

Walthamforest - PRIMARY Winter 2021

gC= grams of Carbs / No carbs

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Planet Pizza 17gC per thin slice	Homemade Chicken & Sweetcorn Pie 25gC with Gravy – 5gC Jacket potato (see 'Daily Options' below)	MSC Lemon Crumb Salmon Fillet – check packet 3gC Honey Roast Chicken & Gravy 5gC	Beef Lasagne 25gC Jacket potato (see 'Daily Options' below)	MSC Golden Crumb Fish Fingers 13gC per 3 fingers Deep Fried Homemade Battered Fish Fillet 20gC
Vegetarian	Emmanual School Favourite Smoky Cheese & Tomato Pasta 21gC	Vegetable Biryani 30gC	Tomato & Basil Pasta 28gC	Butternut Squash, Carrot & Chick Pea Tagine 40gC	Homemade Cheese & Broccoli Quiche 15gC
Sides	Garlic Bread slice 10gC	Parsley Steamed Potatoes – 5gC per 1 medium potato	Crispy Rosemary Roast Potatoes 5gC per 1 medium potato	50/50 Mixed Rice 15gC	Oven Chips – 7 chips (33g) = 10gC
Vegetables /Salads	Sweetcorn 1tbsp/40g = 6gC Minted Garden Peas 1tbsp / 40g = 4gC	Mixed Vegetables 1tbsp / 40g = 2gC Fresh Seasonal Organic Carrots	Fresh Seasonal Broccoli Fresh Seasonal Cauliflower	Sweetcorn 1tbsp/40g = 6gC Green beans	Minted Garden Peas 1tbsp / 40g = 4gC Baked Beans 1tbsp / 40g = 5gC
Dessert	Peaches 8gC per ½ peach & Custard 10gC	Cheese & Crackers 6gC per 1 with Fresh Apple Slice 8gC in 1 small whole apple	Chocolate Cracknel 14gC with Chocolate Sauce 12gC	Fresh Fruit 80g fruit= 13gC & Ice Cream 9gC per scoop	Rice Pudding with a Fruit Compote 18gC

Disclaimer: Carbohydrate values have been estimated by the Barts Health Diabetes Dietitians based on recipes from Tower Hamlets Council. Changing the portions shown alters the carbohydrate content and therefore effects insulin doses. For full guidance please refer to School carb counting document on our website: <https://children.bartshealth.nhs.uk/diabetes> Information for schools. Or Contact dietitians - 07870681609 OR diabetes nurses - 07889 591637.

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Daily Options	Bread 1 inch/2.5cm slice of Baguette = 10g CHO / Fresh Fruit platter 16g / 80g yoghurt 10g CHO / cheese and crackers x 3 = 14gCHO Jacket potato (ideally weight and use Carbs & Cals app), Small (150g)= 32gC, medium (200g) = 42gC
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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p style="background-color: #d3d3d3; display: inline-block; padding: 2px;">Creamy Korma</p> Jacket potato (see 'Daily Options' below)	Oven Baked Sausages (5gC per sausage) with Caramelised Onions & Gravy 5gC	<p style="background-color: #d3d3d3; display: inline-block; padding: 2px;">Sweet & Sour Chicken</p> Jacket potato (see 'Daily Options' below)	Chilli Con Carne	MSC Golden Crumb Fish Fingers 13gC per 3 fingers Tuna Pasta Bake 25gC
Vegetarian	Tomato & Vegetable Pasta Bake 15gC	Quorn Sausage 4gC per 1 with Caramelised Onions & Gravy 5gC Ear Popping Pea Risotto 15gC	Mac n Cheese 13gC	Homemade Jamaican Patties 40gC Sizzling Chinese Stir Fry with Noodles 20gC	Forest Fajita 25gC
Sides	50/50 Mixed Rice 15gC	Creamy Mashed Potatoes 100g/16gC	Spicy Lemon Cous Cous 45g/12gC	50/50 Mixed Rice 15gC	Oven Chips – 7 chips (33g) = 10gC
Salads / vegetables	Sweetcorn 1tbsp/40g = 6gC <p style="background-color: #d3d3d3; display: inline-block; padding: 2px;">Green beans</p>	<p style="background-color: #d3d3d3; display: inline-block; padding: 2px;">Fresh Seasonal Broccoli</p> <p style="background-color: #d3d3d3; display: inline-block; padding: 2px;">Fresh Seasonal Carrots</p>	<p style="background-color: #d3d3d3; display: inline-block; padding: 2px;">Fresh Seasonal Cabbage</p> <p style="background-color: #d3d3d3; display: inline-block; padding: 2px;">Fresh Seasonal Carrots</p>	Minted Garden Peas 1tbsp / 40g = 4gC Mixed Vegetables 1tbsp / 40g = 2gC	Sweetcorn Baked Beans 1tbsp / 40g = 5gC

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Dessert	Banana Cake 24gC as per recipe & Custard 10gC	Cheese & Crackers (5gC per cracker) with Fresh apple slice (40g=5gC)	Fruit jelly 18gC	Carrot Cake 8gC & Custard 10gC	Apple Crumble 25gC & Custard 10gC
Daily Options	Bread 1 inch/2.5cm slice of Baguette = 10g CHO / Fresh Fruit platter 16g / 80g yoghurt 10g CHO / cheese and crackers x 3 = 14gCHO Jacket potato (ideally weight and use Carbs & Cals app), Small (150g)= 32gC, medium (200g) = 42gC				

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