

CARBOHYDRATE COUNT PER MEAL JUNIOR CHILD

WINTER 2022

WEEK 1	BRAKES Product order code	Carbohydrates per 100gm	Portion size (gm)	Carbohydrates per portion (gm)
PASTA UNCOOKED 50gm	89179/123382		100 COOKED	29.00
TOMATO & BASIL SAUCE	6437/28326/30501/35006/89971		100	4.59
CHEESE	71268	1.70	30	0.51
SWEETCORN	85128	12.00	50	6.00
PEACHES	100158	14.00	100	14.00
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 MONDAY	
SAVOURY MINCE	30501/4776/4777/6437/33831		100	2.50
JACKET POTATO	CURTIS	21.00	240	50.40
CHEESE	71268	1.7	30	0.51
BROCOLLI	4748	2.80	50	1.40
VANILLA CAKE	15811/308/9711/35023/36874		60	24.90
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	6.11
WHOLEMEAL BREAD	102445	42.40	10	4.24
SEMI SKIMMED MILK	70218	5.00	100ML	5.00
			TOTAL TUESDAY	
GAMMON STEAK	OLIVERS	0.00	100	0.00
QUORN SAUSAGE PATTIE	112484	5.80	50	2.90
MASHED POTATO (2 SCOOP)	350009	16.00	120	19.20
CARROTS	10414	7.90	50	3.95
CABBAGE	CURTIS	6.00	50	3.00
GRAVY	33831	4.90	85	4.17
SHORTBREAD BISCUIT	100222/15811/308/86874		40	23.10
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 WEDNESDAY	

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WINTER 2022

WEEK 1	BRAKES Product order code	Carbohydrates per 100gm	Portion size (gm)	Carbohydrates per portion (gm)
BBQ CHICKEN	134850		100	7.80
MEAT FREE SAUSAGE ROLL	34545	28.00	64	17.92
BASMATI RICE (35gm UNCOOKED)	16805	79.00	105 COOKED	27.00
GREEN BEANS	4762	3.20	50	1.60
APPLE	CURTIS	9.00	120	10.80
BANANA	CURTIS	23.00	120	27.60
PEAR	CURTIS	11.00	100	11.00
ORANGE	CURTIS	5.00	100	5.00
YEO VALLEY YOGHURT	71766	10.60	80	8.48
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	
PORK SAUSAGE	OLIVERS		65	7.00
PORK SAUSAGE GF	105864	13.4	57	7.64
VEGETARIAN SAUSAGE	131077	8.1	50	4.05
HASH BROWN X 2	36143	19	110	20.90
BAKED BEANS	28758	11.42	85	9.71
CHOCOLATE BROWNIE	100222/15811/308/89938/86874		50	31.40
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 FRIDAY	