

Secondary Nutrition Autumn 22

	Description	Energy (kcal)	Carbohydrate (g)
Week 1			
Monday	All Day Breakfast Bun	>419.6	>62.7
	Katsu Chicken LJ	234.1	17.3
	50/50 Rice	(212.4)	(46.1)
	Veg Burrito	(378.3)	(60.4)
	Peas RB	62.1	8.1
	Sweetcorn RB	54.6	8.9
	Mixed Salad - Secondary	7.5	1.2
	Doughnut Muffin	>246.1	>33.6
Tuesday	Chicken Pie RB	>336.7	>27.1
	Creamed Potatoes RB	228.6	36.4
	Gravy RB	>24.4	>3.9
	Pizza Bar	>319.5	>43.0
	Roasted Butternut Squash & Coconut Dal	>145.6	>20.4
	Naan Bread	192.7	33.9
	Carrots RB	37.4	8.5
	Green Beans RB	29.7	3.3
	Mixed Salad - Secondary	7.5	1.2
	Waffles with Ice-cream & Fruit	551.7	66.4
Wednesday	Roast Pork & Apple Sauce	150.2	11.0
	Gravy RB	>24.4	>3.9
	Roast Potatoes RB	251.9	34.0
	Sweet Chilli Chicken	>206.2	>34.2
	Noodle Pot		
	Quorn Nuggets	203.0	12.0
	Potato Wedges RB	251.9	34.0
	Tomato Ketchup	17.6	4.0
	Sweetcorn RB	54.6	8.9
	Roast Parsnips RB	101.4	14.2
	Mixed Salad - Secondary	7.5	1.2
	Jam & Coconut Sponge	>350.9	>50.8
	Custard RB	>78.0	>14.9
Thursday	Beef Lasagne	>406.1	>37.5
	Garlic Bread JS	>277.7	>48.7
	Turkish Style Quorn Pitta Pocket	>278.1	>49.1
	Hunters Chicken Burger LJ	>390.2	>48.6

Spring Cabbage	18.0	2.6
Carrots RB	37.4	8.5
Mixed Salad RB	7.5	1.2
Cappuccino Bars	469.4	57.5

Friday	Battered Fish	>183.8	>15.6
	Chipped Potatoes - Secondary	151.2	25.3
	Mascarpone, Tom & Basil Pasta Pot	315.0	40.5
	Veggie Bite Melting Sub	>338.6	>50.8
	Peas - Secondary	62.1	8.1
	Winter Coleslaw RB	>109.8	>7.3
	Mixed Salad - Secondary	7.5	1.2
	Lemon Shortcake	281.1	39.7
	7oz Mixed Fresh Fruit Pot	39.0	9.3

Week 2			
Monday	Sausage, Mash and Gravy	>403.2	>49.1
	Thai Red Chicken Curry Rice Pot	(308.1)	(48.6)
	Vegetable Bolognese	>102.8	>14.6
	Pasta RB	240.7	48.1
	Peas RB	62.1	8.1
	Carrots RB	37.4	8.5
	Mixed Salad RB	7.5	1.2
	Winter Berry Bake	>263.4	>33.2
	Custard RB	>78.0	>14.9

Tuesday	HM Cheese & Onion Pasty	289.5	18.5
	Diced Potatoes RB	290.0	42.5
	Pulled Pork Dirty Wedges NEW	>383.0	>39.2
	LJ Onion Bhaji Burger in a Bun with Mango Chutney	>480.1	>66.9
	Sweetcorn RB	54.6	8.9
	Kale & Cabbage	18.9	2.1
	Mixed Salad - Secondary	7.5	1.2
	Lemon Drizzle Cake RB	>288.6	>40.8
	7oz Mixed Fresh Fruit Pot	39.0	9.3

Wednesday	Roast Topside of Beef & Yorkshire Pudding RB	>308.8	>26.8
	New Potatoes RB	145.7	24.9
	Gravy RB	>24.4	>3.9
	Crispy Chicken Fajita	>206.2	>34.2

