

CARBOHYDRATE COUNT PER MEAL JUNIOR CHILD

WINTER 2022

WEEK 2	BRAKES Product order code	Carbohydrates per 100gm	Portion size (gm)	Carbohydrates per portion (gm)
CHEESE & TOMATO PIZZA	113092	30.40	95	28.88
COLESLAW	89703/525427		20	1.20
OLIVES (5)	36034	6.40	20	1.28
FRUIT SALAD	6424/85835/85878/10572	9.87	100	9.87
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	150	17.70
BANANA	CURTIS	23.00	120	27.60
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 BREAST CHUNKS X 4	30011	11	80	8.80
SWEET AND SOUR SAUCE	89720	21	50	10.50
QUORN DIPPERS X 4	32561	12	80	9.60
BASMATI RICE (35gm UNCOOKED)	16805	79.00	105 COOKED	27.00
GREEN BEANS	4762	3.2	50	1.60
JELLY	802	13.75	120	16.50
CREAM	18502	8.1	12	0.97
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	100	11.80
BANANA	CURTIS	23.00	120	27.60
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	
BOLOGNAISE	6437/30501/89971/28326/33590		100	3.21
TOMATO & HERB SAUCE	6437/28326/30501/89971/33590		100	4.59
PASTA UNCOOKED 50gm	89179/123382		100 COOKED	29.00
SWEETCORN	85128	12	50	6.00
CHEESE	71268	1.7	30	0.51
FLAPJACK	84673/15811/26941/308		75	44.90
YEO VALLEY YOGHURT	71766	10.6	80	8.48
APPLE	CURTIS	11.8	100	11.80
BANANA	CURTIS	23	120	27.60
RAISINS	112927	69.4	25	17.35
SALAD	N/A		60	6.11
WHOLEMEAL BREAD	102445	42.4	10	4.24
SEMI SKIMMED MILK	70218	5	100ML	5.00
			TOTAL WEDNESDAY	

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WEEK 2	BRAKES Product order code	Carbohydrates per 100gm	Portion size (gm)	Carbohydrates per portion (gm)
ROAST CHICKEN	OLIVERS	0.00	85	0.00
YORKSHIRE PUDDING	134522	35.00	25	8.75
QUORN FILLET	134199	4.90	70	3.43
GRAVY	33831	4.90	85	4.17
ROAST POTATOES	CURTIS	17.00	90	15.30
CARROTS	10414	7.90	50	3.95
CAULIFLOWER	4768	3.50	40	1.40
VANILLA ICE CREAM TUB	50985	19.00	80	15.20
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	
BIRDSEYE CHUNKY FISH FINGER	58572	19	60	11.40
CHIPS	111355	21	125	26.25
SOUTHERN CRUMB QUORN BURGER	109371	14.5	63	9.14
PEAS	4753	11.3	50	5.65
KETCHUP	89706	24.00	10	2.40
APPLE CRUMBLE	5552/84673/100222/308/15811		125	0.00
CUSTARD	15126	16.00	100	16.00
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	100	11.80
BANANA	CURTIS	23.00	120	27.60
RAISINS	112927	69.40	25	17.35
SALAD	N/A		60	0.00
WHOLEMEAL BREAD	102445	42.40	10	4.24
SEMI SKIMMED MILK	70218	5.00	100ML	5.00
			TOTAL FRIDAY	