






| Week 1               | Monday                                                                                                                                                                                                | Tuesday                                                                          | Wednesday                                                                           | Thursday                                                             | Friday                                                                  |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Choice 1</b>      | Burger in Bun (40gC)<br>Jacket Wedges (10 wedges= 15gC)                                                                                                                                               | Spaghetti Bolognese (Beef/Lamb)* (117g= 38gC)                                    | Roast Chicken & Stuffing (50g =10gC) with Roast Potatoes(10gC PER egg sized potato) | Lamb Tikka Masala (170g= 11gC) with Rice (one 15ml tablespoon= 10gC) | Salmon Goujons/ Fish Fingers 30g= 7gC with Chips10gC for every 5 chips) |
| <b>Vegetarian</b>    | Quorn & Pepper Fajita160g = 30gC                                                                                                                                                                      | Vegetable & Lentil Crumble (152g= 14gC) New Potatoes (10gC per egg sized potato) | Vegetable & Lentil Crumble (152g= 14gC) New Potatoes (10gC per egg sized potato)    | Pizza with Olives & Tomato 1 thin slice= 17gC 1 thick slice= 25gC    | Quorn Sausage 'Toad in the Hole'(9gC each ) With Chips( 5 chips =10gC)  |
| <b>Side Dishes</b>   | Sweetcorn (2 tablespoons= 10gC) Fresh Broccoli                                                                                                                                                        | Sweetcorn (2 tablespoons= 10gC) Fresh Broccoli                                   | Fresh Seasonal Vegetables                                                           | Mini Corn on the Cob (5gC each) Green Beans(2tbs= 5gC)               | Garden Peas(2 tablespoons= 5gC Baked Beans one tablespoon= 5gC)         |
| <b>Dessert</b>       | Pear & Peach Crumble (104g= 33gC) Custard 75g= 12gC                                                                                                                                                   | Fruity Flapjack(63g= 22gC)                                                       | Fruity Flapjack(63g= 22gC)                                                          | Chocolate Sponge 83g=23gC) chocolateCustard 75g= 12gC)               | Fruit, (40g= 5gC) Jelly 40g=6gC) Ice Cream(10g carbs per scoop)         |
| <b>Daily Options</b> | 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 |                                                                                  |                                                                                     |                                                                      |                                                                         |

**gC= grams of Carbs / No carbs**

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



| Week 2               | Monday                                                                                                                                                                                                 | Tuesday                                                                                                                                   | Wednesday                                                                                                              | Thursday                                                                                                                                         | Friday                                                                       |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>Choice 1</b>      | Meatballs + tomato sauce (3 meatballs with sauce= 6gC with Pasta (80g= 25gC)                                                                                                                           | Lamb & Vegetable Jollof Rice<br>55g =10gC<br>70g =13gC                                                                                    | Roast Turkey with Yorkshire Pudding (8gC each ) & Roast Potatoes (10g carbs per egg sized potato)                      | Greek Style Souvlaki Chicken with Rice (one 15ml tablespoon=10gC)                                                                                | Fish in Batter 65g =13gC OR 106g = 20gC with Jacket Wedges (10 wedges= 15gC) |
| <b>Vegetarian</b>    | Vegetable Biryani with Dhal (50g= 7gC Or 75g =10gC)                                                                                                                                                    | Vegetarian Lasagne<br>80g= 11gC<br>110g= 15gC or with Foccacia (30g=16gC)                                                                 | Cheese & Onion Slice 85g=18gC) & Roast Potatoes (10g carbs per egg sized potato)                                       | Quorn & Sweet Potato Curry (115g = 15gC) with Rice (one 15ml tablespoon= 10gC)                                                                   | Veggie Burger 57g= 14gC) with Jacket Wedges (10 wedges, 15gC)                |
| <b>Side Dishes</b>   | Fresh Broccoli<br>Mixed Vegetables                                                                                                                                                                     | Mini Corn on the Cob 44g=2gC<br>Organic Carrots                                                                                           | Fresh Seasonal Vegetables                                                                                              | Sweetcorn (2 tablespoons= 10gC)<br>Green Beans (2 tablespoons= 5gC)                                                                              | Garden Peas (2 tablespoons =5gC)<br>Baked Beans (1 tablespoon= 5g C)         |
| <b>Dessert</b>       | Raspberry Ice Cream Sponge Roll 60g =19gC                                                                                                                                                              | Apple Crumble (101g= 35gC) with Custard (75g=12gC )  | Fruit Cheesecake (90g= carbs 44gC)  | Lemon & Courgette Cake 50g =21gC with Custard ( 75g= 12gC)  | Frozen Yoghurt (1 scoop 45g= 8gC) With Fruit (40g= 5gC)                      |
| <b>Daily Options</b> | Bread 20gC Slice Baguette = 10gC / Fruit platter 10gC / 80g yoghurt 10gC / cheese and crackers x 3 = 14gC Jacket potato (ideally weight and use C&calcs app), Small (150g)= 32gC, medium (200g) = 42gC |                                                                                                                                           |                                                                                                                        |                                                                                                                                                  |                                                                              |

**gC= grams of Carbs / No carbs**




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



Primary School - NEWHAM Autumn Winter Menu / October 2019 to March 2020: 2 choice



Barts Health Trust

| Week 3               | Monday                                                                                                                                                                                               | Tuesday                                                                                                                                                               | Wednesday                                                                                         | Thursday                                                                                                                                | Friday                                                                                                |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <b>Choice 1</b>      | Baked Sausage (2 sausages= 13gC) with Mashed Potatoes (10g carbs per scoop)                                                                                                                          | Minced Beef/Lamb* & Vegetable Pie (80g =9gC OR 120g, =13gC) with Chips (10gC for every 5 chips)                                                                       | Roast Lamb/Beef* & Yorkshire Pudding (8gC each with New Potatoes (10g carbs per egg sized potato) | Chicken Korma (100g =5gC OR ,225g, 10gC) with Rice (one 15ml tablespoon= 10gC)                                                          | Fish Burger (if breaded)= 50g=10gc OR 70g= 15gc Burger bun=(40gC) with Jacket Wedges(10 wedges= 15gC) |
| <b>Vegetarian</b>    | Vegetable & Lentil Curry with 120g= 13gC with Rice (one 15ml tablespoon, 10g carbs)                                                                                                                  | Tuscan Vegetable & Mixed Bean Pasta Bake (100g =17gC OR 160g= 27gC)                                                                                                   | Cheese & Tomato Pizza (1 thin slice = 17gC 1 thick slice= 25gC)                                   | Macaroni Cheese (90g = 17gC 160g = 32gC 210 = 38gC) Focaccia 30g= 16gC)                                                                 | Veggie Keema & Naan Bread(12g carbs per Naan bread)                                                   |
| <b>Side Dishes</b>   | 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)                          |
| <b>Dessert</b>       | Rice Pudding (weight 100g, carbs 16g)with Jam (one tbsp., carbs 10g)                                                | Raspberry & Coconut sponge Slice (55g= 20gC) with Custard (weight 75g= carbs 12g)  | Chocolate & Mandarin Mousse (weight 66g, carbs 10g)                                               | Lemon & Banana Cake Custard (weight 75g, carbs 12g)  | Waffles with Fruit (weight 40g, carbs 17g) Ice Cream (10g carbs per scoop)                            |
| <b>Daily Options</b> | 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 |                                                                                                                                                                       |                                                                                                   |                                                                                                                                         |                                                                                                       |

**gC= grams of Carbs / No carbs**

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