

Tower Hamlets - PRIMARY Oct 2019 - April 2020

gC= grams of Carbs / No carbs

Week 1	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday 'World Food Day' Mexican	Friday 'Favourites'
Main	Macaroni Cheese 90g = 17gC 160g = 32gC 210 = 38gC	Beef&Blackbean Stir Fry Noodles 200g = 28gC	Lamb Yorkshire Pudding 1=5gC , Gravy = 5gC	Fajita Chicken Brown Rice 1 Tbsp / 30g = 10gC C OR 90g = 30gC	Sticky BBQ Chicken (8gC each)
Vegetarian	Veggie Meatballs 1gC each pitta Small 35g = 19gC Large 70g = 40g C	Falafel Burger x1 (57g) = 14gC Mango Chutney 1tbsp(20g) = 12gC Potatoes 85g = 13gC	Cheese, Tomato, Red Onion Tart If tin cut into 24pieces = 12gC each	3 Bean (5gC) Mexican Chilli Wrap ½ wrap = 17gC 1 wrap = 35gC	Bubble Fish Bites (4GC EACH) Jacket potato ** See Below
Sides/Vegetables	Sweetcorn 1tbsp/40g = 6gC Garden Peas 1tbsp / 40g = 4gC	Broccoli and Carrots	Roast Potatoes 85g = 15gC OR 10gC per egg sized potato	Tortilla Chips 5 (16g) = 10gC Roasted Vegetables Sweetcorn 1tbsp/40g = 6gC	Potato Crispers(7-8) 55g = 19gC Baked Beans 1tbsp / 40g = 5gC Peas 1tbsp / 40g = 4g C
Salads	Seasonal Salads	Salads & Crudites (Carrot / Cucumber / Celery)	Cabbage Cauliflower / House Salad	Seasonal Salads & Tomato Salsa	Salads & Coleslaw
Dessert	fresh seasonal fruit 35g = 7gC OR 70g = 15gC OR 90g = 19gC	Homemade Fruit and Oat Flapjack Primary 1x 30th (60g)= 28gC	Rice Pudding and Peaches 190g = 28gC	Frozen Mango Yogurt = 10gC	Beetroot & Choc Brownie 40th (37g) = 16gC
Daily Options	Bread 20gC Slice Baguette = 10gC / Fruit platter 10gC / 80g yoghurt 10gC / cheese and crackers x 3 = 14gC Jacket potato (ideally weight and use C&cals app), Small (150g)= 32gC, medium (200g) = 42gC				

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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Week 2	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday 'World Food Day' African	Friday 'Favourites'
Main	Pizza, Sweetcorn, Peppers 1/8 = 17gC ¼ slice = 34gC Potato Wedges =2g each OR 55g = 117gC	Chicken Drumstick Brown Rice 1 Tbsp / 30g = 10gC 90g = 30gC	Roast Beef Yorkshire Pudding 1=5gC, Gravy = 5gC	Lamb Jollof Rice 1tbsp =6gC 50g = 10gC 100g = 20gC	Chicken Thigh Burger =5gC
Vegetarian	Ratatouille Ravioli 60g = 15gC	Quorn Dippers 40g = 5gC / 80g = 10gC Diced Potatoes 85g = 13gC	Salmon and Broccoli Pasta Bake 90g = 13gC/ 120g = 18gC Veg Sausages 5gC each	Vegetable Tagine 213g = 16g C Flat Bread 40g Each, ½ =20gC, ½ = 10gC	Fish fingers 4g C each Jacket potato ** see Below
Sides/Vegetables	Sweetcorn Cobette =2gC Broccoli	Sweetcorn 1tbsp/40g = 6gC Garden Peas 1tbsp / 40g = 4gC	Roast Potatoes 85g = 15gC OR 10gC per egg sized potato Carrots & Green Beans	Mixed Vegetables	Oven Chips 90g = 30gC OR 1 fat chip = 2gC each Baked Beans 1tbsp / 40g = 5gC OR Peas 1tbsp / 40g = 4gC
Salads	Fresh Seasonal Salads	Seasonal Salads & Cucumber Raita	Chef's House Salad	Seasonal Salads & African Black Eyed Bean Salad	Seasonal Salads & Homemade Coleslaw
Dessert	Fruit Salad 35g = 7gC OR 70g = 15gC	Oatmeal Cookie = 9gC each	Banana Custard 90g = 10gC Fruit of the Week (use Carbs&cals app)	Fruit Salad 35g = 7gC OR 70g = 15gC Dairy Ice-cream 1 scoop = 9gC	Tutti Fruity crumble If cut into 40 (84g) = 23gC Custard 90g = 10gC
Daily Options	Bread 20gC Slice Baguette = 10gC / Fruit platter 10gC / 80g yoghurt 10gC / cheese and crackers x 3 = 14gC Jacket potato (ideally weight and use C&cals app), Small (150g)= 32gC, medium (200g) = 42gC				

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