

OCC School Estimated Nutrition Information April 2026 Week 1

Please note: Carbohydrate counts are based on information obtained from manufacturers/food suppliers and school recipes and may vary due to product substitutions and/or recipe/cooking variations. Information regarding the carbohydrate content of dishes is provided to assist dietitians, nurses & parents calculate intake for diabetic children. This information, whilst as accurate as possible, should be considered advisory.

	Week 1 Monday	Approx Food Weight/	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Margherita Pizza (Cheese & Tomato)	87g	14.2g	9.27g	11.2g	188 kcal	Wholemeal Med Pizza 11inx15in
Option 2	Vegetable & Bean Chilli	140g	12.5g	5.3g	4.5g	120 kcal	
Option 3	Wholemeal Egg Mayo Sandwich	90g (Bread) 65g (Egg Mayo filling)	35g (Bread) 0.4g (Egg Mayo filling)	2.25g (Bread) 12.90g (Egg Mayo filling)	9.27g (Bread) 7.56g (Egg Mayo filling)	197 kcal (Bread) 147 kcal (Egg Mayo filling)	Vegan Mayo, Fletchers Thick Sliced Wholemeal Bread
Sides	Rice	93g Cooked approx	30.84g	0.88g	2.96g	144 Kcal	
Sides	Sweetcorn	40g	6.24g	0.72g	1.36g	38 Kcal	
Sides	Baked Beans	50g	6.42g	0.18g	2.42g	41 Kcal	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (1106645)
Dessert	Lemon Oat Cookie & Raisins	25g	17.10g	7.80g	1.80g	144 kcal	

	Week 1 Tuesday	Approx Food Weight/	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Beef Bolognese	99g	5.54g	4.56g	12.29g	115 kcal	
Option 2	Veggie Bolognese	110g	10.3g	6.8g	8.7g	140 kcal	Arley Foods Nourish Vegan Mince (Soya)
Option 3	Baked Potato with Cheese or Baked Beans	Approx 170g (Jacket Potato) potato sizes will vary 30g (Cheddar Cheese) 50g (Baked Beans)	43g (Jacket potato) 0.54g (Cheddar Cheese) 6.42g (Everyday Baked Beans)	0.5g (Jacket potato) 10.26g (Cheddar Cheese) 0.18g (Everyday Baked Beans)	5g (Jacket potato) 7.47g (Cheddar Cheese) 2.42g (Baked Beans)	180 kcal (Jacket potato) 124 kcal (Cheddar Cheese) 41 Kcal (Baked Beans)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
Sides	Pasta	50g (Pasta – dried weight)/ approx 110g cooked weight	36.80g (Pasta)	0.75g (Pasta)	5.75g (Pasta)	180 Kcal (Pasta)	Everyday Favourites Pasta Fusilli
Sides	Carrots	40g	4.28g	0.12g	0.24g	17 Kcal	
Sides	Green Beans	40g	1.24g	0.2g	0.76g	12 Kcal	
Dessert	Iced Sprinkle Cake	86g	52.4g	14.6g	2.05g	348 kcal	

	Week 1 Wednesday	Approx Food Weight/	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Roast Chicken Breast	57g uncooked	0g	0.63g	13.7g	60 kcal	
Option 2	Quorn Roast	56g	1.19g	0.57g	8.68g	51 kcal	Quorn Meat Free Roast 131745C
Option 3	Tuna & Cucumber Pasta Salad	185g	31.6g	7.4g	19.1g	273 kcal	
Carbs	Roast Potatoes and Yorkshire Pudding and Gravy	18g (1 x Yorkshire Pudding) 60g (Roast Potatoes – cooked) 100ml (Gravy)	6.66g (Yorkshire Pudding) 13.12g (Roast Potatoes) 7.4g (Gravy)	1.3g (1 x Yorkshire Pudding) 2.2g (Roast Potatoes – cooked) 0.16g (Gravy)	1.51g (1 x Yorkshire Pudding) 1.4g (Roast Potatoes – cooked) 0.4g (Gravy)	45 kcal (1 x Yorkshire Pudding) 82 kcal (Roast Potatoes – cooked) 30 kcal (Gravy)	Aunt Bessies Baked yorkshire puddings, Chef Williams Fine Gravy Granules 319224C
Sides	Cauliflower	40g	1.76g	0.16g	1g	14 kcal	
Sides	Peas	40g	3.52g	0.36g	2.28g	30 Kcal	
Dessert	Cherry Biscuit	40g	31.49g	6.76g	1.98g	196 kcal	

