

Menu

↳ AW2526 SEC CARB COUNT



Name	Portion Name	Portion Size g	Carbohydrate g
Secondary recipes for AW2526			2549.4
SECS10 Spaghetti Pasta	1 Serving	161	48
SECS23 Garlic Bread	1 Serving	30.2	13
SECB4 Beef Bolognaise	1 Serving	170	13
SECM1 Mexican Beef Chili	1 Serving	241	17
SECM13 Soft Taco	1 Serving	27	13
SECS39 50/50 Long Grain & Whole...	1 Serving	142	47
SECCH17 Peri Peri Chicken	1 Serving	103	0.8
SECS21 Roast Potatoes	1 Serving	119	20
SECS26 Onion Gravy	1 Serving	61	3.5
SECCH16 Thai Chicken Curry	1 Serving	216	15
SECF2 Fish Fingers	1 Serving	75	16
SECS4 Chips	1 Serving	150	37
SECV47 Autumn Risotto	1 Serving	475	61
SECM3 Mexican Vegetable Rice	1 Serving	244	43
SECV36 Cajun Sweet Potato and Spin...	1 Serving	313	71
SECV34 Sticky Soya and Honey Nood...	1 Serving	279	55
SECHD1 Pork Diddy Dog	1 Serving	135	39
SECHD2 Chicken Diddy Dog	1 Serving	135	48
SECHD3 Vegan Diddy Dog	1 Serving	128	43
SECHD4 Delhi Dog - Pork	1 Serving	241	69
SECHD5 Delhi Dog - Chicken Halal	1 Serving	227	75
SECHD6 Delhi Dog - Vegetarian	1 Serving	177	65
SECHD7 Downtown Dog - Pork	1 Serving	244	69
SECHD8 Downtown Dog - Chicken H...	1 Serving	230	75
SECHD9 Downtown Dog - Vegetarian	1 Serving	180	66
SECHD10 Posh Dog - Pork	1 Serving	247	69
SECHD11 Posh Dog - Chicken Halal	1 Serving	233	75
SECHD12 Posh Dog - Vegetarian	1 Serving	183	66
SECHD13 Enchiladog - Pork	1 Serving	225	51
SECHD14 Enchiladog - Chicken Halal	1 Serving	211	57
SECHD15 Enchiladog - Vegetarian	1 Serving	161	48
SECD42 Pineapple Upside Down Cake	1 Serving	121	31

SECD28 Custard	1 Serving	105	13
SECD46 Oaty Cookie	1 Serving	32.7	16
SECD30 Plum Crumble	1 Serving	128	46
SECD26 School Cake	1 Serving	73	30
SECD24 Lemon Drizzle Cake	1 Serving	104	49
SECMC1 Classic Macaroni Cheese	Primary Serving	320	42
SECMC2 Crunchy Garlic Croutons	1 Serving	19.3	8.4
SECSF2 Spicy Chicken - Theos	1 Serving	75	2.1
SECSF9 Khobez Bread - Theos	1 Serving	50	30
SECSF12 Tabbouleh Salad	1 Serving	69	16
SECP4 Pork Sausage	1 Serving	114	9.7
SECCH11 Halal Chicken Sausage	1 Serving	113	22
SECSD3 Mashed Potatoes	1 Serving	196	30
SECCH12 Hot Wok Chicken Noodles	1 Serving	304	48
SECSF7 Houmous and Falafel - Bidfo...	1 Serving	60	11
SECV19 Vegan Sausage	1 Serving	100	8.1
SECV48 Black Bean Vegetables	1 Serving	339	35
SECY4 Greek Feta, Honey and Spinac...	1 Serving	139	25
SECD19 Syrup Sponge	1 Serving	71	30
SECD16 Cherry Apple Crumble	1 Serving	153	46
SECD23 Chocolate Shortbread Cake	1 Serving	131	61
SECD47 Pear Upside Down Cake	1 Serving	115	42
SECV49 Vegetarian Thai Noodles	1 Serving	280	67
SECB1 Beef Meatballs in Tomato Sau...	1 Serving	196	15
SECCH13 Roast Chicken Thigh	1 Serving	100	0
SECSD34 Yorkshire Pudding	1 Serving	38.3	7.2
SECSR2 Chicken Korma	1 Serving	130	3.6
SECF7 Battered Fish Fillet	1 Serving	80	13
SECSD36 Tartare Sauce	1 Serving	10	1.6
SECV50 Vegan Meatball Pasta Bake	1 Serving	371	43
SECV51 Chickpea and Vegetable Biry...	1 Serving	408	79
SECV35 Roasted Quorn Fillet	1 Serving	69	3.4
SECSR5 Sweet Potato, Chickpea and ...	1 Serving	228	30
SECV14 Bean Burger	1 Serving	190	70
SECD15 Warm Banana Flapjack	1 Serving	110	46
SECD21 Vanilla Sponge	1 Serving	73	30
SECD49 Jam Sponge	1 Serving	54	20

SECD20 Sticky Toffee Apple Crumble	1 Serving	153	54
SECD48 Berry Crumble Cake	1 Serving	57	27

TOTALS:	2549
AVERAGES:	35.9