

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Sausage Roll served with Baked Potato Wedges, Peas & Sweetcorn or Mixed Salad

Chicken Fajita Wraps served Golden Wholemeal Rice & Mixed Vegetables

Beef Bolognese served with G/F Penne Pasta, Seasonal Vegetables or Mixed Salad

Roast Chicken served with Roast Potatoes, Carrots, Broccoli and Gravy

Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans

JACKETS

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

DESSERTS

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One Dessert Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Beef Bolognese served with G/F Penne Pasta, Seasonal Vegetables or Mixed Salad

Loaded Half potato skin Filled with Bacon & Vegan Cheese served with Baked Beans & Salad

Homemade Chicken Tikka Served with Wholemeal Rice, Naan Bread Finger & Mixed Vegetables

Pork Sausage served with Potatoes, Carrots, Broccoli & Gravy

Breaded Fish Fillet served with Chips, Garden Peas or Baked Beans

PASTA & JACKETS

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

DESSERTS

Choose One Dessert
Chocolate Shortbread with Orange Wedge
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Chocolate Oat Cake
Fresh Fruit Pott

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Pork Sausage Served with Herby Diced potatoes & baked Beans or Fresh Salad

Vegan Margarita Wholemeal Pizza Served with Baked Potato Wedges, Peas & Sweetcorn or Mixed Salad

Roasted Vegetable & Bean G/F Pasta Served with Mixed Salad

Roast Gammon served with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy

Fish Fingers served with Chips, Garden Peas or Baked Beans

PASTA & JACKETS

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

DESSERTS

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruit Flapjack
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One Dessert Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Sausage Roll served with Baked Potato Wedges, Peas & Sweetcorn or Mixed Salad

BBQ Pulled Chicken Wraps served Golden Wholemeal Rice & Mixed Vegetables

Beef Bolognese served with Penne Pasta, Seasonal Vegetables or Mixed Salad

Roast Chicken served with Roast Potatoes, Carrots, Broccoli and Gravy

Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans

JACKETS

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

DESSERTS

Choose One of Our Fabulous Desserts
Chocolate Shortbread
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Banana Cake
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Victoria Cupcake
Fruity Jelly
Fresh Fruit Pot

Choose One Dessert
Vegan Vanilla Ice-Cream
& Fruit Sauce
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

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WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Beef Bolognese served with Penne Pasta, Seasonal Vegetables or Mixed Salad

Loaded Half potato skin Filled with Bacon & Vegan Cheese served with Baked Beans & Salad

Homemade Chicken Tikka Served with Wholemeal Rice, Naan Bread Finger & Mixed Vegetables

Pork Sausage served with Potatoes, Carrots, Broccoli & Gravy

Breaded Fish Fillet served with Chips, Garden Peas or Baked Beans

JACKETS

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

DESSERTS

Choose One Dessert
Chocolate Shortbread with Orange Wedge
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruit Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Chocolate Oat Cake
Fresh Fruit Pott

Choose One of Our Fabulous Desserts
Iced School Cake
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Pork Sausage Served with Herby Diced potatoes & baked Beans or Fresh Salad

Vegan Margarita Wholemeal Pizza Served with Baked Potato Wedges, Peas & Sweetcorn or Mixed Salad

Roasted Vegetable & Bean Pasta Served with Mixed Salad

Roast Gammon served with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy

Fish Fingers served with Chips, Garden Peas or Baked Beans

JACKETS

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

DESSERTS

Choose One of Our Fabulous Desserts
Chocolate Brownie
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruit Muesli Bar
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Peach Sponge
Fruity Jelly
Fresh Fruit Pot

Choose One Dessert
Vegan Vanilla Ice-Cream
& Fruit Sauce
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Sausage Roll served with Baked Potato Wedges, Peas & Sweetcorn or Mixed Salad

BBQ Pulled Chicken Wraps served Golden Wholemeal Rice & Mixed Vegetables

Beef Bolognese served with Penne Pasta, Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Roast Chicken served with Roast Potatoes, Carrots, Broccoli and Gravy

Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans

JACKETS

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

DESSERTS

Choose One of Our Fabulous Desserts
Chocolate Crackle
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One Dessert
Vanilla Ice-Cream & Fruit Sauce
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Beef Bolognese served with Penne Pasta, Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Loaded Half potato skin Filled with Bacon & Cheese served with Baked Beans & Salad

Chicken Korma Served with Wholemeal Rice, Naan Bread Finger & Mixed Vegetables

Pork Sausage served with Potatoes, Carrots, Broccoli & Gravy

Breaded Fish Fillet served with Chips, Garden Peas or Baked Beans

JACKETS

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

DESSERTS

Choose One Dessert
Chocolate Shortbread with Orange Wedge
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Chocolate Oat Cake
Fruit Yogurt & Coulis
Fresh Fruit Pott

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Pork Sausage Served with Herby Diced potatoes & baked Beans or Fresh Salad