	Week 1 Thursday	Approx Food Weight/	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Chicken Korma	110g	6.2g	4.2g	15.3g	127 kcal	
Option 2	Mac 'n' Cheese	206g	41.30g	24.15g	19.3g	460 kcal	
Option 3	Baked Potato with Cheese or Baked Beans	Approx 170g (Jacket Potato) potato sizes will vary 30g (Cheddar Cheese) 50g (Baked Beans)	43g (Jacket potato) 0.54g (Cheddar Cheese) 6.42g (Everyday Baked Beans)	0.5g (Jacket potato) 10.26g (Cheddar Cheese) 0.18g (Everyday Baked Beans)	5g (Jacket potato) 7.47g (Cheddar Cheese) 2.42g (Baked Beans)	180 kcal (Jacket potato) 124 kcal (Cheddar Cheese) 41 Kcal (Baked Beans)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
Sides	Rice	93g Cooked approx	30.84g	0.88g	2.96g	144 Kcal	
Sides	Sweetcorn	40g	6.24g	0.72g	1.36g	38 Kcal	
Sides	Carrots	40g	4.28g	0.12g	0.24g	17 Kcal	
Dessert	Rock Cake	39g	22.8g	6.8g	2.35g	163 kcal	

	Week 1 Friday	Approx Food Weight/	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Chicken Nuggets	63g	11.28g	9g	8g	156 kcal	Chicken Nugget Breaded - 184153S
Option 2	Veggie Sausage Roll	100g	27g	19g	8.2g	316 kcal	Vkitn Plant Based Sausage Roll - Case (191521C)
Option 3	Breaded Salmon Wrap with Mayo & Lettuce	56g (Wrap) 120g (Salmon lettuce filling)	28.4g (Wrap) 12.7g (Salmon lettuce filling)	5.4g (Wrap) 21.08g (Salmon lettuce filling)	4.65g (Wrap) 4.9g (Salmon lettuce filling)	178 kcal (Wrap) 262 kcal (Salmon lettuce filling)	Vegan Mayo, Everyday Favourites Wheat Flour Tortilla 25cm (10")
Carbs	Chips or Pasta	70g (Chips) 50g (Pasta – dried weight)/ approx 110g cooked weight	15.52g (Oven Chips) 14g (Fry Chips) 36.80g (Pasta)	2.8g (Oven Chips) 1.47g (Fry Chips) 0.75g (Pasta)	1.68g (Oven Chips) 1.75g (Fry Chips) 5.75g (Pasta)	94.50 Kcal (Oven Chips) 80 Kcal (Fry Chips) 180 Kcal (Pasta)	Everyday Favourites Oven Chips or Thick Cut Fry Chips 9/16, Everyday Favourites Pasta Fusilli
Sides	Baked Beans	50g	6.42g	0.18g	2.42g	41 Kcal	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (1106645)
Sides	Peas	40g	3.52g	0.36g	2.28g	30 Kcal	
Dessert	Vanilla Ice Cream with Pineapple	1 pot 85ml/ approx 45g (Ice cream) 30g (Pineapple)	9g (Ice cream) 4.95g (Pineapple)	2.52g (Ice cream) 0g (Pineapple)	0.94g (Ice cream) 0.1g (Pineapple)	63 kcal (Ice cream) 19 kcal (Pineapple)	Cheshire Creameries vanilla Ice Cream

OCC School Estimated Nutrition Information October 2025 Week 2

Please note: Carbohydrate counts are based on information obtained from manufacturers/food suppliers and school recipes and may vary due to product substitutions and/or recipe/cooking variations. Information regarding the carbohydrate content of dishes is provided to assist dietitians, nurses & parents calculate intake for diabetic children. This information, whilst as accurate as possible, should be considered advisory.

