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| **TH November '21 – April ‘22 Primary Menu Carb counted.** | | | | | |
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| **Week 1** | **Monday 'Planet Earth Day'** | **Tuesday 'Street Food Day'** | **Wednesday 'Traditional Day'** | **Thursday**  **'World Food Day' Turkish** | **Friday**  **'Favourites'** |
| **Main** | Wholewheat Vegetable Tomato Pasta Bake  100g=20gC, 150g=30gC | Freshly Made Chicken Pie 25gC  with Gravy 5gC served with  Creamed Potatoes 100g(ice cream scoop) = 16gC | Roast Leg of Lamb served  with Minted Gravy 5gC &  Yorkshire Pudding 5gC each | Beef Koftas 2gC served with  Pitta Bread (Small = 19gC, Large = 38gC), Tzatziki | Crispy Fillet of Fish 12gC served  with Lemon Wedge &  Chips 10gC in 7 chips |
| **Vegetarian** | Homemade Salmon & Spring Onion Quiche  20gC | Cauliflower, Spinach and  Chickpea Curry 4gC served  with Rice 5gC per tbsp., 10g in serving spoon | Tasty Cheesy Potato Hot Pot 15gC | Vegetable Moussaka 1.5gC  served with Pitta Bread (Small = 19gC, Large = 38gC) &  dips | Crispy Quorn Dippers (3gC per dipper)  served with a Barbecue  Sauce (1 tbsp = 5gC) |
| **Sides/Vegetables** | Sweet Potato Fries (5 thin fries = 5gC , 5 thick chips/fries = 10gC ) with Peas (2tbsp/40g = 4gC) & Sweetcorn (2tbsp/40g = 6gC) | Fresh Sliced Carrots &  Broccoli | Roast Potatoes5gC per 1 with  Fresh Cauliflower and  Freshly Mashed Carrots  & Swede | Potato Wedges 5g C per 2 & Turkish  Mixed Salad | Chips, Baked Beans (1 tbsp / 40g = 6gC) &  Garden Peas (2tbsp/40g = 4gC) |
| **Salads** | Seasonal Salads & Three Bean Salad40g = 8gCHO | Seasonal Salads & Grated  Carrot Slaw | Chef's House Salad | Tomato, Parsley & Lemon  Salad | Seasonal Salads & Fresh  Coleslaw |
| **Dessert** | Seasonal Fresh Fruit Platter 10gC | Homemade Short Bread  Biscuit 15gC & Custard 60g = 10gC or  choice of Fresh Fruit 10gC | Seasonal Fresh Fruit  Platter 10gC | Fresh Fruit Salad 80g fruit = 13g C | Homemade Carrot Cake 12gC  & Custard 60g = 10gC or Fruity Friday  Platter 10gC |
| **Daily Options** | Bread 20g Slice of Baguette = 10g CHO / Fresh Fruit platter 10g / 80g yoghurt 10g CHO / cheese and crackers x 3 = 14gCHO | | | | |
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| **Week 2** | **Monday**  **'Planet Earth Day'** | **Tuesday**  **'Street Food Day'** | **Wednesday 'Traditional Day'** | **Thursday**  **'World Food Day' Caribbean** | **Friday**  **'Favourites'** |
| **Main** | Freshly Made Margarita  Pizza 15gC | Homemade Beef Lasagne 25gC  served with Garlic Bread 10gC per slice | Roast Chicken served  with Yorkshire Pudding 5gC each &  Gravy 5gC | Caribbean Mutton Curry,  served with Rice and  Peas 24gC per portion | Jumbo Crispy Fish Finger (10gC per finger)  served with a Wedge of  Lemon |
| **Vegetarian** | Wholewheat Spaghetti only 100g = 29gC, 150g = 44gC  with Vegetable Meatballs  in Tomato Sauce | Lentil & Mushroom Bake 6gC per portion  served with Garlic Bread 10gC per slice | Flaky Pastry Vegetable Roll 12gC per roll (check packet) | Homemade Caribbean Mac  & Cheese 16gC per 80g | Vegetable Samosa 22gC est per 1 – weigh and use carbs&cals served  with a Sweet Chilli Dip 1tbsp = 8gC |
| **Sides/Vegetables** | Herby Diced Potatoes 15gC in 50g pots and  Peas (2tbsp/40g = 4gC) & Sweetcorn (2tbsp/40g = 6gC) | Fresh Broccoli Spears and  Diced Swede | Roast Potatoes 5gC per Fresh  Cabbage & Sliced Carrots | Spicy Mixed Vegetable 4gC &  Rice Salad (2gC) | Chips, Baked Beans (1 tbsp / 40g = 6gC) &  Peas 2tbsp/40g = 4gC |
| **Salads** | Fresh Seasonal Salads | Fresh Crisp Lettuce &  Cucumber Wedges | Chef's House Salad | Sweetcorn (2tbsp/40g = 6gC) & Mixed Peppers | Fresh Coleslaw &  Seasonal Salads |
| **Dessert** | Seasonal Fresh Fruit  Platter 10gC | Homemade Rice Pudding 25gC  served with a Cookie 16gC in shortbread or  Fresh Fruit Platter 10gC | Seasonal Fresh Fruit Platter 10gC | Freshly Made Tropical  Fruit Salad 80g fruit = 13g C | Homemade Beetroot  Chocolate Brownie 16gC & Custard 60g = 10gC  or Fruity Friday Platter 10gC |
| **Daily Options** | Bread 20g Slice of Baguette = 10g CHO / Fresh Fruit platter 10g / 80g yoghurt 10g CHO / cheese and crackers x 3 = 14gCHO | | | | |
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