

Term-Time Carb Count

Breakfast	Carbs (g)
Breakfast Item - Bacon	0
Breakfast Item - Gluten Free Sausage	1
Breakfast Item - Veggie Sausage	4
Breakfast Item - Fried Egg	0
Breakfast Items - Scrambled Egg	0
Breakfast Items - Hash Browns	9
Breakfast Item - Baked Beans	15
Breakfast Items - Potato Waffle	14
Breakfast Item - Spaghetti Hoops	14
Assorted Fresh Fruit	12
Cornflakes with Milk	35
White Toast with Spread	24
Yoghurt Assorted Flavours	9
Traditional Pancake	31
Crumpet with Spread	26

Lunch	Carbs (g)
Ham on White	37
Ham on Brown	31
Cheddar Cheese on White	36
Cheddar Cheese on Brown	30
Tuna Mayonnaise on White	36
Tuna Mayonnaise on Brown	30
Flapjack	46
Assorted Crisps	17
Milk Chocolate Chip Cookie	33
Chocolate Shortbread	39
Classic Shortbread	38
Assorted Fresh Fruit	12

Please note these values are per portion and are calculated based on standardised recipes. Servings will not be weighed at point of service so please allow for standard deviation at individual sites.

Term-Time Carb Count

Dinner	Carbs (g)
Beef Burger	25
Chicken Korma	11
Chicken Nuggets	18
Fish Fingers	16
Mac & Cheese	58
BBQ Chicken Topper	9
BBQ Vegetable Topper	12
Margherita Pizza	15
Pork Sausages & Gravy	4
Spaghetti & Meatballs in Tomato Sauce	63
Vegetable Korma	12
Veggie Burger	25
Veggie Sausages & Gravy	9
Classic Tomato Pasta	41
Jacket Potato with Baked Beans	12
Jacket Potato with Cheese	30
Jacket Potato with Cheesy Beans	36
Chips	22
Garlic Slice	11
Mash	17
Pilau Rice	39
Seasoned Potato Wedges	25
Yorkshire	8
Baked Beans	15
Garden Peas	3
Green Beans	1
Salad Bar	1
Sliced Carrots	3
Sweetcorn	3
Chocolate Mousse	11
Chocolate Shortbread	19
Custard	9
Ice Cream Tub	33
Iced Sponge	23
Jelly	7

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