Juniper Ventures Carbohydrate values for Primary Schools

Please note\* the carbohydrate value has been altered by Dietitian to align with carbohydrate values for standard portions of that Food

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| Food | Weight (g) | Carbohydrate value (g) |
| Sweet Caroline Burger | 206 | 32 |
| Veggie Balls with Pasta & Tomato Sauce | 249 | 56 |
| BBQ Chicken Wrap | 168 | 32 |
| Butternut Squash & Spinach Tart | 142 | 21 |
| Fish Finger & Pea Wrap | 198 | 42 |
| Lentil Lasagne | 347 | 55 |
| Roasted Vegetable Frittata | 115 | 27 |
| Chicken & Vegetable Pie | 177 | 20 |
| Chicken Burrito | 182 | 45 |
| Fish Biryani | 119 | 16 |
| Macaroni Cheese | 267 | 91\* |
| Fish Fillet Goujons | 60 | 12\* |
| Fish in Batter | 60 | 10 |
| Fish Fingers | 60 | 10 |
| Florentine Mixed Bean Pasta | 225 | 54 |
| Greek style Chicken Souvlaki | 150 | 0 |
| Jolloff Rice with Lamb & Vegetables | 216 | 62 |
| Keema & Naan | 60- weight of Naan only | 30\* |
|  Lamb & Vegetable Tikka Marsala | 203 | 20 |
| Lamb Burger in a bun | 97 | 25 |
| Lamb Lasagne | 261 | 40\* |
| Lemon & Courgette Cake | 50 | 13 |
| Lentil Spaghetti Bolognaise | 417 | 95 |
| Meatballs with Pasta & Tomato Sauce | 249 | 46 |
| Morrocan Vegetable Tagine with Couscous | 205 | 58 |
| Oven Baked Sausages | 60 | 13 |
| Peri Peri Chicken | 88 | 3 |
| Pizza with Olives & Tomato | 146 | 35 |
| Sandwich- any filling | 150 | 35 |
| Quorn& Mushroom Stroganoff with Tag Pasta | 208 | 46 |
| Quorn & Pepper Fajita | 200 | 13 |
| Quorn & Sweet Potato Curry | 114 | 15 |
| Raita | 44 | 3 |
| Ratatouille Raviolini with Lentil Ragu | 195 | 20 |
| Roast Chicken with stuffing | 160 | 7 |
| Roast Lamb & Yorkshire Pudding | 110 | 8 |
| Roast Turkey with Yorkshire pudding | 88 | 8 |
| Roasted Aubergine, Chickpea & Vegetable | 239 | 22 |
| Spinach & Feta Wheel | 117 | 11 |
| Sweet Potato & Black Bean Quesadilla | 262 | 59 |
| Tandoori Kickin Chicken | 18 | 0 |
| Vegetable Biryani | 212 | 29 |
| Vegetable Keema Naan & Raita | Naan 6 , Raita 44 | 30 + 3\* |
| Vegetable Stir Fry & Noodles | 179 | 53 |
| Veggie Quorn Burger with salad | 168 | 36 |
| Veggie Sausage Hot Dog/ Baguette | 141 | 56 |
| Veggie Sausage Roll | 76 | 16 |
| Veggie Toad in the Hole | 125 | 18 |
|  |  |  |
|  | Starchy Carbs |  |
| Boiled New Potatoes | 88 | 13\* |
| Baked Beans | 60 or 1 tablespoon =5g | 9\* |
| Bread | 9 | 5 |
| Broccoli |  | 0 |
| Dhal | 156 | 9 |
| Corn Cobbett | 23 | 3 |
| Focaccia | 45 | 25 |
| carrots |  | 0 |
| Fresh Seasonal Vegetables |  | 0 |
| Garden Peas | 80or 2 tablespoons=5g | 8 |
| Garlic Bread | 22 | 11 |
| Green Beans |  | 0 |
| Jacket Potato | Small 220g =40 medium 300g=60  |  Large 324 g=70g\* |
| Junipers Plus Break Snack |  | 15 |
| Keema & Naan | 60 | 30 |
| Mashed Potatoes | 129 | 21 |
| Mixed Peppers |  | 0 |
| Mixed Vegetables | 60 | 4 |
| Parden Peas | 60 | 6 |
| Potato Wedges | 150 | 46\* |
| Potato Wedges | 105 | 32 |
| Roast Potatoes | 85 | 22\* |
| Sweet Potato Slice | 56 | 27 |
| Sweetcorn | 60 or 2 tablespoons =10g | 11 |
|  | Desserts |  |
| Apple &Blackberry crunch | 141 | 47 |
| Chocolate & Mandarin Mousse | 66 | 10  |
| Chocolate Cheesecake | 65 | 42 |
| Chocolate Sponge with chocolate sauce | 100 | 30 |
| Banana Flapjack (LS) | 75 | 21 |
| Fruit Jelly & Ice cream |  | 10g each Jelly 10g Ice cream |
| Fruit Mix | 110 | 17 |
| Ginger Sponge & Custard | 146 | 47 |
| Peach Melba Crumble( LS) | 190 | 57 |
| Raspberry & Vanilla Ripple Sponge Roll | 90 | 30 |
| Raspberry Marble Cake | 76 | 30 |
| Waffles with Fruit & Ice cream | 1oo | 24 |
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