

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option 1	Crunchy Bean Burger (113g) Carbs = 24.5g Burger Bun (50g) Carbs = 24.2g	Creamy Spinach Gnocchi (185g) Carbs = 36.8g	Crispy Margherita Pizza (131g) Carbs = 30.5g	Roasted Vegetable Filo Parcel (167g) Carbs = 19.5g	Vegan Nuggets (70g) Carbs = 6.4g
Main Option 2	Classic Beef Burger (56g) Carbs = 2g Burger Bun (50g) Carbs = 24.2g	Classic Beef Bolognese (185g) Carbs = 5.5g Pasta (50g) Carbs = 33g	Vegetable Sweet & Sour Noodles Stir Fry (144g) Carbs = 39g	Peri Peri Chicken (79g) Carbs = 0.4g	Battered Fish Fillet (70g) Carbs = 11.4g
Jacket Potato option Jacket and filling weighed separately (Jacket = 0.21g of carbs per 1g potato)	Jacket Potato (weigh accordingly) Carbs = 52g per 250g potato 30g Cheese Carbs = 0.5g 70g Baked Beans Carbs = 9.4g 90g Tuna Mayo Carbs = 0.7g 77g Coleslaw Carbs = 0.2g 90g Salmon Carbs = 1g	Jacket Potato (weigh accordingly) Carbs = 52g per 250g potato 30 g Cheese Carbs = 0.5g 60g Baked Beans Carbs = 9.4g 90g Tuna Mayo Carbs = 0.7g 77g Coleslaw Carbs = 0.2g 90g Salmon Carbs = 1g	Jacket Potato (weigh accordingly) Carbs = 52g per 250g potato 30 g Cheese Carbs = 0.5g 70g Baked Beans Carbs = 9.4g 90g Tuna Mayo Carbs = 0.7g 77g Coleslaw Carbs = 0.2g 90g Salmon Carbs = 1g	Jacket Potato (weigh accordingly) Carbs = 52g per 250g potato 30 g Cheese Carbs = 0.5g 70g Baked Beans Carbs = 9.4g 90g Tuna Mayo Carbs = 0.7g 77g Coleslaw Carbs = 0.2g 90g Salmon Carbs = 1g	Jacket Potato (weigh accordingly) Carbs = 52g per 250g potato 30 g Cheese Carbs = 0.5g 70g Baked Beans Carbs = 9.4g 90g Tuna Mayo Carbs = 0.7g 77g Coleslaw Carbs = 0.2g 90g Salmon Carbs = 1g
SIDES (potatoes/rice/pasta/sauces)	Potatoes Wedges (100g) Carbs = 24g	Wholemeal Pasta (100g) Carbs = 66g		Yorkshire Pudding (28g) Carbs = 11g Mashed Potato (100g) Carbs = 15g Gravy (2g)	Oven Baked Chips (100g) Carbs = 22g

				Carbs = 1.7g	
Vegetables - 60g	Coleslaw (50g) Carbs = 2.6g Sweetcorn (50g) Carbs = 4g	Broccoli & Peas (50g) Carbs = 3.5g	Green Beans (50g) Carbs = 1.8g Sweetcorn (50g) Carbs = 4g	Honey Roast Parsnips & Carrots (102g) Carbs = 17.9g	Garden Peas (50g) Carbs = 5.4g Curry Sauce (65g) Carbs = 3.7g

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option 1	Roasted Vegetables & Five Bean Enchilada (205g) Carbs = 55.5g	Wholesome Mac and Cheese (174g) Carbs = 63.5g	Crispy Margherita Pizza (128g) Carbs = 28.9g	Butternut Squash, Leek & Onion Wellington (Squash Fillet (166g) Carbs = 71.1g	Cheese, Pea & Leek Frittata (146g) Carbs = 3.2g
Main Option 2	Spicy Beef Enchilada (210g) Carbs = 42.5g	Chicken Pomodoro (179g) Carbs = 3.5g	Spanish Bean & Vegetable Stew (200g) Carbs = 57g	Traditional Roast Chicken (72g) Carbs = 0.1g	Classic Fish Finger (75g) Carbs = 14.6g
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SIDES (potatoes/rice/pasta/sauces)		Carrot Rice (62g) Carbs= 39.5g	Steamed Rice (40g) Carbs = 30.8g	Roast Potatoes (119g) Carbs = 26.3g Yorkshire Pudding (28g) Carbs- 11g Gravy (2g) Carbs = 1.7g	Oven Baked Chips (100g) Carbs = 22g Curry Sauce (65g) Carbs = 3.7g
Vegetables - 60g	Steamed Cabbage (50g) Carbs = 2g Sweetcorn (50g) Carbs = 4g	50g Garden Peas Carbs = 5.4g Green Beans (50g) Carbs = 1.8g	Honey Roast Parsnips & Carrots (102g) Carbs = 17.9g	60g Cauliflower Carbs = 3g 60g Sliced Carrots Carbs = 6.0g	50g Garden Peas Carbs = 5.4g

