

Carbohydrate Count Information

| Menu Item | Per Portion (cooked weight in g) | Carb Count |
|---------------------------------------|---|-------------------|
| Planet Ball Spaghetti | 265.65g | 47g |
| Cheesy Pizza Round | 134.3g | 28.69g |
| Jacket Potato with Baked Beans | 250g | 41g |
| Chopped Salad | 60g | 3g |
| Herby Roast Potatoes | 80.75g | 17g |
| Crunchy Coleslaw | 60g | 4g |
| Yogurt Bowl | 80g | 3g |
| Fruit Platter | Approx. 80.14g | 14.77g |
| Rainbow Risotto | 225g | 37.5g |
| Super Green Broccoli | 50g | 3.5g |
| Homemade Garlic Bread | 50g | 10.73g |
| Butter Chicken Curry | 83.55g | 4.26g |
| Boiled Rice | 120g | 33.6g |
| Nann Bread | 20g | 10.7g |

| Menu Item | Per Portion (cooked weight in g) | Carb Count |
|---------------------------------------|---|-------------------|
| Jacket Potato with Grated Cheese | 220g | 35g |
| Chewy Oaty Flapjack | 37.5g | 20.93g |
| Sizzling Sausage and Bean Bake | 140g | 13.3g |
| Roast Potatoes | 80.75g | 17g |
| Roast Chicken | 45g | 0g |
| Stuffing – Sage and Onion | 15g | 6.75g |
| Country Mixed Vegetables | 50g | 4g |
| Gravy | 15ml | 0.4g |
| Chocolate Sponge Cake | 50g | 36.64g |
| Custard | 15ml | 13.2g |
| Earth Hero Cottage Pie | 221.5g | 27.18g |
| Cut Green Beans | 50g | 3.5g |
| Cottage Pie (beef) | 221.5g | 23.64g |
| Jacket Potato with Tuna Mayonnaise | 250g | 36g |
| Shortbread Biscuit | 50g | 27.52g |

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|---|---|-------------------|
| Fully Loaded Oven Baked Fries | 165.6g | 19.25g |
| Battered Fish Portion | 60g | 9.54g |
| Oven Chips | 80g | 22.5g |
| Garden Peas | 50g | 7.5g |
| Earth Friendly Spaghetti Bolognese | 220g | 43g |
| Cheesy Pizza Slice | 119.6g | 25.17g |
| Traffic Light Couscous | 85g | 10.8g |
| Sunny Spanish Paella | 232.8g | 45g |
| Fruity Chicken Curry | 133g | 11g |
| Yorkshire Pudding | 30g | 6g |
| Sizzling Sausage | 50g | 1g |
| Chicken Sausage | 56g | 6.83g |
| Pork Sausage | 55g | 4g |
| Smart Mac & Cheese | 166.5g | 44g |
| Spaghetti Bolognese | 237.5g | 41.9g |

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|--|---|-------------------|
| Choc Beet Brownie | 43.1g | 18.5g |
| Golden Sausage Roll | 52g | 11.4g |
| Fish Fingers | 50g | 12.75g |
| Tangy Tomato Pasta | 150g | 37.5g |
| Lentil Love Curry | 188.3g | 12.6g |
| Chicken Korma | 122g | 7.85g |
| Chocolate Penny | 31g | 15.25g |
| Apple Crumble | 50g | 21.26g |
| Plant Powered All Day Breakfast | 245g | 26.53g |
| All Day Breakfast | 245g | 28g |
| Carrot Flapjack | 30g | 17.71g |
| Creamy Pasta Alfredo | 175g | 44.55g |
| Fish Stars | 80g | 22g |