



CARBOHYDRATE COUNT –PRIMARY MENU PRODUCTS

PRODUCT	CARBS	PRODUCT	CARBS
Main Meals		Desserts & Drinks	
All Day Breakfast (Sausage, Bacon & Egg)	6.1g	American Pancake	21.3g
Battered Salmon Fillet	8.2g	Artic Roll	27.9g
BBQ Chicken Breast Fillet (60g)	1.9g	American Pancake with Golden Syrup	29.2g
Beef Bolognese Sauce (with Kidney Beans)	7.1g	Apple Crumble	>25.9g
Bubble Crumb Fish	13g	Aquajuce Apple Calypso 185ml	10.5g
Cheese & Tomato Pizza	21.1g	Aquajuce Apple & Blackcurrant Calypso 185ml	10.7g
Cheese Wheel	23.4g	Aquajuce Orange Calypso 185ml	10.2g
Chicken & Mashed Potato Pie	39.7g	Chocolate Crunch	>35.4g
Chicken Burger in a Bun	23.2g	Cheese & Crackers – Cheese 1 Triangle/2 Crackers	11.2g
Chicken Curry (New Recipe)	12.1g	Chocolate Cake	29.7g
Chicken Korma	>6.1g	Chocolate Crispy Cake	27.7g
Chicken Tikka Masala	5g	Chocolate Sauce	12.2g
Chilli Con Carne	>7.8g	Custard	14.9g
Cottage Pie	28.5g	Flapjack	35.5g
Fish Fingers (2)	10.9g	Fruit Slices	5.9g
Glamorgan Sausage (114g)	20.5g	Fruit (Whole)	11.1g
Gluten Free Lemon Sole bites 20g (3)	8.2g		
Battered Salmon fillet	11.8g	Ginger Cake	35.9g
Hot Dog (inc Bun)	23.5g	Honey (10ml)	7.6g
Lasagne	17.8g		
Pork Meatball (120g)	4.6g	Ice Cream Tub	16.4g
Pulled Pork Portion	0.0g	Chocolate Brownie	30.9g
Quorn Fillet in a Bun	25.2g	Jam Roly Poly	36.2g
Quorn Fillet Portion	2g	Jam Sponge	26.9g
Quorn Korma	>6.6g	Jam Turnover	25.5g

Quorn Tikka Masala	5.5g	Jelly	10.0g
Roast Beef Portion	0.0g	Chocolate pudding	25.2g
Roast Gammon Portion	0.0g	Luxury Chocolate Cake & Custard (½ ptn cake)	27.5g
Roast Pork Portion	0.0g	Marble Chocolate Sponge	31.9g
Roast Turkey Portion	0.0g	Mousse (Brakes)	9.0g
Salmon Bites(5)	8.9g	Mousse (Roselle – Strawberry)	7g
Southern Style Quorn Burger 66g	8g	Angel delight	12.7g
Thai Green Chicken Curry	12.8g		
Thai Green Quorn Curry	8.2g	Chocolate & Banana Sponge	29.6g

PRODUCT	CARBS	PRODUCT	CARBS
Main Meals		Desserts & Drinks	
Salmon & Sweet Potato Fishcake	8.4g	Muffin	26.2g
Sausages (2)	8.2g	Oat Cookie	19.7g
Shepherd's Pie	32.2g	Pineapple Rings Tinned (1½ rings)	7.9g
Sweet & Sour Chicken	17.9g	Rice Pudding	39.1g
Tomato & Basil Pasta Bake	9g (Sauce)	Shortbread Finger	>30.7g
Mac & Cheese	19.8g	Sticky Toffee Pudding	29.7g
Tomato & Basil Pasta Bake	27.6g	Steamed Syrup Sponge Pudding	32.4g
Tortilla Nacho Fish Fillet	20.6g	Vanilla Sauce	12.1g
Tortilla Wraps (Asst)	23g	Vanilla Sponge	>25.3g
Vegetable Curry	22.3g	Waffle	15.4g
Vegetable Medley in BBQ Sauce	9.9g	Yoghurt (85g)	12.4g
Vegetable Nuggets (3)	15.7g	Yoghurt (125g)	17.1g
Vegetable Pasta Bake	39g	Yoghurt Pouring – Llaeth y Llan (100g) – Forest Fruit	14.8g
Vegetable Pie	52.5g	Yoghurt Pouring – Llaeth y Llan (100g) – Natural	8.4g
Vegetarian Pasta Bolognese	39g	Yoghurt Pouring – Llaeth y Llan (100g) – Raspberry	14.6
Vegetarian Burger	12.6g	Yoghurt Pouring – Llaeth y Llan (100g) - Strawberry	14.5g
Vegetarian Casserole	14.3g		
Vegetarian Fingers (2)	14.4g	Additional Menu Items	
Vegetarian Hot Dog	26g		
Vegetarian Meatballs	9.8g	Baguettes (Asstd)	40.8g
Vegetarian Sausages (2)	13.2g	Baked Beans (Healthier Choices) 56g	6.4g

Vegetarian Lasagne	19.2g	Burger Bun (Brakes)	22.1g
Vegetarian Chilli	10.9g	Carrot & Cucumber Batons	1.8g
Vegetarian Lentil Curry	26.5g		
Vegetables		Crusty Bread	7.7g
		Egg Noodles	28.2g
Broccoli 56g	0.6g	Flatbread Portion	2.4g
Broccoli 80g	0.9g	Garlic Bread (Wholemeal)	23.1g
		Gravy Portion 300ml	2.3g

PRODUCT	CARBS	PRODUCT	CARBS
Vegetables		Additional Menu Items	
Carrots 70g	3.1g	Greek Yoghurt Portion	3.8g
Cabbage 80g	1.7g	Hash Brown	10.8g
Cauliflower 80g	1.4g	Mediterranean Sauce	6.4g
Cauliflower Cheese Portion (1/12 th)	21.3g	Naan Bread	23.5g
Cauliflower Cheese Portion (Gluten Free) (1/12 th)		Pasta Portion 56g dry weight	32.6g
Green Beans 70g	3.3g	Plum Tomatoes 56G	1.7g
Peas 56g	5.4g	Rice Portion 56g dry weight	45.5g
Peas 70g	6.8g	Savoury Rice 85g cooked weight	31.5g
Potatoes (Boiled) 84g	15g	Side Salad 80g (Lettuce, Tomato, Cucumber)	1.7g
Potatoes (Herby Diced) 110g	27.7g	Soup Assorted	6.8g
Potatoes (Jacket Asstd fillings)	42.6g	Spaghetti Hoops 56g	8g
Potatoes (Jacket Plain) Each 60 per box	37.7g	Stuffing Ball	2.3g
Potatoes (Jacket Wedges) 100g	28.8g	Tomato Ketchup Sachet	2.9g
Potatoes (Mashed with milk) 84g	14.8g	Tomato Sauce (Homemade)	3.2g
Potatoes (Roast) without oil 84g	15g	Yorkshire Pudding (each 2")	5.1g
Potatoes (Saute) 84g	16g	Coleslaw	4g
Potato (Smiles 5)	22.9g	Tortilla Wrap only	21.5g
Potatoes (Chipped) 84g	19.3g		
Swede 80g	7.2g		
Sweetcorn 80g	13.7g		
Carrot & Swede Mash	2.2g		
