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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 Bake100g=20gC, 150g=30gC | Freshly Made Chicken Pie 25gCwith Gravy 5gC served withCreamed Potatoes 100g(ice cream scoop) = 16gC | Roast Leg of Lamb servedwith Minted Gravy 5gC &Yorkshire Pudding 5gC each | Beef Koftas 2gC served withPitta Bread (Small = 19gC, Large = 38gC), Tzatziki | Crispy Fillet of Fish 12gC servedwith Lemon Wedge &Chips 10gC in 7 chips |
| **Vegetarian** | Homemade Salmon & Spring Onion Quiche20gC | Cauliflower, Spinach andChickpea Curry 4gC servedwith Rice 5gC per tbsp., 10g in serving spoon | Tasty Cheesy Potato Hot Pot 15gC | Vegetable Moussaka 1.5gCserved with Pitta Bread (Small = 19gC, Large = 38gC) &dips | Crispy Quorn Dippers (3gC per dipper)served with a BarbecueSauce (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 withFresh Cauliflower andFreshly Mashed Carrots& Swede | Potato Wedges 5g C per 2 & TurkishMixed Salad | Chips, Baked Beans (1 tbsp / 40g = 6gC) &Garden Peas (2tbsp/40g = 4gC) |
| **Salads** | Seasonal Salads & Three Bean Salad40g = 8gCHO | Seasonal Salads & GratedCarrot Slaw | Chef's House Salad | Tomato, Parsley & LemonSalad | Seasonal Salads & FreshColeslaw |
| **Dessert** | Seasonal Fresh Fruit Platter 10gC | Homemade Short BreadBiscuit 15gC & Custard 60g = 10gC orchoice of Fresh Fruit 10gC | Seasonal Fresh FruitPlatter 10gC | Fresh Fruit Salad 80g fruit = 13g C | Homemade Carrot Cake 12gC& Custard 60g = 10gC or Fruity FridayPlatter 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 MargaritaPizza 15gC | Homemade Beef Lasagne 25gCserved with Garlic Bread 10gC per slice | Roast Chicken servedwith Yorkshire Pudding 5gC each &Gravy 5gC | Caribbean Mutton Curry,served with Rice andPeas 24gC per portion | Jumbo Crispy Fish Finger (10gC per finger)served with a Wedge ofLemon |
| **Vegetarian** | Wholewheat Spaghetti only 100g = 29gC, 150g = 44gCwith Vegetable Meatballsin Tomato Sauce | Lentil & Mushroom Bake 6gC per portionserved 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 servedwith a Sweet Chilli Dip 1tbsp = 8gC |
| **Sides/Vegetables** | Herby Diced Potatoes 15gC in 50g pots andPeas (2tbsp/40g = 4gC) & Sweetcorn (2tbsp/40g = 6gC) | Fresh Broccoli Spears andDiced Swede  | Roast Potatoes 5gC per FreshCabbage & 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 FruitPlatter 10gC | Homemade Rice Pudding 25gCserved with a Cookie 16gC in shortbread orFresh Fruit Platter 10gC | Seasonal Fresh Fruit Platter 10gC | Freshly Made TropicalFruit Salad 80g fruit = 13g C | Homemade BeetrootChocolate Brownie 16gC & Custard 60g = 10gCor 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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