Week 2 Monday		Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Margherita Pizza (Cheese & Tomato)	87g	14.2g	9.27g	11.2g	188 kcal	Wholemeal Med Pizza 11inx15in
Option 2	Sweet Potato & Chickpea Curry	146g	22.6g	6.4g	6g	177 kcal	
Option 3	Veggie Cous Cous Salad	141g	37g	3g	7.7g	215 kcal	
	Rice	93g Cooked approx	30.84g	0.88g	2.96g	144 Kcal	
Sides	Sweetcorn	40g	6.24g	0.72g	1.36g	38 Kcal	
Sides	Baked Beans	50g	6.42g	0.18g	2.42g	41 Kcal	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (1106645)
Dessert	Vanilla Sponge Cake	65g	32.67g	14.5g	2.05g	270 kcal	
Week 2 Tuesday		Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Meatballs in a tomato Sauce	3 meatballs/60g (Meatballs) 70g (Tomato Sauce)	6.54g (Meatballs) 4.8g (Tomato Sauce)	8.22g (Meatballs) 0.8g (Tomato Sauce)	7.9g (Meatballs) 1g (Tomato Sauce)	133 kcal (Meatballs) 30 kcal (Tomato Sauce)	GF Beef Meatballs
Option 2	Veggie Meatballs in a tomato sauce	56g (Veggie Meatballs Arleys) 70g (Tomato Sauce)	2.6g (Vegan Meatballs) 4.8g (Tomato Sauce)	3.5g (Veggie Meatballs) 0.8g (Tomato Sauce)	5.3g (Veggie Meatballs) 1g (Tomato Sauce)	70.6 kcal (V eggieMeatballs) 30 kcal (Tomato Sauce)	Arleys Nourish Vegan Meatballs 14g
Option 3	Baked Potato with Cheese or Baked Beans	Approx 170g (Jacket Potato) potato sizes will vary 30g (Cheddar Cheese) 50g (Baked Beans)	43g (Jacket potato) 0.54g (Cheddar Cheese) 6.42g (Everyday Baked Beans)	0.5g (Jacket potato) 10.26g (Cheddar Cheese) 0.18g (Everyday Baked Beans)	5g (Jacket potato) 7.47g (Cheddar Cheese) 2.42g (Baked Beans)	180 kcal (Jacket potato) 124 kcal (Cheddar Cheese) 41 Kcal (Baked Beans)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
Carbs	Pasta	50g (Pasta – dried weight)/ approx 110g cooked weight	36.80g (Pasta)	0.75g (Pasta)	5.75g (Pasta)	180 Kcal (Pasta)	Everyday Favourites Pasta Fusilli
Sides	Peas	40g	3.52g	0.36g	2.28g	30 Kcal	
Sides	Broccoli	40g	1.12g	0.2g	1.32g	14 kcal	
Dessert	Ginger Biscuit	40g	27g	8.9g	2.8g	197 kcal	
Week 2 Wednesday		Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Roast Loin of Pork	57g uncooked	0g	7g	11g	120 kcal	
Option 2	Quorn Roast	56g	1.19g	0.57g	8.68g	51 kcal	Quorn Meat Free Roast 131745C
Option 3	Wholemeal Cheese & Tomato Sandwich	90g (Bread) 60g (Cheese and tomato Filling)	35g (Bread) 1.4g (Cheese and tomato Filling)	2.25g (Bread) 16.8g (Cheese and tomato Filling)	9.27g (Bread) 6.4g (Cheese and tomato Filling)	197 kcal (Bread) 147 kcal (Cheese and tomato Filling)	Fletchers Thick Sliced Wholemeal Bread
