

DESSERTS

Fabulous Desserts

Fruity Jelly

Fresh Fruit Pot

WEEK 1 DAIRY, SOYA & EGG FREE MENU WEEKS: 15/04, 06/05, 03/06, 24/06, 15/07, 16/09, 07/10

Henlow Church of Enricand Academy



Fabulous Desserts

Fruity Jelly

Fresh Fruit Pot



MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** Sausage Roll served Chicken Fajita Wraps Beef Bolognaise served Fish Fingers or Salmon Roast Chicken served Fish Fingers served with Baked Potato served Golden with G/F Penne Pasta. with Roast Potatoes. MAIN MEAL Seasonal Vegetables or with Chips, Garden Wholemeal Rice & Carrots, Broccoli and Wedges, Peas & **Mixed Vegetables** Mixed Salad Peas or Baked Beans Sweetcorn or Gravy Mixed Salad Jacket Potato with Vegan Cheese, Beans or **JACKETS** Tuna Mayo served with Fresh Salad Fresh Salad Fresh Salad Fresh Salad Fresh Salad Choose One of Our Choose One of Our Choose One of Our **Choose One Dessert** Choose One of Our

Making lunchtime the highlight of your day

Fabulous Desserts

Fruity Jelly

Fresh Fruit Pot

Fabulous Desserts

Fruity Jelly

Fresh Fruit Pot

Fabulous Desserts

Fruity Jelly



DESSERTS

with Orange Wedge

Fruity Jelly

Fresh Fruit Pot

WEEK 2 DAIRY, SOYA & EGG FREE MENU WEEKS: 22/04, 13/05, 10/06, 01/07, 02/09, 23/09, 14/10





Fresh Fruit Pot



	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 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
	Choose One Dessert Chocolate Shortbread	Choose One of Our Fabulous Desserts	Choose One of Our Fabulous Desserts	Choose One of Our Fabulous Desserts	Choose One of Our Fabulous Desserts

Fresh Fruit Pot

Fruity Jelly

Fresh Fruit Pot

Chocolate Oat Cake



DESSERTS

Fabulous Desserts

Fruity Jelly

Fresh Fruit Pot

WEEK 3 DAIRY, SOYA & EGG FREE MENU WEEKS: 29/04, 20/05, 17/06, 08/07, 09/09, 30/09. 21/10

Henlow Church of England Academy



Fabulous Desserts

Fruity Jelly

Fresh Fruit Pot



MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** Vegan Margarita Pork Sausage Served Roasted Vegetable & Roast Gammon served Fish Fingers served Wholemeal Pizza Served with Roast Potatoes. with Herby Diced Bean G/F Pasta Served with Chips, Garden MAIN MEAL with Baked Potato Carrots, Cabbage, potatoes & baked Beans with Mixed Salad Peas or Baked Beans Wedges, Peas & Stuffing Ball and Sweetcorn or Mixed or Fresh Salad Salad Gravy Jacket Potato with Vegan Cheese, Beans or PASTA & JACKETS Tuna Mayo served with Fresh Salad Fresh Salad Fresh Salad Fresh Salad Fresh Salad Choose One of Our Choose One of Our Choose One of Our **Choose One Dessert** Choose One of Our

Making lunchtime the highlight of your day

Fabulous Desserts

Fruity Jelly

Fresh Fruit Pot

Fabulous Desserts

Fruity Jelly

Fresh Fruit Pot

Fabulous Desserts

Fruit Flapjack



WEEK 1 DAIRY FREE MENU

WEEKS: 15/04, 06/05, 03/06, 24/06, 15/07, 16/09, 07/10





	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 Bolognaise 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 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



WEEK 2 DAIRY FREE MENU

WEEKS: 22/04, 13/05, 10/06, 01/07, 02/09, 23/09, 14/10





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef Bolognaise 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	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



WEEK 3 DAIRY FREE MENU

WEEKS: 29/04, 20/05, 17/06, 08/07, 09/09, 30/09. 21/10





MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** Vegan Margarita Pork Sausage Served Roasted Vegetable & Roast Gammon served Fish Fingers served Wholemeal Pizza Served with Roast Potatoes. with Herby Diced Bean Pasta Served with with Chips, Garden MAIN MEAL with Baked Potato Carrots, Cabbage, potatoes & baked Beans Mixed Salad Peas or Baked Beans Wedges, Peas & Stuffing Ball and Sweetcorn or Mixed or Fresh Salad Salad Gravy Jacket Potato with Vegan Cheese, Beans or **JACKETS** Tuna Mayo served with Fresh Salad Fresh Salad Fresh Salad Fresh Salad Fresh Salad Choose One of Our Choose One of Our Choose One of Our **Choose One Dessert** Choose One of Our Fabulous Desserts **Fabulous Desserts** Fabulous Desserts Vegan Vanilla Ice-**Fabulous Desserts DESSERTS** Chocolate Brownie Fruit Muesli Bar Peach Sponge Fruity Jelly Fruity Jelly Fresh Fruit Pot Fruity Jelly & Fruit Sauce Fresh Fruit Pot

