

CARBOHYDRATE COUNT PER MEAL JUNIOR CHILD

SUMMER 2023

WEEK 2	BRAKES Product order code	Carbohydrates per 100gm	Portion size (gm)	Carbohydrates per portion (gm)
MONDAY				
PASTA UNCOOKED 50gm	89179/123382		100	29.00
TOMATO & BASIL SAUCE	6437/28326/30501/35006/89971		100	4.59
CHEESE	71268	1.70	30	0.51
SWEETCORN	4782	8.10	50	4.05
PEACHES	6424	9.70	120	11.64
CREAM	18502	8.10	12	0.97
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	100	11.80
BANANA	CURTIS		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				
PEPPERONI PIZZA	113092	30.40	80	24.32
CHEESE & TOMATO PIZZA	113092	30.40	76	23.10
COLESLAW	89703/525427		20	1.20
OLIVES (5)	36034	6.40	20	1.28
RASPBERRY RIPPLE MOUSSE	133791	22.00	90	19.80
CHOCOLATE MOUSSE	133789	23.30	90	20.97
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	100	11.80
BANANA	CURTIS		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				
CHICKEN CURRY	15811/134614/33898/33599/33601/30501/89971/6437/28326/127121		100	4.60
SOUTHERN CRUMB QUORN BURGER	109371	14.5	63	9.14
BASMATI RICE (35gm UNCOOKED)	16805		105 COOKED	27.00
NAAN BREAD	4300	47.00	20	9.40
MIXED VEG	4855	5.60	50	2.80
LEMON CAKE	15811/308/9711/35023/114947		45	25.20
YEO VALLEY YOGHURT	71766	10.60	80	8.48
APPLE	CURTIS	11.80	100	11.80
BANANA	CURTIS		100	14.00
RAISINS	112927	69.40	25	17.35
SALAD	N/A		60	6.11
SEMI SKIMMED MILK	70218	5.00	100ML	5.00
THURSDAY				

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WEEK 2	BRAKES Product order code	Carbohydrates per 100gm	Portion size (gm)	Carbohydrates per portion (gm)
PORK SAUSAGE	OLIVERS		65	7.00
PORK SAUSAGE GF	105864	13.4	57	7.64
QUORN SAUSAGE	135197	8.1	50	4.05
HASH BROWN X 1	36143	19	55	10.45
HASH BROWN X 2	36143	19	110	20.90
BAKED BEANS	28758	11.42	85	9.71
YEO VALLEY YOGHURT	71766	10.60	80	8.48
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
RAISINS	112927	69.40	25	17.35
SALAD	N/A		60	6.11
SEMI SKIMMED MILK	70218	5.00	100ML	5.00
FRIDAY				
B/E OMEGA 3 CHUNKY FISH FINGER	58572	19.00	60	11.40
B/E GREEN CUISINE DIPPERS (4)	133528	27.00	80	21.60
CHIPS	36141	21.00	125	26.25
PEAS	4753	11.30	50	5.65
KETCHUP	89706	24.00	10	2.40
FLAPJACK	84673/15811/26941/308		75	44.90
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