

CARBOHYDRATE COUNTED MENU

PORTIONS

Potatoes = 4oz
Mashed 21g
Boiled 21g
Sauté 21g
Herby Diced 13.6g
Jacket Potato 24.4g
Chips in combi oven 29.4g
Chips fried 30g
Potato Wedges 24.4g

**Savoury Pasta = 3oz -
18.2g**

**Vegetable Rice = 3oz -
23.9g**

Vegetables = 2oz

Also served daily:

Fresh Fruit 13.5g
Wholemeal Bread 17.6g
Yoghurt 11.6g
Cheese & Biscuits 11.8g
Ice Cream - Tub 9.6g
**Ice Cream - Kitchen
Made 5.4g**
**Semi-Skimmed Milk -
11.8g**

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 |
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| <p>MONDAY</p> <p>Broccoli & Macaroni Cheese 26.0g Or * Cod & Salmon Fish Fingers 8.7g Herby Diced Potatoes Baked Beans 10.1g & Sweetcorn 5.7g & Garden Peas 6.7g & Salad Berry Cupcake 19.8g</p> | <p>MONDAY</p> <p>Chinese Style Salmon 6.4g Or * Loaded Vegetable Pizza 20.6g Sauté Potatoes or Noodles 19.9g Sweetcorn 5.7g & Stir-Fry Vegetables 6.4g & Coleslaw 4.4g or Salad Tutti Fruitti Flapjacks 24.8g</p> | <p>MONDAY</p> <p>* Lemon Sole 8.7g Or Tomato & Mushroom Pasta 24.5g Jacket Potato or Savoury Pasta Mixed Vegetables 4.3g & Sweetcorn 5.7g & Broccoli 0.7g or Salad Toffee Apple Brownie 27.2g</p> |
| <p>TUESDAY</p> <p>* Lasagne 30.3g / Bolognese Bake 31.7g or Tuna Melt 11.6g Savoury Pasta or Jacket Potato Country Vegetables 4.0g & Broccoli 0.7g & Coleslaw 4.4g & Salad Raspberry & Peach Swirl Sponge 22.3g & Custard 13.6g</p> | <p>TUESDAY</p> <p>* Fish Fillet 12.2g or Ranch Pie 20.8g Herby Diced Potatoes Country Vegetables 3.9g & Sweetcorn 5.7g & Garden Peas 6.7g or Salad Tropical Rice Pudding 29.1g or Arctic Roll & Fruit 22.7g</p> | <p>TUESDAY</p> <p>* Chicken Goujons 8.4g Or Beef Burger in a Bun 20.7g Vegetable Rice or Potato Wedges Coleslaw 4.4g & Green Beans 1.7g & Garden Peas 6.7g or Salad 33.3g Pancakes/Waffles 35.7g & Banana Ice Cream 6g</p> |
| <p>WEDNESDAY</p> <p>* Roast Turkey & Stuffing in Rich Gravy 7.5g or Savoury Meatballs in Gravy 7.7g Creamed Potatoes or Boiled Potatoes Green Cabbage 1.3g & Carrots 2.9g & Diced Swede 1.3g or Salad Fruit Yogurt 11.6g or Fresh Fruit 13.5g</p> | <p>WEDNESDAY</p> <p>* Chicken Fillet with Sage & Onion Stuffing 7.5g Or Baked Sausages 5.7g Creamed Potatoes or Boiled Potatoes Carrots 2.9g & Cabbage 2.9g & Cauliflower 1.8g Fruit Yogurt 11.6g or Fresh Fruit 13.5g</p> | <p>WEDNESDAY</p> <p>Roast Beef 0g & Sage & Yorkshire Pudding 9.0g Or * Chicken Hotpot 11.1g Roast Potatoes or Boiled Potatoes Baton Carrots 2.9g & Cabbage 1.4g & Swede 1.4g Fruit Yogurt 11.6g or Fresh Fruit 13.5g</p> |
| <p>THURSDAY</p> <p>* Pork Sausage & Bean Casserole 30.4g Or Cheese & Tomato Pizza 19.9g Potato Wedges Garden Peas 6.7g & Sweetcorn 5.7g & Country Vegetables 3.96g or Salad Fruit Jelly & Strawberry Swirl 18.7g</p> | <p>THURSDAY</p> <p>* Pork Frikadellons 5.3g Or Cheese & Potato Pie 23.7g Creamed Potatoes or Boiled Potatoes Baked Beans/Tomatoes 10.1g or Garden Peas 6.7g & Broccoli 0.7g Eve's Sponge 28.8g & Custard 13.6g</p> | <p>THURSDAY</p> <p>* Roast Pork with Sage & Onion Stuffing 7.5g or Chicken & Ham Pie 12.2g Creamed Potatoes or Boiled Potatoes Green Beans 1.7g & Carrots 2.9g & Garden Peas 6.7g 31.4g Fruit Crumble/Tart 27.7g & Custard 13.6g</p> |
| <p>FRIDAY</p> <p>10.1g Chicken Korma /Tikka 8.7g Or * Fish Fillet in a Bun 33.2g Vegetable Rice or Chipped Potatoes Country Vegetables 3.9g & Garden Peas 6.7g & Broccoli 0.7g or Salad Pear & Chocolate Muffin 21.5g</p> | <p>FRIDAY</p> <p>Katsu Chicken Curry 12.8g Or * Burrito Boats 19.5g Vegetable Rice or Chipped Potatoes Broccoli 0.7g & Garden Peas 6.7g & Sweetcorn 5.7g or Salad Chocolate & Orange Cheesecake 28.4g</p> | <p>FRIDAY</p> <p>BBQ Chicken 1.9g or * Salmon Goujon Salad Cones 44.8g Vegetable Rice, Jacket Potato or Chipped Potatoes Broccoli 0.7g & Sweetcorn 5.7g & Garden Peas 6.7g or Salad Fruit Jelly & Dream Topping 16.1g</p> |