

Henlow October 2023

	Portion	Carb		Portion	Carb
Bacon Mac Cheese	210g	47g	Baked Beans	60g	7.8g
Beef Bolognese	127g	24.7g	BBQ Sauce	15g	3.5g
Beef Burittto	173g	11.4g	Brocoli Fresh	30g	0.5g
Chicken Fajita	144g	32.8g	Brocoli Frozen 4747	30g	0.8g
Chicken Meatballs	140g	9.6g	Cabbage	30g	1.2g
Grilled Chicken burger in a Bun	110g	25g	Carrot Fresh	30g	2.4g
Pork Sausage Baguette	120g	40.4g	Carrot Frozen 4775	30g	2.4g
Pork Sausage	80g	7.7g	Cauliflower Fresh	30g	0.9g
Roast Chicken	55g	0g	Cauliflower Frozen	30g	1.1g
WholeMeal Meat Feast Pizza	99g	25.9g	Cheese	25g	0.4g
			Crusty Bread	21g	14.2g
Salmon Fish Finger	75g	12.8g	Fresh Mixed Salad	50g	1.5g
Fish Finger	75g	15.8g	Garlic Bread	32g	14.4g
			Gravy	54g	2.9g
Broc, Caul & Lentil Bake	118g	10.3g	Golden veg Rice	46g	21.7g
Macaroni cheese	212g	56.4g	Mayo	15g	1g
Wholemeal Margherita Pizza	69g	25.5g	Naan Bread	33g	16.3g
Quorn Sausage	50g	4.4g	Pasta	50g	13g
Tomato & Herb Pasta	115g	39.2g	Peas & Sweetcorn Mix	60g	5.7g
Vegan Sausage Roll	64g	17g	Peas	30g	3.3g
Vegetable Bolognese	140g	40.1g	Rain bow Veg	59g	3.4g
Veg Nuggets	75g	18.5g	Rice	36g	27.3g
Vegetable Meatball in a Tom Sauce	140g	7.7g	Stuffing Ball	35g	10.5g
Vegetable Tikka	156g	7.1g	Sweetcorn	30g	2.4g
Vegetable Fajita	149g	34.5g	Tomato Sauce	15g	3.6g
Quorn Burger	100g	27g	Tomato & Cuumber Salsa	67g	1.8g
Vegetable Buritto	173g	12.5g	Tuna Mayo	50g	0.6g
Quorn Sausage Baguette	120g	39.9g	Veg Medley	50g	4.8g
			Yorkshire 2"	15g	5.8g

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	Portion	Carb		Portion	Carb
Cheese Bag	100g	35.6g	Chocolate Brownie	52g	23.7g
Cheese Sandwich	130g	41.4g	Chocolate Shortbread	59g	33.2g
Chicken Bag	100g	35.6g	Fruity Flapjack	39g	21.2g
Chicken Sand	170g	42.7g	Fresh Fruit Pot	80g	7.1g
Ham Sandwich	125g	41.7g	Iced Sponge	75g	45.4g
Tuna Mayo Roll	95g	25.6g	Jelly Pot	85g	11.8g
Tuna Mayo Sandwich	150g	39g	Marble Cake	45g	13.7g
			Mixed Berry Sponge	66g	26.5g
Cheese Straw	41g	5g	Natural Yoghurt & Fruit Compote Pot	91g	8g
Pizza Finger	22g	6.9g	Strawberry Yoghurt Pot	85g	12.5g
Tortilla Chip	40g	25.2g	Vanilla Crunch	52g	29.2g
			Vanilla Ice-cream	100g	21g
Cucumber stick	35g	0.4g	Chocolate Crunch	52g	27.6g
Carrot Sticks	30g	2.4g	Chocolate Iced Sponge	75g	42.8g
			Vanilla Sponge	51g	25.7g
			Toffe Apple Crumble	79g	29g
			School Cake	75g	45.4g
			Chocolate & Orange Shortbread	82g	33.5g
Chips	100g	21g	St clements Shortbread	80g	33.1g
Mashed Potato	104g	19.7g	Lemon Drizzle	65g	32.4g
New Potato	100g	17.8g	Apple & Berry Crumble	72g	25.7g
Jacket Potatoe	120g	23.5g	Strawberry Muffin	49g	22.7g
Jacket Wedges	100g	19.5g	Chocolate Cookie	50g	29.g
Potato Wedges	100g	20g			
Roast Potato	78g	14.9g			
Sauteed Potatoe	100g	20g			
Seasoned Potatoes	100g	16.3g			