Homemade Margarita Wholemeal Pizza Served with Baked Potato Wedges, Peas & Sweetcorn or Mixed Salad

Creamy Chicken Carbonara Served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Roast Gammon served with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy

Fish Fingers served with Chips, Garden Peas or Baked Beans

JACKETS

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

Jacket Potato with Cheese or Beans served with Fresh Salad

DESSERTS

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One Dessert
Vanilla Ice-Cream & Fruit Sauce
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

G/F Sausages served with Jacket Potato Wedges, Peas & Sweetcorn or Mixed Salad

Fajita Chicken in a G/F Wraps served Golden Brown Rice & Mixed Vegetables

Beef Bolognese served with G/F Penne Pasta, Seasonal Vegetables or Mixed Salad

Roast Chicken served with Roast Potatoes, Carrots, Broccoli and Gravy

G/F Bubble Fish served with Chips, Garden Peas or Baked Beans

JACKETS

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

DESSERTS

Choose One Dessert
G/F Chocolate
Shortbread
Fruity Jelly
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Fruit Jelly
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One Dessert
Vegan Vanilla Ice-Cream
& Fruit Sauce
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Iced Vanilla Sponge
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Beef Bolognaise served with G/F Penne Pasta, Seasonal Vegetables or Mixed Salad

Loaded Half potato skin Filled with Bacon & Vegan Cheese served with Baked Beans & Salad

Homemade Chicken Tikka Served with Brown Rice & Mixed Vegetables

G/F Pork Sausage served with Potatoes, Carrots, Broccoli & Gravy

G/F Bubble Fish served with Chips, Garden Peas or Baked Beans

JACKETS

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

Jacket Potato with Vegan Cheese, Beans or Tuna Mayo served with Fresh Salad

DESSERTS

Choose One Dessert
G/F Chocolate Shortbread
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruit Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One Dessert
Vegan Vanilla Ice-Cream
& Fruit Sauce
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/F Iced Vanilla Sponge
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

G/F Pork Sausage
Served with Half Jacket
Potato & baked Beans
or Fresh Salad

G/F & Vegan Margarita
Wholemeal Pizza Served
with Jacket Potato
Wedges, Peas &
Sweetcorn or Mixed
Salad

Roasted Vegetable &
Bean G/F Pasta Served
with Mixed Salad

Roast Gammon served
with Roast Potatoes,
Carrots, Cabbage and
Gravy

G/F Bubble Fish served
with Chips, Garden
Peas or Baked Beans

JACKETS

Jacket Potato with
Vegan Cheese, Beans or
Tuna Mayo served with
Fresh Salad

Jacket Potato with
Vegan Cheese, Beans
or Tuna Mayo served
with
Fresh Salad

Jacket Potato with
Vegan Cheese, Beans
or Tuna Mayo served
with
Fresh Salad

Jacket Potato with
Vegan Cheese, Beans
or Tuna Mayo served
with
Fresh Salad

Jacket Potato with
Vegan Cheese, Beans or
Tuna Mayo served with
Fresh Salad

DESSERTS

Choose One Dessert
G/F Chocolate
Shortbread
Fruity Jelly
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One Dessert
Vegan Vanilla Ice-
Cream
& Fruit Sauce
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Iced Vanilla Sponge
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

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THURSDAY

FRIDAY

MAIN MEAL

G/F Sausages served with Jacket Potato Wedges, Peas & Sweetcorn or Mixed Salad

Fajita Chicken in a G/F Wraps served Golden Brown Rice & Mixed Vegetables

Beef Bolognese served with G/F Penne Pasta, Seasonal Vegetables or Mixed Salad

Roast Chicken served with Roast Potatoes, Carrots, Broccoli and Gravy

G/F Bubble Fish served with Chips, Garden Peas or Baked Beans

JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

DESSERTS

Choose One Dessert
G/F Chocolate
Shortbread
Fruity Jelly
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One Dessert
Vanilla Ice-Cream
& Fruit Sauce
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

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WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Beef Bolognaise served with G/F Penne Pasta, Seasonal Vegetables or Mixed Salad

Loaded Half potato skin Filled with Bacon & Cheese served with Baked Beans & Salad

Chicken Korma Served with Brown Rice & Mixed Vegetables

G/F Pork Sausage served with Potatoes, Carrots, Broccoli & Gravy

G/F Bubble Fish served with Chips, Garden Peas or Baked Beans

JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

DESSERTS

Choose One Dessert
G/F Chocolate Shortbread
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
Vanilla Ice-Cream & Fruit Sauce
Fruit Yogurt & Coulis
Fresh Fruit Pott

Choose One of Our Fabulous Desserts
G/F Iced Vanilla Sponge
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

G/F Pork Sausage
Served with Half Jacket
Potato & baked Beans
or Fresh Salad

G/F Margarita
Wholemeal Pizza Served
with Jacket Potato
Wedges, Peas &
Sweetcorn or Mixed
Salad