Carbs	Roast Potatoes, Yorkshire Pudding, & Gravy	18g (1 x Yorkshire Pudding) 60g (Roast Potatoes – cooked) 100ml (Gravy)	6.66g (Yorkshire Pudding) 13.12g (Roast Potatoes) 7.4g (Gravy)	1.3g (1 x Yorkshire Pudding) 2.2g (Roast Potatoes – cooked) 0.16g (Gravy)	1.51g (1 x Yorkshire Pudding) 1.4g (Roast Potatoes – cooked) 0.4g (Gravy)	45 kcal (1 x Yorkshire Pudding) 82 kcal (Roast Potatoes – cooked) 30 kcal (Gravy)	Aunt Bessies Baked yorkshire puddings, Chef Williams Fine Gravy Granules 319224C
Sides	Carrots	40g	4.28g	0.12g	0.24g	17 Kcal	
Sides	Cabbage	40g	1.64g	0.08g	0.96g	11 kcal	
Dessert	Shortbread with an Orange Wedge	43g (Shortbread) 30g (Orange Wedge)	28.3g (Shortbread) 1.7g (Orange Wedge)	13.9g (Shortbread) 0g (Orange Wedge)	3g (Shortbread) 0.2g (Orange Wedge)	250 kcal (Shortbread) 8 kcal (Orange Wedge)	
			11g	18.7g	325 kcal		
Week 2 Thursday		Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Creamy Chicken Risotto	233g	37g	11.3g	18.7g	325 kcal	
Option 2	Veggie Sausage Pasta	230g	44.5g	9.9g	15.7g	340 kcal	
Option 3	Oven Baked potato with cheese & Baked Beans	Approx 170g (Jacket Potato) potato sizes will vary 30g (Cheddar Cheese) 50g (Baked Beans)	43g (Jacket potato) 0.54g (Cheddar Cheese) 6.42g (Everyday Baked Beans)	0.5g (Jacket potato) 10.26g (Cheddar Cheese) 0.18g (Everyday Baked Beans)	5g (Jacket potato) 7.47g (Cheddar Cheese) 2.42g (Baked Beans)	180 kcal (Jacket potato) 124 kcal (Cheddar Cheese) 41 Kcal (Baked Beans)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
Sides	Green Beans	40g	1.24g	0.2g	0.76g	12 Kcal	
Sides	Peas	40g	3.52g	0.36g	2.28g	30 Kcal	
Dessert	Sultana & Syrup Cookie	45g	34.2g	6.79g	2.15g	206 kcal	
Week 2 Friday		Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Flipper Dippers	50g	12.1g	4.05g	4.45g	104 kcal	
Option 2	Veggie Samosa	60g	13.92g	2.2g	2.5g	99 kcal	Ckasia 5ml Vegetable Samosas
Option 3	Egg Mayo & Lettuce Wrap	56g (Wrap) 120g (Egg Mayo and Lettuce filling)	28.4g (Wrap) 1g (Egg Mayo and Lettuce filling)	5.4g (Wrap) 11.4g (Egg Mayo and Lettuce filling)	4.65g (Wrap) 8.1g (Egg Mayo and Lettuce filling)	178 kcal (Wrap) 140 kcal (Egg Mayo and Lettuce filling)	Vegan Mayo, Everyday Favourites Wheat Flour Tortilla 25cm (10")
Carbs	French fries or Pasta	70g (French Fries) 50g (Pasta – dried weight)/ approx 110g cooked weight	16.10g (French Fries) 36.80g (Pasta)	3.5g (French Fries) 0.75g (Pasta)	1.75g (French Fries) 5.75g (Pasta)	106 Kcal (French Fries) 180 Kcal (Pasta)	Everyday Favourites Freeze Chill Julienne Fries, Everyday Favourites Pasta Fusilli
Sides	Baked Beans	50g	6.42g	0.18g	2.42g	41 Kcal	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (1106645)
Sides	Sweetcorn	40g	6.24g	0.72g	1.36g	38 Kcal	
Dessert	Strawberry Ice Cream with Melon	1 pot 85ml/ approx 45g (Ice cream) 30g (Melon)	9g (Ice cream) 1.2g (Melon)	2.52g (Ice cream) 0g (Melon)	0.94g (Ice cream) 0.1g (Melon)	63 kcal (Ice cream) 5 kcal (Melon)	Cheshire Creameries strawberry Cream. Honey Dew Melon

