

CARBOHYDRATE COUNT PER MEAL JUNIOR CHILD

SUMMER 2023

WEEK 1	BRAKES Product order code	Carbohydrates per 100gm	Portion size (gm)	Carbohydrates per portion (gm)
MONDAY				
BAKED JACKET POTATO	CURTIS	21.00	250	52.50
CHEESE	71268	1.70	30	0.51
BAKED BEANS	28758	11.42	85	9.71
TUNA MAYO	28283/89704		60	1.00
GINGERBREAD MEN BISCUITS	107706	76.00	80	60.80
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	100	11.80
BANANA	CURTIS	14.00	100	14.00
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
TUESDAY				
BOLOGNESE	6437/30501/89971/28326/33590		80	3.21
TOMATO & HERB SAUCE	6437/28326/30501/89971/33590		100	4.59
PASTA UNCOOKED 50gm	89179/123382		100 COOKED	29.00
SWEETCORN	4782	8.10	50	4.05
CHEESE	71268	1.70	30	0.51
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	14.00	100	14.00
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
WEDNESDAY				
SAUSAGE ROLL	124661	23.70	85	20.15
MEAT FREE SAUSAGE ROLL	34545	28.00	64	17.92
MASHED POTATO (2 SCOOP)	350009	16.00	120	19.20
BAKED BEANS	28758	11.42	85	9.71
PEAS	4753	11.3	50	5.65
GRAVY	33831	4.90	85	4.17
100% 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
BANANA	CURTIS	14.00	100	14.00
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

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THURSDAY				
FAJITA CHICKEN BREAST	OLIVERS/34813		85	1.50
QUORN FILLET	134199	4.90	70	3.43
BASMATI RICE (35gm UNCOOKED)	16805		105 COOKED	27.00
TORTILLA WRAP	4380	53.00	27	14.31
PEPPERS	450668	4.70	30	1.41
ONIONS	10407	7.90	30	2.37
MELON	CURTIS	7.00	100	7.00
APPLE	CURTIS	11.80	100	11.80
BANANA	CURTIS		100	14.00
ORANGE	CURTIS	6.00	100	6.00
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
FRIDAY				
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
APPLE	CURTIS	11.80	100	11.80
BANANA	CURTIS		100	14.00
SATSUMA	CURTIS		85	5.00
BROWNIE	100222/15811/308/89938/86874		50	35.86
APPLE JUICE	89657	10.00	200	20.00
ORANGE JUICE	89656	9.10	200	18.20