

CARBOHYDRATE COUNT PER MEAL JUNIOR CHILD

SUMMER 2022

WEEK 2	BRAKES Product order code	Carbohydrates per 100gm	Portion size (gm)	Carbohydrates per portion (gm)
PASTA UNCOOKED 50gm	89179/123382		100 COOKED	29.00
TOMATO & HERB SAUCE	6437/28326/30501/33590/89971		60	4.65
CHEESE	71268	1.70	30	0.51
SWEETCORN	4782	8.10	50	4.05
APPLE PIE	4303/5552		130	16.76
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 MONDAY	
CHICKEN BURGER	OLIVERS		80	15.00
SOUTHERN CRUMB QUORN BURGER	109371	14.50	63	9.14
MASHED POTATO (2 SCOOP)	350009	16.00	120	19.20
BAKED BEANS	28758	11.42	85	9.71
PEACHES	6424	9.70	100	9.70
STRAWBERRY YOGHURT	77967	8.80	20	1.76
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
SEMI SKIMMED MILK	70218	5.00	100ML	5.00
			TOTAL TUESDAY	
ROAST CHICKEN	OLIVERS	0.00	85	0.00
YORKSHIRE PUDDING	33344	35.00	20	7.00
QUORN FILLET	34406	4.00	69	2.76
GRAVY	33831	4.90	85	4.17
ROAST POTATOES	4625	21.00	115	24.15
CARROTS	10414	7.90	50	3.95
BROCOLLI	4748	2.80	50	1.40
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 WEDNESDAY	
CHILLI CON CARNE	30501/6437/28326/33601/ 13381/89971		100	4.18
BASMATI RICE (35gm UNCOOKED)	16805		105 COOKED	27.00
GREEN BEANS	4760	3.20	50	1.60
JELLY	802	13.75	120	16.50
ICE CREAM	1234	21.00	50	10.50
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
SEMI SKIMMED MILK	70218	5.00	100ML	5.00
			TOTAL THURSDAY	
B/E OMEGA 3 FISH FINGERS (3)	56171	20.00	84	16.80
VEGETABLE FINGERS (3)	58345	24.00	87	20.88
CHIPS	36141	21.00	125	26.25
PEAS	4753	11.30	50	5.65
KETCHUP	109434	21.00	10	2.10
LEMON DRIZZLE CAKE	15811/308/9711/35023/118089/ 350101	34.00	75	25.50
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	