WEEK 3

<p>Main Option 1</p>	<p>Vegetable Jambalaya (261g) Carbs = 41.3g</p>	<p>Mediterranean Vegetable Lasagne (91g) Carbs = 9.1g</p>	<p>Crispy Margherita Pizza Homemade (131g) Carbs = 30.5g</p>	<p>Golden Crunchy Squash Fillet (189g) Carbs = 18.3g</p>	<p>Mexican Three Bean Taco (105g) Carbs = 20g</p>
<p>Main Option 2</p>	<p>Chinese Lemon Chicken (83g) Carbs = 2.3g</p>	<p>Classic Beef Lasagne (194g) Carbs = 19.5g</p>	<p>Vegetable Cottage Pie (242g) Carbs = 20.9g</p>	<p>Traditional Roast Turkey (73g) Carbs = 1.6g</p>	<p>Battered Fish Fillet (70g) Carbs = 11.4g</p>
<p>Jacket Potato option Jacket and filling weighed separately (Jacket = 0.21g of carbs per 1g potato)</p>	<p>Jacket Potato (weigh accordingly) Carbs = 52g per 250g potato</p> <p>30g Cheese Carbs = 0.5g 70g Baked Beans Carbs = 9.4g 90g Tuna Mayo Carbs = 0.7g 77g Coleslaw Carbs = 0.2g 90g Salmon Carbs = 1g</p>	<p>Jacket Potato (weigh accordingly) Carbs = 52g per 250g potato</p> <p>30 g Cheese Carbs = 0.5g 60g Baked Beans Carbs = 9.4g 90g Tuna Mayo Carbs = 0.7g 77g Coleslaw Carbs = 0.2g 90g Salmon Carbs = 1g</p>	<p>Jacket Potato (weigh accordingly) Carbs = 52g per 250g potato</p> <p>30 g Cheese Carbs = 0.5g 70g Baked Beans Carbs = 9.4g 90g Tuna Mayo Carbs = 0.7g 77g Coleslaw Carbs = 0.2g 90g Salmon Carbs = 1g</p>	<p>Jacket Potato (weigh accordingly) Carbs = 52g per 250g potato</p> <p>30 g Cheese Carbs = 0.5g 70g Baked Beans Carbs = 9.4g 90g Tuna Mayo Carbs = 0.7g 77g Coleslaw Carbs = 0.2g 90g Salmon Carbs = 1g</p>	<p>Jacket Potato (weigh accordingly) Carbs = 52g per 250g potato</p> <p>30 g Cheese Carbs = 0.5g 70g Baked Beans Carbs = 9.4g 90g Tuna Mayo Carbs = 0.7g 77g Coleslaw Carbs = 0.2g 90g Salmon Carbs = 1g</p>

SIDES (potatoes/rice/pasta/sauces)	Steamed Rice (40g) Carbs = 30.8g			Roast Potatoes (119g) Carbs – 26.3g Yorkshire Pudding (28g) Carbs- 11g Gravy (2g) Carbs – 1.7g	Chips (100g) Carbs = 21g Chip Shop Curry Sauce (65g) Carbs = 3.7g
Vegetables	Coleslaw (50g) Carbs = 2.6g Sweetcorn (50g) Carbs = 4g	Broccoli (50g) Carbs = 1.6g 50g Garden Peas Carbs = 5.4g	Honey Roast Parsnips & Carrots (102g) Carbs = 17.9g	60g Cauliflower Carbs = 3g	50g Garden Peas Carbs = 5.4g

AVAILABLE DAILY

Pasta with Tomato Sauce Both weighed separately	100g pasta Carbs = 31g 100g sauce Carbs = 0.8g	100g pasta Carbs = 31g 100g sauce Carbs = 0.8g	100g pasta Carbs = 31g 100g sauce Carbs = 0.8g	100g pasta Carbs = 31g 100g sauce Carbs = 0.8g	100g pasta Carbs = 31g 100g sauce Carbs = 0.8
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ROLLS:

BREAD ROLL = 42.3g Carbs

Wholemeal Slice Bread = 10.5 Carbs

Fillings:

(90g) Tuna Mayo = 0.7g

(40g) Ham = 0.2g

(30g) Cheese = 0.5g

(50g) Egg Mayo = 0.2g

(83g) Chicken Mayo = 1.2g

OTHER:

Garlic bread = 12.1g carbohydrates

DESSERTS

Fruit – see list below

Berry trifle per portion = 1.9g

Peach trifle per portion = 2.2g

Peach Jelly trifle = 2.3g

Fruit cocktail (drained weight) = 12.5g carbohydrates per 100g

Yogurt pot = 8.48g carbohydrates per 80g pot

Custard = 12.5g carbohydrates per 100g

Smoothie ice cream = 14.5g carbohydrates per 80g

Apple & Cinnamon Crumble = 16.2g per 34g

Apricot Shortbread = 20.5g carbohydrates per 36g

All cakes per 40g portion

Victoria Sponge = 43.3g per 80g

Zesty Carrot cake = 17.6g carbohydrates

Banana & lentil cake = 29.6g carbohydrates

Carrot Biscuit = 21.1 carbohydrates

Chocolate and Orange cake = 18.4g carbohydrates

Strawberry and Coconut Sponge cake = 34.4g carbohydrates

Apple Oat cake = 34.6g carbohydrates

Chocolate & pear cake = 17.4 carbohydrates

Sticky date cookie = 29.3 carbohydrates

Sticky date biscuit = 23.6g carbohydrates

Ice cream = 18.1 carbohydrates

Raisin biscuit = 24g carbohydrates

Sprinkle biscuit = 16g carbohydrates

Iced sprinkle cake = 48.1g carbohydrates

Plain cocoa sponge = 38.1g carbohydrates

Pineapple Upside Down =15.2g carbohydrates

Doughnuts = 13.1g carbohydrates

FRUIT AND VEG

HONEYDEW MELON 100grams – 9g

WATERMELON 100grams – 8g

ORANGE 100grams – 12g

APPLE 100grams – 14g

PINEAPPLE 100grams – 13g

BANANA 100g – 23g

FUNTIME RAISINS 1 PACKET – 9.70g

LETTUCE – 100 grams – 2.9g

CUCUMBER –104grams – 4g

Cherry Tomato – 0.46g

Tomato – 100g - 31g