

# Menu

SS25CARBCOUNT



Name	Portion Name	Portion Size g	Carbohydrate g
SS25			-
SECV43 Butternut Mac Cheese	Primary Serving	587	62
SECV44 Quorn and Vegetable Chow ...	1 Serving	221	49
SECD42 Pineapple Upside Down Cake	1 Serving	121	32
SECMK1 Mexican Beef Chili	1 Serving	241	17
SECS39 50/50 Long Grain & Whole...	1 Serving	142	47
SECMK11 Homemade Sour Cream	1 Serving	21.3	1
SECV42 Falafel and Sweet Chilli Wrap	1 Serving	156	53
SECS40 Lemon and Parsley Cousco...	1 Serving	121	30
SECSF19 Yoghurt & Mint Sauce - Ma...	1 Serving	20	1.5
SECD33 Chocolate Crunch Cake	1 Serving	60	33
SECP4 Pork Sausage	1 Serving	114	7.9
SECH11 Halal Chicken Sausage	1 Serving	113	22
SECS21 Roast Potatoes	1 Serving	119	20
SECS8 Gravy	1 Serving	54	2.9
SECV19 Vegan Sausage	1 Serving	100	8.9
SECD20 Sticky Toffee Apple Crumble	1 Serving	153	54
SECD28 Custard	1 Serving	105	13
SECSR14 Chicken Tikka Masala (Add...	1 Serving	144	14
SECSR5 Sweet Potato, Chickpea and ...	1 Serving	228	28
SECCC13 Jamaican Ginger Cake	1 Serving	48	24
SECD45 Vanilla Ice Cream	1 Serving	100	19
SECF4 Breaded Fish	1 Serving	95	20

<b>SECS4 Chips</b>	<b>1 Serving</b>	<b>150</b>	<b>37</b>
<b>SECS6 Peas</b>	<b>1 Serving</b>	<b>80</b>	<b>9</b>
<b>SECV28 Cheese and Leek Frittata</b>	<b>1 Serving</b>	<b>136</b>	<b>4</b>
<b>SECD37 Iced Sponge</b>	<b>1 Serving</b>	<b>56</b>	<b>22</b>
<b>SECV40 Wholemeal Cheese &amp; Tomat...</b>	<b>1 Serving</b>	<b>197</b>	<b>22</b>
<b>SECS2 Potato Wedges</b>	<b>1 Serving</b>	<b>150</b>	<b>23</b>
<b>SECV41 Crunchy Lentil Pasta Bake</b>	<b>1 Serving</b>	<b>278</b>	<b>64</b>
<b>SECD36 Chocolate Sponge</b>	<b>1 Serving</b>	<b>58</b>	<b>21</b>
<b>SECB3 Beef Lasagne (Added Plant Pr...</b>	<b>1 Serving</b>	<b>264</b>	<b>40</b>
<b>SECS23 Garlic Bread</b>	<b>1 Serving</b>	<b>30.2</b>	<b>13</b>
<b>SECS30 Mixed Salad</b>	<b>1 Serving</b>	<b>60</b>	<b>1.5</b>
<b>SECV45 Vegetable and Chickpea Tag...</b>	<b>1 Serving</b>	<b>276</b>	<b>24</b>
<b>SECD5 Apple Pie</b>	<b>1 Serving</b>	<b>134</b>	<b>37</b>
<b>SECD13 Cream</b>	<b>1 Serving</b>	<b>25</b>	<b>1.2</b>
<b>SECCH14 Creamy Chicken and Brocc...</b>	<b>1 Serving</b>	<b>197</b>	<b>21</b>
<b>SECS28 New Potatoes</b>	<b>1 Serving</b>	<b>200</b>	<b>34</b>
<b>SECV46 Leek Onion and Potato Trayb...</b>	<b>1 Serving</b>	<b>398</b>	<b>45</b>
<b>SECD44 Pear &amp; Chocolate Crumble</b>	<b>1 Serving</b>	<b>107</b>	<b>37</b>
<b>SECCC4 Jerk Chicken Thighs</b>	<b>1 Serving</b>	<b>153</b>	<b>6.2</b>
<b>SECCC10 Rice &amp; Peas</b>	<b>1 Serving</b>	<b>197</b>	<b>48</b>
<b>SECCC11 Spiced Pineapple Rainbow ...</b>	<b>1 Serving</b>	<b>61</b>	<b>5.4</b>
<b>SECCC2 Curried Squash, Sweet Potat...</b>	<b>1 Serving</b>	<b>267</b>	<b>25</b>
<b>SECD35 Jam and Coconut Sponge</b>	<b>1 Serving</b>	<b>58</b>	<b>21</b>
<b>SECF7 Battered Fish Fillet</b>	<b>1 Serving</b>	<b>80</b>	<b>13</b>
<b>SECV14 Bean Burger</b>	<b>1 Serving</b>	<b>190</b>	<b>70</b>
<b>SECM5 Modern Bakery - Flapjacks</b>	<b>1 Serving</b>	<b>47</b>	<b>25</b>
<b>SECCH15 Cheesy Chilli Chicken Pasta</b>	<b>1 Serving</b>	<b>277</b>	<b>62</b>

SECS10 Spaghetti Pasta	1 Serving	161	48
SECV2 Tomato Arrabiata Pasta Sauce	1 Serving	135	7.9
SECPK11 Protein - BidFood Devil's Ki...	1 Serving	34	3.4
SECY1 Greek Gyros Chicken (Theos) ...	1 Serving	80	2.2
SECY12 Homemade Greek Chicken G...	1 Serving	68	0.5
SECY11 Summer Rice	1 Serving	140	43
SECY4 Greek Feta, Honey and Spinac...	1 Serving	139	25
SECS42 Seasoned Potatoes	1 Serving	142	25
SECD17 Summer Apple & Rhubarb Cr...	1 Serving	91	24
SECP3 Roast Gammon	1 Serving	75	0
SECCH13 Roast Chicken Thigh	1 Serving	100	0
SECV17 Vegetable Wellington	1 Serving	215	48
SECD8 Summer Fruit Muffin	1 Serving	66	32
SECB2 - Beef Enchiladas	1 Serving	210	29
SECP1 Pork Enchiladas	1 Serving	210	29
SECCH6 Chicken Enchiladas	1 Serving	210	29
SECMK14 - Vegan Chilli	1 Serving	127	8.3
SECD32 Peach Cake	1 Serving	116	30
SECS31 Mushy Peas	1 Serving	80	11
SECS29 Curry Sauce	1 Serving	48	4.2
SECMB2 Modern Bakery - Brownies	1 Serving	69	22

TOTALS:		
AVERAGES:	24.5	