OCC School Estimated Nutrition Information October 2025 Week 3

Please note: Carbohydrate counts are based on information obtained from manufacturers/food suppliers and school recipes and may vary due to product substitutions and/or recipe/cooking variations. Information regarding the carbohydrate content of dishes is provided to assist dietitians, nurses & parents calculate intake for diabetic children. This information, whilst as accurate as possible, should be considered advisory.

	Week 3 Monday	Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Margherita Pizza (Cheese & Tomato)	87g	14.2g	9.27g	11.2g	188 kcal	Wholemeal Med Pizza 11inx15in
Option 2	Spinach & Pepper Pasta	148g	32g	1.3g	5.8g	167 kcal	
Option 3	Wholemeal Cheese & Cucumber Sandwich	90g (Bread) 55g (Cheese and cucumber Filling)	35g (Bread) 0.75g (Cheese and cucumber Filling)	2.25g (Bread) 13.1g (Cheese and cucumber Filling)	9.27g (Bread) 7.6g (Cheese and cucumber Filling)	197 kcal (Bread) 151 kcal (Cheese and cucumber Filling)	Fletchers Thick Sliced Wholemeal Bread
Sides	Baked Beans	50g	6.42g	0.18g	2.42g	41 Kcal	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (1106645)
Sides	Sweetcorn	40g	6.24g	0.72g	1.36g	38 Kcal	
Dessert	Melting Moment with Mandarins	28g (Melting moment) 30g (Mandarins)	17.1g (Melting moment) 2.8g (Mandarins)	7.8g (Melting moment) 0g (Mandarins)	1.8g (Melting moment) 0.2g (Mandarins)	144 kcal (Melting moment) 11 kcal (Mandarins)	

	Week 3 Tuesday	Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Chicken & Leek Pie	138g	15g	9.36g	16.94g	213 kcal	
Option 2	Sweet & Sour Veggie Noodles	230g	53g	1.2g	8.4g	260 kcal	
Option 3	Baked Potato with Cheese or Baked Beans	Approx 170g (Jacket Potato) potato sizes will vary 30g (Cheddar Cheese) 50g (Baked Beans)	43g (Jacket potato) 0.54g (Cheddar Cheese) 6.42g (Everyday Baked Beans)	0.5g (Jacket potato) 10.26g (Cheddar Cheese) 0.18g (Everyday Baked Beans)	5g (Jacket potato) 7.47g (Cheddar Cheese) 2.42g (Baked Beans)	180 kcal (Jacket potato) 124 kcal (Cheddar Cheese) 41 Kcal (Baked Beans)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
Sides	New Potatoes	125g	21.9g	0.1g	2.5g	96 Kcal	
Sides	Vegetable Medley	40g	3.16g	0.36g	1.24g	24 Kcal	Carrots, Peas, Green Beans, Broad Beans, Sweetcorn
Sides	Broccoli	40g	1.12g	G	1.32g	14 kcal	
Dessert	Cinnamon Cookie	37g	22.8g	6.76g	1.9g	188 kcal	

	Week 3 Wednesday	Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Roast Gammon	57g (uncooked)/ approx 45g cooked	0g	4g	9.9g	77 kcal	
Option 2	Quorn Roast	56g	1.19g	0.57g	8.68g	51 kcal	Quorn Meat Free Roast 131745C
Option 3	Tuna & Sweetcorn Wrap	56g (Wrap) 89g (Tuna Sweetcorn filling)	28.4g (Wrap) 3.45g (Tuna Sweetcorn filling)	5.4g (Wrap) 6.9g (Tuna Sweetcorn filling)	4.65g (Wrap) 15.6g (Tuna Sweetcorn filling)	178 kcal (Wrap) 139 kcal (Tuna Sweetcorn filling)	Vegan Mayo, Everyday Favourites Wheat Flour Tortilla 25cm (10")
Carbs	Roast Potatoes, Yorkshire Pudding, & Gravy	18g (1 x Yorkshire Pudding) 60g (Roast Potatoes – cooked) 100ml (Gravy)	6.66g (Yorkshire Pudding) 13.12g (Roast Potatoes) 7.4g (Gravy)	1.3g (1 x Yorkshire Pudding) 2.2g (Roast Potatoes – cooked) 0.16g (Gravy)	1.51g (1 x Yorkshire Pudding) 1.4g (Roast Potatoes – cooked) 0.4g (Gravy)	45 kcal (1 x Yorkshire Pudding) 82 kcal (Roast Potatoes – cooked) 30 kcal (Gravy)	Aunt Bessies Baked yorkshire puddings, Chef Williams Fine Gravy Granules 319224C
Sides	Peas	40g	3.52g	0.36g	2.28g	30 Kcal	
Sides	Savoy Cabbage	40g	1.64g	0.08g	0.96g	11 kcal	
Dessert	Banana Cake	70g	33.7g	12g	5.4g	267 kcal	

