

Tower Hamlets – SECONDARY Oct 2019 - April 2020

gC= grams of C / No C

Week 1	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday 'World Food Day' Mexican	Friday 'Favourites'
Main	Macaroni Cheese 160g = 32gC OR 210 = 38gC	Beef and Blackbean Stir Fry Noodles 300g = 42gC	Lamb, Yorkshire Pudding ¹ = 5gC, Gravy = 5gC	Fajita Chicken Brown Rice 1 Tbsp / 30g = 10gC OR 120g = 40gC	Sticky BBQ Chicken (8gC each)
Vegetarian	Veggie Meatballs x 1gC each Pitta Small (35g) = 19gC Large (70g) = 40gC	Falafel Burger 1 (57g) = 14gC Mango Chutney 1tbsp (20g) = 12gC Diced Potatoes 85g = 13gC	Cheese, Tomato & Red Onion Tart If tin cut into 16 = 18gC each	3 Bean (5gC) Chilli Wrap ½ wrap = 17gC / 1 wrap = 35gC	Bubble Fish Bites 4gC each
DELI	Quorn paella 100g = 15gC / 150g = 23gC	Chicken Joe Wraps = 35gC	Fish fingers 4gC each	Chicken Joe Burrito 35gC (Whole Tortilla)	Jacket potato ** See below
Sides/Vegetables	Sweetcorn 1tbsp/40g = 6gC Garden Peas 1tbsp / 40g = 4gC	Broccoli and Carrots	Roast Potatoes 95g = 25gC OR 10gC per egg sized potato	Tortilla Chips 5 (16g) = 10gC Roasted Vegetables Sweetcorn 1tbsp/40g = 6gC	Potato Crispers x 7-8 OR 55g = 19gC Baked Beans 1tbsp / 40g = 5gC Peas 1tbsp / 40g = 4gC
Salads	Fresh Seasonal Salads	Salads & Crudites (Carrot / Cucumber Celery)	Cabbage / Cauliflower / Salad	Salads & Tomato Salsa	Salads & Coleslaw
Dessert	fresh seasonal fruit 35g = 7gC / 70g = 15gC / 90g = 19gC	Fruit crumble If tin cut into 24 (140g per portion) = 34gC Fruit & Oat Flapjack 90g = 43gC	Raspberry ripple Ice cream cup 1 scoop = 9gC	Frozen Mango Yogurt = 10gC	Beetroot & Chocolate Brownie If cut into 24 (62g) = 27gC
Daily	Bread 20gC Slice of Baguette = 10gC / Fresh 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, Large (250g) = 52gC				

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, Pepper 1/8 = 17g ¼ slice = 34g Potato Wedges =2g each OR 55g = 117gC	Chicken Drumstick Brown Rice 1 Tbsp / 30g = 10gC 120g = 40gC	Beef Yorkshire Pudding 1=5gC, Gravy = 5gC	Lamb Jollof Rice 100g = 20gC 200g = 40g C	Chicken Thigh Burger = 5gC
Vegetarian	Ratatouille Ravioli 85g = 21gC	Quorn Dippers 80g = 10gC Diced Potatoes 85g = 13gC	Salmon and Broccoli Pasta Bake 120g = 18gC , 166g = 25gC Veg Sausages= 5gC each	Vegetable Tagine 284g= 21gC Flat Bread 40gC Each, ½ =20gC	Fish Fingers = 4gC each
Hot Deli	Vegetable Roll approx. 146g = 31gC	Chicken Joe Burrito 35gC (Whole Tortilla)	veggie sausages =5g each	Chicken Joe Wraps = 35g	Jacket potato ** See below
Sides/Veg	Sweetcorn Cobette 2gC Broccoli	Sweetcorn 1tbsp/40g = 6gC Garden Peas 1tbsp / 40g = 4gC	Roast Potatoes 95g = 25gC OR 10gC per egg sized potato Carrots and Green Beans	Mixed Vegetables	Oven Chip 90g = 30gC OR 1 fat chip = 2gC each Baked Beans 1tbsp /40g = 5gC Peas 1tbsp/ 40g= 4gC
Salads	Fresh Seasonal Salads	Seasonal Salads & Cucumber Raita	Chef's House Salad	Salads / Bean Salad =5g per tbsp	Salads / Coleslaw
Dessert	fresh seasonal fruit 70g = 15gC / 90g = 19gC	Oatmeal Cookie Approx 17g = 9gC each	Rice pudding & peaches 230g = 33gC	Fruit Salad 70g = 15gC / 90g = 19gC Dairy Ice-cream 1 scoop = 9g	Tutti Fruity crumble 140g = 34g Custard 90g = 10gC
Daily Options	Bread 20gC Slice of Baguette = 10gC / Fresh 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, Large (250g) = 52gC				

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