter 2026

Food Items:	Carbohydrate (grams)
Breakfast:	
Pure orange Juice (Country range) - per 100mls	11.3
Pure orange juice – cuplet (90ml)	9.4
Pure Apple Juice (Country range) - per 100mls	11.3
Pure apple juice cuplet (90ml)	10.4
Mornixx Cornflakes (fortified) (1 packet = 24g)	20
Mornixx Crispy Rice (fortified) (1 packet = 22g)	18.7
Mornixx Branflakes (fortified) (1 packet = 40g)	26.6
Weetabix (2 biscuits = 37.5g)	26 (13g / 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 (Roberts)	19.4
One slice of medium wholemeal bread (Roberts)	17.3
Jam / marmalade	11.8
Marmite 8g	2.4
Apple, Orange or Banana ?size	Approx. 10
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 Bolognaise 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

Roast Chicken Chicken breast, in rich gravy, with roast potatoes, stuffing ball and vegetables	42.9
Creamy Chicken and Mushroom pasta Served with spinach	51.2
Chicken Tikka Masala Served with yellow rice (can be served with additional mini Naan and natural yoghurt add these if ordered)	51.5 (+17 & 6.9)
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
Smokey Bean chilli Served with brown rice	72.2
Smaller Nourishing 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:	
Served with: Mini Naan Natural yoghurt	17 6.9
Alu brinjal peas, chana dal & basmati rice	68.0
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
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):	
Served with: Mini Naan Natural yoghurt	17 6.9
Alu Gosht, Rajasthani Dal & Saffron Rice	68.0
Chicken Coconut, Mixed Dal & Basmati Rice	61.0
Chicken Saag, Rajasthani Dal & Saffron Rice	59.0
Chicken Dal, Kadai Vegetables & Saag Rice	56.0
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
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
Ham sandwich – Wholemeal	31
Egg Mayo sandwich – White	38
Egg Mayo sandwich - wholemeal	31
Just Chicken sandwich - White	40
Just Chicken sandwich– Wholemeal	31
Cheddar Cheese sandwich - White	38
Cheddar Cheese sandwich – Wholemeal	31
Tuna mayo sandwich - White	39
Tuna Mayo sandwich – Wholemeal	31

Hot Desserts:	
Ginger Sponge	35
Lemon Sponge	35
Raspberry Jam Sponge	44.7
Treacle Sponge	48.7
Apple Crumble	35.2
Custard	19.8
Cold desserts:	
Apple, Orange or banana	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	Approx. 10g
Raisins pack	9.7
Sliced apple & grape bag	10.4
Seabrook crisps – ready salted (18g bag)	9.5
Skips	9.5
Packet of 3 biscuits (on packet) average	Approx. 20g
Mild Cheddar Cheese Portions (20g)	0
Jacobs Cream Crackers -15.5g	10.5
Wicked Bakewell Slice (50g)	26.5
Madeira Cake	18.5
Wicked Lemon Drizzle Cake (42g)	24.4
Golden syrup flapjack	12.8
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