	Week 3 Thursday	Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Pork Sausages	56g (uncooked)/ approx 45g cooked	4.98g	8g	7.8g	125 kcal	EF Meat Sausage Chipolata Pork
Option 2	Veggie Sausage	50g	1.35g	4g	5.25g	68 kcal	Arleys Nourish Vegan Sausage
	Gravy	100ml (Gravy)	7.4g (Gravy)	0.16g (Gravy)	0.4g (Gravy)	30 kcal (Gravy)	Chef Williams Fine Gravy Granules 319224C
Option 3	Baked Potato with Cheese or Baked Beans	Approx 170g (Jacket Potato) potato sizes will vary 30g (Cheddar Cheese) 50g (Baked Beans)	43g (Jacket potato) 0.54g (Cheddar Cheese) 6.42g (Everyday Baked Beans)	0.5g (Jacket potato) 10.26g (Cheddar Cheese) 0.18g (Everyday Baked Beans)	5g (Jacket potato) 7.47g (Cheddar Cheese) 2.42g (Baked Beans)	180 kcal (Jacket potato) 124 kcal (Cheddar Cheese) 41 Kcal (Baked Beans)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
Sides	Mashed Potato	125g (Mashed Potato)	21g (Mashed Potato)	2.75g	2.13g	124 Kcal	Everyday Favourites Potatoes Mashed
Sides	Carrots	40g	4.28g	0.12g	0.24g	17 Kcal	
Sides	Cauliflower	40g	1.76g	0.16g	1g	14 kcal	
Dessert	Crunchy Cornflake Cookie	34g	24g	10.7g	1.8g	200 kcal	

	Week 3 Friday	Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Kcal per Portion	Catering Notes
Option 1	Fish Fingers	50g	9.3g	4.75g	6.5g	107 kcal	Young's Fish Fingers Breaded Alaska MSC
Option 2	Cream Cheese & Broccoli Pinwheel	100g	27.4g	15.8g	6.6g	280 kcal	
Option 3	Veggie Pasta Salad	185g	38.8g	4.3g	7.3g	229 kcal	Vegan Mayo
Carbs	Chips or Pasta	70g (Chips) 50g (Pasta – dried weight)/ approx 110g cooked weight	15.52g (Oven Chips) 14g (Fry Chips) 36.80g (Pasta)	2.8g (Oven Chips) 1.47g (Fry Chips) 0.75g (Pasta)	1.68g (Oven Chips) 1.75g (Fry Chips) 5.75g (Pasta)	94.50 Kcal (Oven Chips) 80 Kcal (Fry Chips) 180 Kcal (Pasta)	Everyday Favourites Oven Chips or Thick Cut Fry Chips 9/16, Everyday Favourites Pasta Fusilli
Sides	Baked Beans	50g	6.42g	0.18g	2.42g	41 Kcal	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (1106645)
Sides	Peas	40g	3.52g	0.36g	2.28g	30 Kcal	
Dessert	Strawberry Jelly with Peaches	100g (Jelly) 30g (Tinned Peaches)	18.30g (Jelly) 2.91g (Tinned Peaches)	0.1g (Jelly) 0.03g (Tinned Peaches)	0.1g (Jelly) 0.24g (Tinned Peaches)	74 kcal (Jelly) 12 kcal (Tinned Peaches)	Mcdougalls Vegan Strawberry Jelly