

Bristol Primary Spring Summer 2018 Menu – Carbohydrate Counts

Week 1 Dishes	Portion Weight (g)	Carbohydrate Content (g)
Monday		
Mozzarella Tomato Pizza	104	34
Pasta Salad	72	13
Mediterranean Summer Beans	169	16
Rice	95	30
Crunchy Peas	56	5
Salad	33	Negligible
Wedges Melon Oranges	55	Negligible
Tuesday		
Chicken Mayo Burger	125	24
Jacket Wedges (1/2 portion)	36	12
Vegetable Biryani	283	47
Coleslaw	53	Negligible
Sweetcorn	56	10
Mini Chocolate Brownie	77	35
Wednesday		
Roast Pork	48	Negligible
Quorn Roast	57	Negligible
Gravy	38	Negligible
Roast Potatoes	78	13
Carrots	45	Negligible
Cabbage	49	Negligible
Blueberry Fro Yoghurt	80	19
Thursday		
Beef Chilli	147	8
Rice	95	30
Macaroni Sweetcorn Cheese Bake	256	35
Broccoli	58	Negligible
Cauliflower	48	Negligible
Berry Flapjack	60	28
Friday		
Fish Fillet	85	13
Veggie Hotdog	120	32
Chips	75	15
Baked Beans	70	12
Peas	56	5
Orange Shortbread	90	35

Week 2 Dishes	Portion Size (g)	Carbohydrate Content (g)
Monday		
Mac Cheese	224	28
Vegetarian Moussaka	182	10
Garlic and Herb Bread Wedge	53	23

These figures have been calculated using Saffron Nutrition and the recipes within Saffron. Any deviation away from the recipes provided will result in these information being in-accurate and therefore should not be used. Please contact a member of the Chartwells Nutrition Team if you have any queries.

Broccoli	58	Negligible
Sweetcorn	56	10
Vanilla Ice Cream	80	15
Tuesday		
Pork Sausages	63	5
Mashed Potato	118	18
Gravy	38	Negligible
Carrots	45	Negligible
Cabbage	49	Negligible
Chocolate Banana Mousse Pot	78	15
Wednesday		
Roast Turkey	40	Negligible
Cauliflower Broccoli Cheese Bake	212	13
Gravy	38	Negligible
Roast Potatoes	78	13
Peas	56	5
Roasted Vegetables	68	Negligible
Oatie Biscuits	31	19
Fruit Slices (Acc)	25	Negligible
Thursday		
Beef Keema Curry	117	Negligible
Rice	95	30
Creamy Tomato Basil Pasta	304	38
Green Beans	51	Negligible
Carrots	45	Negligible
Carrot Banana Slice	61	21
Friday		
Fish Fingers	70	12
Bean Burger in a Bun	205	51
Chips	75	15
Baked Beans	70	12
Crunchy Light Coleslaw	53	Negligible
Strawberry Jelly	73	13

Week 3 Dishes	Portion Size (g)	Carbohydrate Content (g)
Monday		
Pizza Bianca	123	26
Vegetarian Bolognese	99	Negligible
Wholemeal Pasta	105	29
Oven Baked Cajun Wedges (1/2 portion)	36	12
Peas	56	5
Apple Slaw	71	6
Mango Fro Yo	80	19

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Tuesday		
Creamy Chicken Curry	120	10
Rice	95	30
Quorn Frankfurter Pasta Bake	254	47
Broccoli	58	Negligible
Carrots	45	Negligible
Peach Crumble	75	26
Custard	94	18
Wednesday		
Lemon Roasted Chicken Thigh	57	Negligible
Country Vegetable Pie	226	38
Roast Potatoes	78	13
Gravy	38	Negligible
Cabbage	49	Negligible
Sweetcorn	56	10
Wedges Pear Apple Orange	63	6
Thursday		
Pasta Bolognese	118	5
Mild Potato Chickpea Curry	207	23
Rice	95	30
Green Beans	51	Negligible
Roasted Med Veg	52	Negligible
Chocolate Gingerbread Bite	47	31
Friday		
Salmon Fish Finger	70	11
Bean Pepper Fajita	169	37
Chips	75	15
Baked Beans	70	12
Peas	56	5
Strawberry Cheesecake	62	12

Additional Items	Portion Size (g)	Carbohydrate Content (g)
Assorted Jacket Potatoes	229	57
Salad Bar	45	Negligible
Seasonal Fruit Platter	74	6
Yoghurt	90	12
Milk in a cup	151	6

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