

Primary School meals menu – Nutritional Breakdown

Monday - Week 1

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One Cod bites	100g	232	23	9.8	11
Main Two Wrap of the Day	1 wrap	172	31	4.0	3.19
Fillings - Chicken	40g	59	0	12	0.8
Cheese	40g	167	0	9.6	14.4
Tuna	40g	63.5	0	10.3	2.3
Ham	40g	86	0	16	2.6
Side Servings					
Mini Potato Waffle	100g	161	22	2.2	6.8
	140g	225	30.8	3.08	9.52
Sweetcorn	40g	26	3.24	1.76	0.72
	60g	39	4.86	2.64	1.08
Dessert					
Vanilla Ice Cream	100g	148	19.22	2.26	6.98
Chocolate Ice Cream	100g	133	10.45	2.2	9.10
Strawberry Ice Cream	100g	111	10.45	2.18	6.75

Primary School meals menu – Nutritional Breakdown

Tuesday – Week one

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One					
Homemade chicken pie – cooks centre	208g	364	29.8	29.15	13.381
Chicken pie – demi		262	20.3	27.45	7.28
Main Two					
Vegetable nuggets (Vegan)	100g	220	25.3	3.72	10.9
Side Servings					
Potato Noisettes	100g	179	27	2.7	6
	140g	251	37.8	3.78	8.4
Peas	40g	31	4	2.12	0.28
	60g	47	6	3.18	0.42
Dessert					
Yoghurt	1 frube	33	4.4	1.4	1.0
Rice krispie caramel and chocolate square	1 bar	157	27.7	1.47	4.32
Rice krispie marshmallow square	1 bar	119	21.28	0.84	3.36
Rice krispie delightfully chocolate square	1 bar	156	26.6	1.58	4.68

Primary School meals menu – Nutritional Breakdown

Wednesday – Week one

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main 1					
Roast turkey	53g	63	2.17	12	0.7
Yorkshire pudding	1	40	6	1.6	0.9
Gravy	60mls	20	1.7	1.6	0.9
Main 2					
Jacket potato with filling	1	169	38.7	4.75	0.45
Fillings -					
Beans	60g	49	9	3	0
Tuna	40g	63.5	0	10.3	2.3
Grated cheese	50g	208	0	12	18
Side Servings					
Roast potatoes	100g	101	18.5	1.7	1.8
	140g	141	25.9	2.38	2.52
Cauliflower	40g	12	1.68	1.16	0.2
	60g	18	2.52	1.74	0.3
Dessert					
Lemon drizzle cake – cook centre	1 slice – 50g	157	24.4	2.17	5.7
Lemon drizzle cake – demi	1 slice – 50g	159	24.5	2.2	5.85

Primary School meals menu – Nutritional Breakdown

Thursday– Week one

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main 1					
Tomato and mozzarella pizza – demi	1 x 100g	216	30	10.9	5
Tomato and mozzarella pizza – cooks centre		276	25	17.03	19.8
Main 2					
Meat free sausages	2 x (112g)	114	21.8	3.46	0.66
Side servings					
Oven baked chips	100g	123	21	3	2.1
	140g	172	29.4	4.2	2.94
Carrots	40g	17	3.16	0	0
	60g	25	4.7	0	0
Dessert					
Yoghurt	1 frube	33	4.4	1.4	1.0
Rice krispie caramel and chocolate square	1 bar	157	27.7	1.47	4.32
Rice krispie marshmallow square	1 bar	119	21.28	0.84	3.36
Rice krispie delightfully chocolate bar	1 bar	156	26.6	1.58	4.68

Primary School meals menu – Nutritional Breakdown

Friday – Week one

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main 1					
Beef bolognaise - cooks centre		63	3	8.18	3
Beef bolognaise - demi	137g	151	5.7	12	8.7
Penne pasta	90g cooked	150	30	5	1
Main 2					
Jacket potato with filling	1	169	38.7	4.75	0.45
Fillings -					
Beans	60g	49	9	3	0
Tuna	40g	63.5	0	10.3	2.3
Cheese	50g	208	0	12	18
Dessert					
Cheese slice	1 slice	83	0	5.08	6.7
Digestive Biscuit	1 biscuit	69	10	1	1
Jacobs cracker	1 cracker	36	6	1	1

