

Carbohydrate Content of Spring Term Menu at Oakfields Montessori School

Portion sizes have been estimated and are shown in black with the relevant carbohydrate content shown in red.

Information on the carbohydrate content has been calculated using:

1. Cheyette, C. and Balolia, Y. in association with Diabetes UK (2016). *Carbs and Cals: Carb & Calorie Counter*. 6th edition. Great Britain: Chello Publishing Ltd.
2. Finglas, P.M., Roe, M.A., Pinchen, H.M., Berry, R., Church, S.M., Dodhia, S.K., Farron-Wilson, M. and Swan, G. (2015). *McCance and Widowsen's The Composition of Foods*, Seventh summary edition. Cambridge: Royal Society of Chemistry.
3. Manufacturer's nutrition information as shown on ingredient labels and advice from Catering Manager.

If the portion size served and eaten is different to that shown here, the amount of carbohydrate in the actual portion eaten will need to be re-calculated and the insulin dose adjusted accordingly.

Week 1 (week commencing: 8/1/18, 22/1/18, 19/2/18 and 12/3/18)

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ marinated chicken escalope 95g = 0g	Lamb meatballs (82g) = 2g	Pork sausages 1 thick sausage 55g = 5g	Roast turkey 75g = 0g	Fish fingers (2) 40g = 8g
New potatoes 130g = 20g	Pasta 60g = 20g	Gravy 115g = 5g	Gravy 115g = 5g	Oven baked chips 66g = 20g
Green beans 40g = 2g	Garlic bread (1 slice) 22g = 10g	Mashed potato 120g = 19g	Roast potatoes 76g = 20g	Baked beans 80g = 12g
Sweetcorn 40g = 6g	Roasted courgettes 40g = 1g	Baked beans 80g = 12g	Broccoli 40g = 1g	Peas 40g = 4g
	Carrots 40g = 2g	Peas 40g = 4g	Carrots 40g = 2g	
Flapjack 50g = 28g	Rocky Road tray bake 41g = 23g	Chocolate mousse 50g = 10g	Apple crumble 60g = 21g	Ice cream 40g = 9g
				Fan wafer 2.6g = 2.2g

Week 2 (week commencing: 15/1/18, 5/2/18, 5/3/18 and 26/3/18)

Monday	Tuesday	Wednesday	Thursday	Friday
Lamb pasta Bolognese 60g pasta with 90g Bolognese = 25g	Poached white fish (60g) in a creamy parsley sauce (50g) = 4g	Pork sausages 1 thick sausage (55g) = 5g	Roast Beef 60g = 0g	Chicken and sweetcorn pizza (94g) = 15g
Garlic bread (1 slice) 22g = 10g	Rice 30g = 10g	Gravy 115g = 5g	Gravy 115g = 5g	Oven baked chips 66g = 20g
Peas 40g = 4g	Green beans 40g = 2g	Diced garlic and herb potatoes 75g = 23g	Roast potatoes 76g = 20g	Baked beans 80g = 12g
Sweetcorn 40g = 6g	Carrots 40g = 2g	Baked beans 80g = 12g	Mixed vegetables 40g = 3g	Peas 40g = 4g
		Peas 40g = 4g		Corn on the cob 44g = 2g
Light fruit cake 46g = 26g	Cheesecake 100g = 35g	Fruit jelly 85g = 13g	Banana and date sponge 55g = 24g	Cherry sponge 36g = 16g
			With cream 5g = 0g	

Week 3 (week commencing: 22/1/18, 19/2/18 and 12/3/18)

Monday	Tuesday	Wednesday	Thursday	Friday
Creamy tuna Pasta bake 75g = 11g	Beef lasagne (165g) = 25g	Pork sausages 1 thick sausage (55g) = 5g	Roast gammon 85g = 0g	Beef burger (grilled) 100g served in a bun (82g) = 40g
	Garlic bread (1 slice) 22g = 10g	Gravy 115g = 5g	Gravy 115g = 5g	Oven baked chips 66g = 20g
Peas 40g = 4g	Tossed salad 20g = 0g	Wedged potatoes 75g = 23g	Roast potatoes 76g = 20g	Baked beans 80g = 12g
Sweetcorn 40g = 6g		Baked beans 80g = 12g	Cauliflower 40g = 1g	Peas 40g = 4g
		Peas 40g = 4g	Carrots 40g = 2g	
Lemon sponge 48g = 28g	Cinnamon swirl bun 39g = 25g	Chocolate chip shortbread 36g = 18g	Mixed fruit crumble 60g = 21g	Ice cream 40g = 9g
			Custard 60g = 10g	Fan wafer 2.6g = 2.2g

Regular menu items

Item	Portion	Carbohydrate content
Homemade bread	30g	17g
Jacket Potato	95g	20g
Pasta	50g	16g
Salad bar items:		
Tuna (plain)	70g	0g
Egg (1 x boiled)	60g	0g
Cheese	25g	0g
Ham (1 slice)	30g	0g
Lettuce	25g	0g
Tomato	65g	2g
Cucumber	40g	0g
Peppers	40g	1g
Celery	40g	0g

Beetroot	40g	3g
Coleslaw	65g	4g
Couscous	45g	12g
Pasta	50g	16g
Desserts:		
Fruit salad pots	80g	11g
Natural yoghurt pots	125g	10g