Fresh Fruit Pot



WEEK 1 EGG FREE MENU

WEEKS: 15/04, 06/05, 03/06, 24/06, 15/07, 16/09, 07/10





	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 Bolognaise 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 Cracklet 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



WEEK 2 EGG FREE MENU

WEEKS: 22/04, 13/05, 10/06, 01/07, 02/09, 23/09, 14/10





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef Bolognaise 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



WEEK 3 EGG FREE MENU

WEEKS: 29/04, 20/05, 17/06, 08/07, 09/09, 30/09. 21/10





	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



WEEK 1 GLUTEN 8 DAIRY FREE MENU

WEEKS: 15/04, 06/05, 03/06, 24/06, 15/07, 16/09, 07/10







	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 Bolognaise 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



WEEK 2 GLUTEN & DAIRY FREE MENU

WEEKS: 22/04, 13/05, 10/06, 01/07, 02/09, 23/09, 14/10







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN	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	



WEEK 3 GLUTEN & DAIRY FREE MENU

WEEKS: 29/04, 20/05, 17/06, 08/07, 09/09, 30/09. 21/10







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	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



WEEK 1 MENU

WEEKS: 15/04, 06/05, 03/06, 24/06, 15/07, 16/09, 07/10





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN	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 Bolognaise 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



WEEK 2 MENU

WEEKS: 22/04, 13/05, 10/06, 01/07, 02/09, 23/09, 14/10



Fresh Fruit Pot

Fresh Fruit Pott



MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** Beef Bolognaise Loaded Half potato skin Chicken Korma Served G/F Pork Sausage G/F Bubble Fish served served with G/F Penne Filled with Bacon & with Brown Rice & with Chips, Garden served with Potatoes. MAIN MEAL Pasta, Seasonal **Mixed Vegetables** Cheese served with Carrots, Broccoli & Peas or Baked Beans Vegetables or Mixed Baked Beans & Salad Gravy Salad **Jacket Potato with Jacket Potato with Jacket Potato with Jacket Potato with Jacket Potato with** Choice of Toppings **JACKETS** served with served with served with served with served with Fresh Salad Fresh Salad Fresh Salad Fresh Salad Fresh Salad Choose One of Our **Choose One Dessert** Choose One of Our Choose One of Our Choose One of Our Fabulous Desserts Fabulous Desserts G/F Chocolate Fabulous Desserts Fabulous Desserts Vanilla Ice-Cream G/F Iced Vanilla Sponge Fruit Yogurt & Coulis **DESSERTS** Shortbread Fruity Jelly & Fruit Sauce Fruit Yogurt & Coulis Fruity Jelly Fruity Jelly Fresh Fruit Pot Fresh Fruit Pot

Making lunchtime the highlight of your day



WEEK 3 MENU

WEEKS: 29/04, 20/05, 17/06, 08/07, 09/09, 30/09. 21/10



Fresh Fruit Pot

Fresh Fruit Pot



MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** G/F Margarita Wholemeal Pizza Served G/F Pork Sausage Roasted Vegetable & G/F Bubble Fish served Roast Gammon served Served with Half Jacket Bean G/F Pasta Served with Chips, Garden with Roast Potatoes. MAIN MEAL with Jacket Potato Potato & baked Beans with Mixed Salad Peas or Baked Beans Wedges, Peas & Carrots, Cabbage and Sweetcorn or Mixed or Fresh Salad Gravy Salad Jacket Potato with Jacket Potato with **Jacket Potato with Jacket Potato with Jacket Potato with** Choice of Toppings **JACKETS** served with served with served with served with served with Fresh Salad Fresh Salad Fresh Salad Fresh Salad Fresh Salad **Choose One Dessert** Choose One of Our Choose One of Our **Choose One Dessert** Choose One of Our Fabulous Desserts G/F Chocolate Fabulous Desserts Fabulous Desserts Vanilla Ice-Cream G/F Iced Vanilla Sponge Fruit Yogurt & Coulis **DESSERTS** Shortbread Fruity Jelly & Fruit Sauce Fruity Jelly Fruity Jelly Fresh Fruit Pot Fresh Fruit Pot Fruit Yogurt & Coulis

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