Primary School meals menu – Nutritional Breakdown

Monday - Week Two

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One Battered Cod Fillet	1 fillet	231	22.5	11.9	9.85
Main Two Wrap of the Day	1 wrap	172	31	4.0	3.19
Fillings -					
Chicken	40g	59	0	12	0.8
Cheese	40g	167	0	9.6	14.4
Tuna	40g	63.5	0	10.3	2.3
Ham	40g	86	0	16	2.6
Side Dishes					
Sautéed Potatoes	100g	146	26.8	2.5	3.0
	140g	204.4	37.5	3.5	4.2
Green Beans	40g	13	1.46	0.8	0
	60g	20	2.2	1.2	0
Dessert Shortbread Biscuit – cooks centre	50g	247	27	1.9	14
Shortbread Biscuit – demi	50g	253	30.5	1.65	14.2

Primary School meals menu – Nutritional Breakdown

Tuesday - Week 2

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One					
Cottage Pie - cooks centre	185g	185	21	15.14	4.86
Cottage Pie - demi	183g	203	12.6	15	10.4
Main Two					
Cheese and onion pasty	1 pasty	213	20.49	4.59	11.9
Side Dishes					
Mashed Potato	100g	84	15	1.5	1.5
	140g	118	21	2.1	2.1
Mixed Vegetables	40g	17	1.92	1.04	0.2
	60g	26	2.88	1.56	0.3
Dessert					
Yoghurt	1 frube	33	4.4	1.4	1.0
Rice krispie caramel and chocolate square	1 bar	157	27.7	1.47	4.32
Rice krispie marshmallow square	1 bar	119	21.28	0.84	3.36
Rice krispie delightfully chocolate bar	1 bar	156	26.6	1.58	4.68

Primary School meals menu – Nutritional Breakdown

Wednesday - Week 2

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One					
Butchers pork sausages	2 sausages	232	6.6	9.6	6.86
Butchers pork sausages	3 sausages	348	10	14.4	10.3
Main 2					
Jacket potato with filling	1	169	38.7	4.75	0.45
Fillings -					
Beans	60g	49	9	3	0
Tuna	40g	63.5	0	10.3	2.3
Cheese	50g	208	0	12	18
Side Servings					
Oven Baked Chips	100g	123	21	2.1	3
	140g	172	29.4	2.94	4.2
Baked Beans	40g	32.6	6	2	0
Baked Beans	60g	49	9	3	0
Dessert					
Sticky toffee pudding with toffee sauce - cooks centre		275	41	3.3	10
Sticky Toffee Pudding - demi	50g	176	24	2	7.8

Primary School meals menu – Nutritional Breakdown

Thursday - Week 2

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One Fresh Burger	1 (55g)	179	0	14.85	13.2
4" Kara Bap	1	123	23.2	4.8	0.9
Main 2 Southern fried Quorn burger	1 (63g)	123	9.1	6.74	6.17
Side Dishes					
Oven Baked Wedges	100g 140g	135 189	22.6 31.64	2.7 3.78	3.4 4.76
Carrots	40g 60g	16.6 25	3.13 4.7	0 0	0 0
Dessert Yoghurt	1 frube	33	4.4	1.4	1.0
Rice krispie caramel and chocolate square	1 bar	157	27.7	1.47	4.32
Rice krispie marshmallow square	1 bar	119	21.28	0.84	3.36
Rice krispie delightfully chocolate bar	1 bar	156	26.6	1.58	4.68

Primary School meals menu – Nutritional Breakdown

Friday - Week 2

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One Crunchy Chicken Goujons	100g	213	16.7	14.9	9.3
Main 2 Jacket potato with filling	1	169	38.7	4.75	0.45
Fillings -					
Beans	60g	49	9	3	0
Tuna	40g	63.5	0	10.3	2.3
Cheese	50g	208	0	12	18
Side Servings					
Mini Potato Waffle	100g	161	22	2.2	6.8
	140g	225	30.8	3.08	9.52
Sweetcorn	40g	26	3.24	1.76	0.72
	60g	39	4.86	2.64	1.08
Dessert Fruit Flavoured Jelly	100g	61	15	1.17	0