	Nepalese Curry Noodle Pot	>323.4	>66.3
	Medley of Vegetables RB	26.2	4.0
	Mixed Salad - Secondary	7.5	1.2
	Marble Sponge	371.8	45.5
	Chocolate Sauce RB	>85.4	>15.2
Thursday	Potato, Leek & Bacon Bake RB	>489.8	>58.6
	Salmon & Sweet Potato Fishcake with Chilli Dip	>109.2	>12.0
	Pizza Bar	>319.5	>43.0
	Broccoli RB	20.1	1.1
	Carrots RB	37.4	8.5
	Mixed Salad - Secondary	7.5	1.2
	Fruit Cheesecake	336.0	37.8
Friday	Battered Fish RB	>183.8	>15.6
	Chipped Potatoes - Secondary	151.2	25.3
	Love Joes Sicilian Herb Chicken, Wedges & Slaw	444.7	40.9
	Plant Pot Pie	>354.6	>53.0
	Mushy Peas RB	56.7	9.7
	Sweetcorn RB	54.6	8.9
	Mixed Salad RB	7.5	1.2
	Banoffee Mousse & Oatie Bite	>175.8	>26.0
Week 3 Monday	Chicken Korma (Paste)	>181.7	>9.8
	50/50 Rice	(212.4)	(46.1)
	Naan Bread	192.7	33.9
	Pizza Bar	>319.5	>43.0
	Cheese & Roasted Red Pepper Quiche	>454.4	>34.3
	Broccoli Frozen RB	23.4	1.8
	Sweetcorn RB	54.6	8.9
	Mixed Salad - Secondary	7.5	1.2
	Paris Sandwich RB	>230.5	>35.6
	Custard RB	>78.0	>14.9
Tuesday	Savoury Minced Beef with Dumplings	>441.1	>41.5
	Creamed Potatoes RB	228.6	36.4
	Fish Finger Sandwich with Lemon Mayonnaise	>441.2	>60.5
	Caribbean Curry Rice Pot	(285.4)	(54.2)
	Carrots RB	37.4	8.5

	Cauliflower Frozen RB	19.8	1.9
	Mixed Salad - Secondary	7.5	1.2
	Chocolate Berry Brownie	>177.8	>23.5
Wednesday	Roast Chicken & Stuffing RB	>218.5	>10.0
	Gravy RB	>24.4	>3.9
	Roast Potatoes RB	251.9	34.0
	Tomato & Chorizo Pasta Pot	237.00	42.7
	Sri Lankan Sweet Potato & Vegetable Curry	127.8	24.1
	50/50 Rice	(212.4)	(46.1)
	Medley of Vegetables RB	26.2	4.0
	Mixed Salad - Secondary	7.5	1.2
	Apple Crumble RB	314.1	49.2
	Custard RB	>78.0	>14.9
Thursday	Pork Gyros Flatbread with Minted Yoqhurt	451.4	39.1
	Bubble Battered Chicken Strips, Wedges & Dip LJ	428.7	43.8
	Veggie Sausage & Bean Bake	433.9	44.2
	Spring Cabbage	18.0	2.6
	Swede, Carrots & Parsnip RB	34.2	6.5
	Mixed Salad - Secondary	7.5	1.2
	Lemon & Sultana Muffin	>329.0	>57.3
Friday	Battered Fish	>183.8	>15.6
	Chipped Potatoes - Secondary	151.2	25.3
	Piri Piri Chicken Skewer, Spicy Rice topped Naan	(269.5)	(49.2)
	Macaroni Cheese RB	>567.3	>67.5
	Peas - Secondary	62.1	8.1
	Baked Beans RB	68.8	11.8
	Mixed Salad - Secondary	7.5	1.2
	Chocolate & Orange Flapiack	307.1	39.7