Roasted Vegetable &
Bean G/F Pasta Served
with Mixed Salad

Roast Gammon served
with Roast Potatoes,
Carrots, Cabbage and
Gravy

G/F Bubble Fish served
with Chips, Garden
Peas or Baked Beans

JACKETS

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

DESSERTS

Choose One Dessert
G/F Chocolate
Shortbread
Fruity Jelly
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Fruity Jelly
Fresh Fruit Pot

Choose One Dessert
Vanilla Ice-Cream
& Fruit Sauce
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Iced Vanilla Sponge
Fruity Jelly
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

Henlow Carb Count Spring 24

	Portion	Carb		Portion	Carb
BBQ Pulled Chicken Wrap	177g	37.4g	Baked Beans	60g	9g
Beef Bolognese	127g	24.7g	Brocoli	30g	0.75g
Beef Lasagne	165g	25g	Cabbage	30g	1.2g
Chicken Korma	200g	8.8g	Carrot Fresh	30g	2.4g
Creamy Chicken Carbonara	163g	32g	Cauliflower Fresh	30g	1.2g
Loaded Bacon & Cheese Pot Skins	176g	22g	Cheese	25g	0.4g
Pork Sausage	40g	4g	Crusty Bread	20g	11g
Roast Chicken	75g	0g	Egg Noodles	58g	16g
Roast Turkey	75g	0g	Fresh Mixed Salad	30g	1.5g
Sausage Roll	63g	17g	Garlic Bread	32g	14.4g
Whole Meal paprika Pizza	99g	25.9g	Gravy	58g	2.5g
			Golden veg Rice	60g	28g
Salmon Fish Ifngers	75g	12.8g	Naan Bread	30g	11.8g
Fish Finger	75g	15.8g	Pasta	88g	30g
Fish Fillet	70g	15.1g	Peas	30g	3g
			Stuffing Ball	35g	6.5g
Baked Lentil Roast	170g	35.8g	Sweetcorn	30g	4.5g
BBQ Lentil, Bean & Vegetable wrap	179g	51.2g	Tomato Sauce	15g	3g
Cheese & Tomato pinwheel	69g	27g	Tuna Mayo	50g	0.3g
Chessy Pasta	163g	32g	Wholemeal Rice	50g	15g
Macaroni Cheese	163g	32g	Yorkshire 2"	15g	5.8g
Quorn Fillet	52g	2.1g			
Quorn Sausage	50g	4.4g	Chips	100g	36g
Roasted vegetable & Bean Pasta Bake	188g	45.2g	Mashed Potato	120g	19g
Tomato & Herb Pasta	115g	39.2g	New Potato	100g	15.4g
Vegetable Bolognese	140g	40.1g	Jacket Potatoe	95g	20g
Vegetable Lasagne	165g	19.2g	Potato Wedges	100g	30.9g
Veg Nuggets	75g	18.5g	Roast Potato	50g	13.1g
Vegan Sausage Roll	64g	17g	Sauteed Potatoe	56g	8g
Wholemeal Margherita Pizza	69g	25.5g	Seasoned Potatoe cubes	100g	16.3g
Loaded Cheese & Onion Skins	166g	23.1g			

Henlow Carb Count Spring 24

	Portion	Carb		Portion	Carb
Cheese Bag	100g	35.6g	Apple & Berry Slice	83g	21.3g
Cheese Sandwich	120g	38.4g	Chocolate Brownie	55g	24g
Cheese & Mayo Wrap	116g	32.1g	Chocolate Cracklet	35g	22.4g
Chicken Bag	100g	35.6g	Chocolate Oat cake	77g	44g
Chicken Sand	170g	42.7g	Chocolate Shortbread Orange Wedge	33g	17.5g
Ham Baguette	110g	34.1g	Cornflake Tart	72g	43.6g
Ham Sandwich	120g	39.6g	Fresh Fruit Pot	80g	5.9g
Tuna Mayo Roll	95g	25.6g	Fruit Muesli Bar	53g	27g
Tuna Mayo Sandwich	150g	39g	Fruit Sauce	20g	1.8g
Tuna & Sweetcorn Pasta	124g	39.6g	Jaffa Sponge	95g	31.5g
			Jam Tart	53g	29.2g
Cheese Straw	41g	5g	Jelly Pot	120g	3.5g
Pizza Finger	22g	6.9g	Natural Yoghurt & Fruit Compote Pot	100g	8g
Tortilla Chip	40g	25.2g	Peach Sponge	84g	29.8g
Cream Crackers			School Cake	83g	44g
			Sticky Toffee Apple Cake	90g	32.4g
Cucumber stick	35g	0.4g	Strawberry Yoghurt Pot	100g	14.5g
Carrot Sticks	30g	2.4g	Vanilla Ice-cream	60g	13.5g
			Victoria Sponge	123g	66.5g