Primary School meals menu – Nutritional Breakdown

Monday - Week 3

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One					
Fish Fingers	2	109	10	6.5	4.7
Fish Fingers	3	164	15	9.75	7.05
Main Two					
Wrap of the Day	1 wrap	172	31	4.0	3.19
Fillings -					
Chicken	40g	59	0	12	0.8
Cheese	40g	167	0	9.6	14.4
Tuna	40g	63.5	0	10.3	2.3
Ham	40g	86	0	16	2.6
Side Servings					
Oven Baked Chips	100g	123	21	2.1	3
	140g	172	19.4	2.94	4.2
Garden Peas	40g	31	4	2.12	0.28
	60g	47	6	3.18	0.42
Dessert					
Frozen Strawberry Mousse	1 pot (90mls)	167	18.18	3.87	8.55

Primary School meals menu – Nutritional Breakdown

Tuesday - Week 3

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One Shepherds Pasty	1 pasty (89g)	230	21	4.8	14
Main Two Tomato Napolitano pasta bake		331	53	11	5.8
Garlic Bread	1 slice	83	10	1.9	3.8
Side Servings					
Mini Hash Browns	100g	156	20	1.9	7.1
	140g	218.4	28	2.66	9.94
Spaghetti Hoops	40g	22.6	4.5	0.56	0
	60g	34	6.8	0.85	0
Dessert					
Yoghurt	1 frube	33	4.4	1.4	1.0
Rice krispie caramel and chocolate square	1 bar	157	27.7	1.47	4.32
Rice krispie marshmallow square	1 bar	119	21.28	0.84	3.36
Rice krispie delightfully chocolate bar	1 bar	156	26.6	1.58	4.68

Primary School meals menu – Nutritional Breakdown

Wednesday - Week 3

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One					
Roast Gammon	50g	104	0.4	10.75	6.75
Yorkshire Pudding	1	40	6	1.6	0.9
Gravy	60mls	20	1.7	0.2	1.44
Main 2					
Jacket potato with filling	1	169	38.7	4.75	0.45
Fillings -					
Beans	60g	49	9	3	0
Tuna	40g	63.5	0	10.3	2.3
Cheese	50g	208	0	12	18
Side Servings					
Roast Potato	100g	101	18.5	1.7	1.9
	140g	141	25.9	2.38	2.66
Broccoli	40g	10	0	1	0
	60g	15	0	1.5	0
Dessert					
Carrot cake - demi	50g	178	21.5	2.05	9.1
Carrot cake – cooks centre		224	29	2.4	11

Primary School meals menu – Nutritional Breakdown

Thursday - Week 3

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One Chicken Korma		238	16	14	13
Rice	100g	126	30	3	0
Naan Bread	1 X 65g	172	30	3.24	2.99
Main Two Country Vegetable Gratin – demi	165g portion	192	22	6.5	7.8
Vegetable gratin – cooks centre		212	24	8.2	8.4
Dessert Yoghurt	1 frube	33	4.4	1.4	1.0
Rice krispie caramel and chocolate square	1 bar	157	27.7	1.47	4.32
Rice krispie marshmallow square	1 bar	119	21.28	0.84	3.36
Rice krispie delightfully chocolate bar	1 bar	156	26.6	1.58	4.68

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Friday - Week 3

Meal Component	Portion	Calories	Carbohydrate(g)	Protein (g)	Fat (g)
Main One					
Beef Lasagne - demi	183g	265	17.5	8	13.17
Beef Lasagne - cooks centre		270	23	16	12
Garlic Bread	1 slice	83	10	1.9	3.8
Main 2					
Jacket potato with filling	1	169	38.7	4.75	0.45
Fillings –					
Beans	60g	49	9	3	0
Tuna	40g	63.5	0	10.3	2.3
Cheese	50g	208	0	12	18
Dessert					
Chocolate Chip Cookie	1 (50g)	240	28.8	2.45	12.5