

Waltham Forest Catering Autumn/Winter Primary Menu 2019/20 Week One

Week Commencing 28/10/19, 11/11/19, 25/11/19, 9/12/19, 6/1/20, 20/1/20, 3/2/20, 24/2/20, 9/3/20, 23/3/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	Cheese & Tomato Pizza 1/8 (40g)= 17gC OR ¼ slice (80g) = 34gC Garlic Bread: 1slice /33g = 16gC	Beef Bolognaise	Chicken Thigh Sage & Onion Stuffing x2 balls =5gC Gravy 2 ladles = 5gC	Cottage Pie Mash scoop = 10gC Gravy 2 ladles = 5gC	Fish fingers 4g C each
Vegetarian choice	Vegetarian Chilli (portion = 6gC)	Vegetarian Bolognaise (portion = 6gC)	1 slice Red Lentil Loaf = 9gC Gravy 2 ladles = 5gC	Vegetable Biryani 90g = 19gC 120g = 25gC	Mac 'n' Cheese: 90g = 17gC / 160g = 32gC / 210 = 38gC
Alternative choice	Quorn Thai Style Jasmine Rice 90g = 19gC	Jacket potato (ideally weight and use C&calcs app), Small (150g)= 32gC, medium (200g) = 42gC	Tomato & Basil Pasta 85g = 16gCarbs 120g = 23gC	Pepper & Sweetcorn Quiche Recipe makes 24portions, each portion = 13gC	Lemon Crumb Salmon Fillet =0g
Sides	50/50 Rice: 90g = 29gC	Wholemeal Spaghetti 33g = 10gC 66g = 20gC 100g = 30GC	Roast Potatoes 85g = 15gC OR 10gC per egg sized potato	Jacket potato (ideally weight and use C&calcs app), Small (150g)= 32gC, medium (200g) = 42gC	Chipped Potatoes 90g = 30gC OR 1 fat chip = 2gC each
Unlimited Vegetables	Sweetcorn: 1tbsp/40g = 6gC Garden Peas: 1tbsp / 40g = 4gC	Mixed Vegetables Broccoli	Shredded Green Cabbage Cauliflower	Organic Carrot Batons Green Beans	Garden Peas 1tbsp / 40g = 4gC Baked Beans 1tbsp / 40g = 5gC
Unlimited Salad Bread Selection	Fresh Salads ALL BREAD: 20g = 8gC, 30g = 12gC ,	Fresh Salads Garlic Bread: 1slice /33g = 16gC	Fresh Salads ALL BREAD: 20g = 8gC, 30g = 12gC ,	Fresh Salads ALL BREAD: 20g = 8gC, 30g = 12gC ,	Fresh Salads Slice Baguette = 10gC
Desserts	Cheese & Crackers: 4g per cracker Apple Slice:20g =3g	Peaches 60g = 6g Custard: 90g = 10gC	Apple Crumble 90g = 30gC Custard: 90g = 10gC	Pineapple ring = 4g Ice Cream scoop = 10gC	Shortbread Biscuit 28g = 15gC
Fruit Salad 35g = 7gC OR 70g = 15gC Fruit of the Week (use Carbs&calcs app), Fruit Yogurt: 80g = 10gC, 125g = 17gC ALL BREAD: 20g = 8gC, 30g = 12gC ,					
gC= grams of Carbs / No carbs					

Disclaimer: Carbohydrate values have been estimated by the Barts Health Diabetes Dietitians based on recipes from Walthamforest 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.

Waltham Forest Catering Autumn/Winter Primary Menu 2019/20 Week Two

Week Commencing 4/11/19, 18/11/19, 2/12/19, 16/12/19, 13/1/20, 27/1/20, 10/2/20, 2/3/20, 16/3/20, 30/3/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	Tomato & Veg Pasta Bake: 90g = 13gC/ 120g = 18gC	Hot & Kicking Chicken	Beef Yorkshire Pudding 1=5gC, Gravy 2 ladles = 5gC	Sausages =5gC each Gravy 2 ladles = 5gC	Fish fingers = 4gC each
Vegetarian choice	Cannellini Bean & Spinach Curry = 2gC	Fresh Vegetable & Chick Pea (1gC) Stir Fry & Noodles: 50g = 17gC	Vegetable Korma (2gC)	Veg Jollof Rice 1tbsp =6gC 50g = 10gC 100g = 20gC	Cheese & Sweetcorn Frittata (2gC)
Alternative	Jacket potato (ideally weight and use C&calcs app), Small (150g)= 32gC, medium (200g) = 42gC	Arrabiatta Pasta 85g = 16gCarbs 120g = 23gC	Quorn Sausage Casserole with Beans: portion =10gC	Jacket potato (ideally weight and use C&calcs app), Small (150g)= 32gC, medium (200g) = 42gC	Battered Fish Fillet 60 - 70g = 9gC 70-100g = 12g 100-130g = 17g
Sides	50/50 Rice 90g = 29gC	Jacket Wedges =2g each OR 55g = 117gC	50/50 Rice 90g = 29gC	Creamed Mashed Potato 1scoop = 10gC	Chipped Potatoes 90g = 30gC OR 1 fat chip = 2gC each
Unlimited Vegetables	Sweetcorn 1tbsp/40g = 6gC Carrot Batons	Broccoli Mixed Vegetables	Cauliflower Garden Peas 1tbsp / 40g = 4gC	Roasted Seasonal Vegetables	Sweetcorn: 1tbsp/40g = 6gC Garden Peas: 1tbsp / 40g = 4gC Baked Beans 1tbsp / 40g = 5gC
Salad Selection	Fresh Salads ALL BREAD: 20g = 8gC, 30g = 12gC ,	Fresh Salads ALL BREAD: 20g = 8gC, 30g = 12gC ,	Fresh Salads ALL BREAD: 20g = 8gC, 30g = 12gC ,	Fresh Salads ALL BREAD: 20g = 8gC, 30g = 12gC ,	Fresh Salads Garlic Bread: 1slice /33g = 16gC
Desserts	Cheese & Crackers: 4g per cracker Apple Slice: 20g =3g	Chocolate Sponge: 40g = 20gC Chocolate Sauce 90g = 11g	Fruit Jelly Pot: 70g = 11gC	Mandarin Oranges 40g = 4gC Custard: 90g = 10gC	Fruit Salad 35g = 7gC OR 70g = 15gC

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