

Primary School - NEWHAM Autumn Winter Menu / October 2019 to March 2020: 3 choices



Barts Health
NHS Trust




Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Burger in Bun (40gC) Jacket Wedges (10 wedges, 15gC)	Spaghetti Bolognese (Beef/Lamb)* (117g, 38gC)	Roast Chicken Stuffing (50g = 10gC) Roast Potatoes (10gC PER egg sized potato)	Lamb Tikka Masala (170g, carbs 11gC) Rice (15ml tablespoon, 10gC)	BBQ Chicken (8gC each) = & Chips (5 chips = 10gC carbs)
Choice 2	Fisherman's Pie (200g, 18gC)	Spanish Omelette (162g, 13gC) with New Potatoes (10gC PER egg sized potato)	Fish in Batter (60g = 10gC) & Roast Potatoes (10gC per egg sized potato)	Chick Pea & Potato Curry (153g = 18gC) Rice (15ml tablespoon, 10gC)	Fish Fingers (3 fish fingers = 9gC) Chips (5 chips = 10gC)
Vegetarian	Quorn & Pepper Fajita 160g = 30gC	Vegetable & Lentil Crumble (152g = 14gC) New Potatoes (10gC per egg sized potato)	Butternut squash and spinach tart with roast potatoes	Pizza with Olives & Tomato 1 thin slice = 17gC 1 thick slice = 25gC	Quorn Sausage 'Toad in the Hole' (9gC each) Chips (5 chips = 10gC)
Side Dishes	Sweetcorn (2 tablespoons = 10gC) Fresh Broccoli	Sweetcorn (2 tablespoons = 10gC) Fresh Broccoli	Fresh Seasonal Vegetables	Mini Corn on the Cob (5gC each) Green Beans (2 tablespoons, 5g carbs)	Garden Peas (2 tablespoons, 5gC) Baked Beans (one tablespoon, 5gC)
Dessert	Pear & Peach Crumble (104g = 33gC) with Custard 75g = 12gC	Fruity Flapjack (63g = 22gC)	Fruity Flapjack (63g = 22gC)	Chocolate Sponge (83g, 23gC) chocolate Custard 75g, 12gC	Fruit, (40g, 5gC) Jelly 40g, 6gC & Ice Cream (10g carbs per scoop)
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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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Meatballs with Tomato Sauce (3 meatballs with sauce, carbs 6g) Pasta (pasta weight 80g, carbs 25g)	Lamb & Vegetable Jollof Rice (weight 260g, carbs 27g)	Roast Turkey Yorkshire Pudding (8g carbs) Roast Potatoes (10g carbs per egg sized potato)	Greek Style Souvlaki Chicken Rice (one 15ml tablespoon, 10g carbs)	Jacket Potato (see below) Chilli Con Carne (weight 170g, carbs 10g)
Choice 2	Fish Burger (carbs 36g) with Coleslaw (weight 50g, carbs 3g) & Salad	Mexican Chicken Wrap (half wrap, carbs 15g)	Wholemeal Tuna Hoagie Melt (27g carbs per hoagie)	Oriental Beef/Lamb* Stir Fry Noodles 200g = 28gC	Fish in Batter (weight 60g, carbs 10g) Jacket Wedges (10 wedges, 15g carbs)
Vegetarian	Vegetable Biryani with Dhal (weight 50g, carbs 7g)	Vegetarian Lasagne (weight 225g, carbs 24g) with Foccacia (weight 30g, carbs 16g)	Cheese & Onion Slice (weight 85g, carbs 18g) & Roast Potatoes (10g carbs per egg sized potato)	Quorn & Sweet Potato Curry (weight 115g, carbs 15g) with Rice (one 15ml tablespoon, 10g carbs)	Veggie Burger (weight 57g, carbs 14g) with Jacket Wedges (10 wedges, 15g carbs)
Side Dishes	Fresh Broccoli Mixed Vegetables	Mini Corn on the Cob (weight 44g, carbs 2g) Organic Carrots	Fresh Seasonal Vegetables	Sweetcorn (2 tablespoons, 10g carbs) Green Beans (2 tablespoons, 5g carbs)	Garden Peas (2 tablespoons, 5g carbs) Baked Beans (1 tablespoon, 5g carbs)
Dessert	Raspberry Ice Cream Sponge Roll 60g = 19gC	Apple Crumble (weight 101g, carbs 35g) with Custard (weight 7g, carbs 12g) 	Fruit Cheesecake (weight 90g, carbs 44g) 	Lemon & Courgette Cake 50g = 21gC Custard (weight 75g, carbs 12g) 	Frozen Yoghurt (1 scoop 45g, carbs 8g) With Fruit (use carbs and calcs app)
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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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Baked Sausage (2 sausages, carbs 13g) with Mashed Potatoes (10g carbs per scoop)	Minced Beef/Lamb* & Vegetable Pie (weight 120g, carbs 13g) with Chips (10g carbs for every 5 chips)	Roast Lamb/Beef* & Yorkshire Pudding (YP 8g carbs) with New Potatoes (10g carbs per egg sized potato)	Chicken Korma (weight 225g, carbs 10g) with Rice (one 15ml tablespoon, 10g carbs)	Chicken & Sweetcorn Pasta Bake (weight 143g, carbs 16g)
Choice 2	Vegetable & Lentil Curry (weight 200g, carbs 15g) with Rice (one 15ml tablespoon, 10g carbs)	Fish in Breadcrumbs (weight 60g, carbs 10g) with Chips (10g carbs for every 5 chips)	Italian Style Fish Fillet (weight 161g, carbs 5g) with New Potatoes (10g carbs per egg sized potato)	Fish Biryani (50g= 7gC Or 75g =10gC)	Fish Fingers (3 fish fingers, carbs 9g) with Jacket Wedges (10 wedges, 15g carbs)
Vegetarian	Vegetarian Jerk Wrap ½ wrap = 17gC 1 wrap = 35gC	Tuscan Vegetable & Mixed Bean Pasta Bake (100g =17gC OR 160g= 27gC)	Cheese & Tomato Pizza (weight 159g, carbs 35g)	Macaroni Cheese 90g = 17gC 160g = 32gC 210 = 38gC Focaccia (weight 30g, carbs 16g)	Veggie Keema Naan Bread (12g carbs per Naan bread)
Side Dishes	Mixed Vegetables Garden Peas (2 tablespoons, 5g carbs)	Sweetcorn (2 tablespoons, 10g carbs) Broccoli	Fresh Seasonal Vegetables	Green Beans (2 tablespoons, 5g carbs) Roast Peppers	Baked Beans (one tablespoon, 5g carbs) Garden Peas (2 tablespoons, 5g carbs)
Dessert	Rice Pudding (weight 100g, carbs 16g) with Jam (one tbsp., carbs 10g)	Raspberry & Coconut Slice (weight, carbs) with Custard (weight 75g, carbs 12g)	Chocolate & Mandarin Mousse (weight 66g, carbs 10g)	Lemon & Banana Cake with Custard (weight 75g, carbs 12g)	Waffles with Fruit (weight 40g, carbs 17g) & Ice Cream (10g carbs per scoop)
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&cal app), Small (150g)= 32gC, medium (200g) = 42gC				

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