

Carbohydrate Count Information

Menu Item	Per Portion (cooked weight in g)	Carb Count
Planet Ball Spaghetti	265.65g	47g
Cheesy Pizza Round	134.3g	28.69g
Jacket Potato with Baked Beans	250g	41g
Chopped Salad	60g	3g
Herby Roast Potatoes	80.75g	17g
Crunchy Coleslaw	60g	4g
Yogurt Bowl	80g	3g
Fruit Platter	Approx. 80.14g	14.77g
Rainbow Risotto	225g	37.5g
Super Green Broccoli	50g	3.5g
Homemade Garlic Bread	50g	10.73g
Butter Chicken Curry	83.55g	4.26g
Boiled Rice	120g	33.6g
Nann Bread	20g	10.7g

Menu Item	Per Portion (cooked weight in g)	Carb Count
Jacket Potato with Grated Cheese	220g	35g
Chewy Oaty Flapjack	37.5g	20.93g
Sizzling Sausage and Bean Bake	140g	13.3g
Roast Potatoes	80.75g	17g
Roast Chicken	45g	0g
Stuffing – Sage and Onion	15g	6.75g
Country Mixed Vegetables	50g	4g
Gravy	15ml	0.4g
Chocolate Sponge Cake	50g	36.64g
Custard	15ml	13.2g
Earth Hero Cottage Pie	221.5g	27.18g
Cut Green Beans	50g	3.5g
Cottage Pie (beef)	221.5g	23.64g
Jacket Potato with Tuna Mayonnaise	250g	36g
Shortbread Biscuit	50g	27.52g

Menu Item	Per Portion (cooked weight in g)	Carb Count
Fully Loaded Oven Baked Fries	165.6g	19.25g
Battered Fish Portion	60g	9.54g
Oven Chips	80g	22.5g
Garden Peas	50g	7.5g
Earth Friendly Spaghetti Bolognese	220g	43g
Cheesy Pizza Slice	119.6g	25.17g
Traffic Light Couscous	85g	10.8g
Sunny Spanish Paella	232.8g	45g
Fruity Chicken Curry	133g	11g
Yorkshire Pudding	30g	6g
Sizzling Sausage	50g	1g
Chicken Sausage	56g	6.83g
Pork Sausage	55g	4g
Smart Mac & Cheese	166.5g	44g
Spaghetti Bolognese	237.5g	41.9g

Menu Item	Per Portion (cooked weight in g)	Carb Count
Choc Beet Brownie	43.1g	18.5g
Golden Sausage Roll	52g	11.4g
Fish Fingers	50g	12.75g
Tangy Tomato Pasta	150g	37.5g
Lentil Love Curry	188.3g	12.6g
Chicken Korma	122g	7.85g
Chocolate Penny	31g	15.25g
Apple Crumble	50g	21.26g
Plant Powered All Day Breakfast	245g	26.53g
All Day Breakfast	245g	28g
Carrot Flapjack	30g	17.71g
Creamy Pasta Alfredo	175g	44.55g
Fish Stars	80g	22g