

CARBOHYDRATE COUNT PER MEAL JUNIOR CHILD

SUMMER 2022

WEEK 1	BRAKES Product order code	Carbohydrates per 100gm	Portion size (gm)	Carbohydrates per portion (gm)
CHEESE & TOMATO PIZZA	31810	35.00	89	31.15
SWEETCORN	4782	8.10	50	4.05
OLIVES (5)	36034	6.40	20	1.28
FRUIT ICE LOLLY	121052	10.40	40	4.16
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	100	11.80
RAISINS	112927	69.40	25	17.35
SALAD	N/A		60	6.11
WHOLEMEAL BREAD	102445	42.40	10	4.24
SEMI SKIMMED MILK	70218	5.00	100ML	5.00
			TOTAL MONDAY	
BOLOGNAISE	6437/30501/89971/28326/33590		80	3.21
TOMATO & BASIL SAUCE	6437/28326/30501/89971/35006		60	4.59
PASTA UNCOOKED 50gm	89179/123382		100 COOKED	29.00
BROCCOLI	4748	2.80	50	1.40
CHEESE	71268	1.70	30	0.51
SHORTBREAD BISCUIT	100222/15811/308/86874		30	15.30
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	100	11.80
RAISINS	112927	69.40	25	17.35
SALAD	N/A		60	6.11
WHOLEMEAL BREAD	102445	42.40	10	4.24
SEMI SKIMMED MILK	70218	5.00	100ML	5.00
			TOTAL TUESDAY	
PORK SAUSAGE	OLIVERS		65	7.00
PORK SAUSAGE GF	105864	13.40	57	7.64
QUORN SAUSAGE	34199	8.70	50	4.35
HASH BROWN	36143	19	60	11.40
BAKED BEANS	28758	11.42	85	9.71
FRUIT SALAD	6424/85835/85878/10572	9.87	100	9.87
CREAM	18502	8.10	12	0.97
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	100	11.80
RAISINS	112927	69.40	25	17.35
SALAD	N/A		60	6.11
WHOLEMEAL BREAD	102445	42.40	10	4.24
SEMI SKIMMED MILK	70218	5.00	100ML	5.00
			TOTAL WEDNESDAY	
CHINESE STICKY CHICKEN	28326/350094/124867/350157/25261/29087		85	4.27
QUORN DIPPERS (4 @ 21gm)	32561	12.00	84	10.08
BASMATI RICE (35gm UNCOOKED)	16805		105 COOKED	27.00
CARROTS	10414	7.90	50	3.95
PEAS	4753	11.30	50	5.65
STRAWBERRY SMOOTHIE	32573	19.00	80	15.20
MANGO SMOOTHIE	32572	18.00	80	14.40
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	100	11.80
RAISINS	112927	69.40	25	17.35
SALAD	N/A		60	6.11
WHOLEMEAL BREAD	102445	42.40	10	4.24
SEMI SKIMMED MILK	70218	5.00	100ML	5.00
			TOTAL THURSDAY	
BUN	5222	50.00	50	25.00
SPREAD	71514	0.00	10	0.00
HAM	70008	0.50	30	0.15
CHEESE	71268	1.70	30	0.51
TUNA MAYO	28283/89704		60	1.00
SALAD STICKS	CURTIS		50	5.00
BANANA	CURTIS		100	14.00
SATSUMA	CURTIS		85	5.00
BROWNIE	100222/15811/308/89938/86874		50	35.86
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	100	11.80
RAISINS	112927	69.40	25	17.35
SALAD	N/A		60	6.11
WHOLEMEAL BREAD	102445	42.40	10	4.24
SEMI SKIMMED MILK	70218	5.00	100ML	5.00
			TOTAL FRIDAY	