

# CARBOHYDRATE COUNTED MENU

## PORTIONS

**Potatoes = 4oz**

**Mashed 21g**

**Boiled 21g**

**Sauté 21g**

**Seasoned 28g**

**Jacket Potato 45g**

**Chips in combi oven 30g**

**Chips fried 36g**

**Pasta = 3oz - 32.6g**

**Wholegrain Rice = 3oz -**

**45g**

**Vegetables = 2oz**

## Also served daily:

**Fresh Fruit 13.5g**

**Wholemeal Bread 17.6g**

**Yoghurt 13.5g**

**Cheese & Biscuits 11.78g**

**Ice Cream - Tub 9.64g**

**Ice Cream - Kitchen**

**Made 5.4g**

**Semi-Skimmed Milk -**

**11.75g**

**Water**

Occasionally due to circumstances beyond our control it may be necessary to change or replace some menu items or ingredients.

Please note our menus/food may contain allergens. We are able to provide allergen information on request or please visit the Bridgend CBC website for more information.

**\* NURSERY PUPILS**

# PRIMARY MENU

## WEEK 1

## WEEK 2

## WEEK 3

WEEK 1	WEEK 2	WEEK 3
<p><b>MONDAY</b></p> <p>* Oven Baked Sausages 5.68g or Italian Style Pasta 26.5g or Jacket Potato topped with Cheese V 45.66g Jacket Potato Wedges Sweetcorn 11.8g or Garden Peas 5.8g or Salad Chocolate Orange Sponge 21.4g &amp; Custard 13.6g</p>	<p><b>MONDAY</b></p> <p>* Oven Baked Fish Fillet 12.7g or Chinese Chicken 10.6g Sauté Potatoes or Noodles 35.32g Garden Peas 5.8g or Sweetcorn Kernels 11.8g or Salad Marble Banana Sponge 33.7g &amp; Custard 13.6g</p>	<p><b>MONDAY</b></p> <p>* Savoury Meatballs in Tomato Sauce 9.77g or Tuna &amp; Sweetcorn Pasta 31.9g Jacket Potato or Pasta Country Vegetable Medley 3.96g or Salad Tropical Sponge 23.4g &amp; Custard 13.6g</p>
<p><b>TUESDAY</b></p> <p>* Chicken &amp; Leek Casserole 9.64g or Roast Beef 0g &amp; Yorkshire Pudding 9.0g or Vegetable Casserole V 18.4g Creamed Potatoes Green Beans 1.7g or Diced Swede 1.3g Arctic Roll &amp; Peach Slices 17.1g</p>	<p><b>TUESDAY</b></p> <p>* Bolognese &amp; French Bread 43.43g or Tuna &amp; Cheese Melt 9.97g or Assorted Filled Wraps 38g Pasta or Jacket Potato Broccoli Florets 0.7g or Diced Mixed Vegetables 4.26g or Salad Fruity Coconut 25g or Citrus Sponge Finger 20.4g</p>	<p><b>TUESDAY</b></p> <p>* Fish Fillet Fingers 7.1g or Cheesy Topped Ranch Pie 20.9g Boiled Potatoes or Seasoned Potatoes Mixed Diced Vegetables 4.26g or Broccoli 0.7g or Salad Arctic Roll &amp; Fruit Slices 17.1g</p>
<p><b>WEDNESDAY</b></p> <p>* Haddock Bake 11.6g or Mexican Chilli 12.6g Vegetable Rice or Boiled Potatoes Baked Beans 10g or Broccoli 0.7g or Salad Jam &amp; Cream Scone 34.54g or Fruit Jelly &amp; Cream Swirl 16.1g</p>	<p><b>WEDNESDAY</b></p> <p>Macaroni &amp; Broccoli Cheese 31.7g or * Pork Grill 4.1g Creamed Potatoes Country Vegetables 3.96g or Baked Beans 10g / Tomatoes 2.64g or Salad Fruity Topped Waffles 43.8g or Fruit Jelly 16.1g</p>	<p><b>WEDNESDAY</b></p> <p>Sliced Roast Pork 0g &amp; Sage &amp; Onion Stuffing 8.8g, Apple Sauce 1.5g &amp; Rich Gravy Sauce 2.0g or * Chicken &amp; Lentil Stew 13.53g or Vegetable Stew V 18.4g Boiled or Creamed Potatoes Green Beans 1.7g or Baton Carrots 2.64g or Salad Raspberry Slice 9.1g</p>
<p><b>THURSDAY</b></p> <p>Savoury Meatballs in Gravy 8.55g or * Cod &amp; Salmon Fish Fingers 8.7g Boiled Potatoes Spaghetti in Tomato Sauce 7.8g or Country Vegetables 3.96g or Salad Apple Crumble 27.4g/Sponge 22.1g &amp; Custard 13.6g</p>	<p><b>THURSDAY</b></p> <p>Oven Baked Lamb Grill 5.6g or * Roast Chicken &amp; Stuffing 10g Creamed Potatoes or Boiled Potatoes Shredded Cabbage 1.32g or Baton Carrots 2.64g or Salad Fruit Ripple Ice Cream 5.53g or Rice Pudding 26.6g</p>	<p><b>THURSDAY</b></p> <p>* Wholemeal Cheese &amp; Tomato Pizza V 19.9g or Chicken &amp; Vegetable Burrito 50.6g Savoury Pasta or Jacket Potato Sweetcorn 11.8g or Garden Peas 5.8g or Salad Steamed Jam Sponge 35.8g &amp; Custard 13.6g</p>
<p><b>FRIDAY</b></p> <p>* Wholemeal Cheese &amp; Tomato Pizza V 19.9g or Chicken Korma 10.1g /Tikka 8.7g Wholegrain Rice or Chipped Potatoes Garden Peas 5.8g or Sweetcorn Kernels 11.8g or Salad Chocolate &amp; Banana Cookies 31.9g</p>	<p><b>FRIDAY</b></p> <p>* Cod &amp; Salmon Fishcake 10.8g or BBQ Chicken Fillet 1.86g or Jacket Potato topped with Cheese V 45.66g Jacket Potato or Chipped Potatoes Garden Peas 5.8g or Sweetcorn Kernels 11.8g or Salad Banoffee Cupcake 22.8g</p>	<p><b>FRIDAY</b></p> <p>Lemon Sole Grill 8.7g or * Hotdog 28.1g or Jacket Potato topped with Cheese V 45.66g Jacket Potato or Chipped Potatoes Baked Beans 10g or Garden Peas 5.8g or Salad Fruit Flapjack 27.5g</p>