

OCC School Estimated Nutrition Information October 2026 Week 3

Please note: Carbohydrate counts and nutrition information 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	Salt per Portion	Kcal per Portion	Catering Notes
Option 1	Margherita Pizza (Cheese & Tomato)	87g	14.2g	9.27g	11.2g	0.87g	188 kcal	Wholemeal Med Pizza 11mx15in
Option 2	Spinach and Potato Curry	140g	11.4g	7.3g	3g	0.25g	125 kcal	
Option 3	Cheese & Cucumber Wrap	56g (Wrap) 50g (Cheese and cucumber Filling)	28.4g (Wrap) 0.69g (Cheese and cucumber Filling)	5.4g (Wrap) 13.1g (Cheese and cucumber Filling)	4.65g (Wrap) 7.65g (Cheese and cucumber Filling)	0.54g (Wrap) 0.64g (Cheese and cucumber Filling)	178 kcal (Wrap) 151 kcal (Cheese and cucumber Filling)	Everyday Favourites Wheat Flour Tortilla 25cm (10")
Carbs	Rice	93g Cooked approx	30.84g	0.88g	2.96g	0.01g	144 Kcal	
Sides	Baked Beans	50g	6.42g	0.18g	2.42g	0.27g	41 Kcal	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (1106645)
Sides	Peas	40g	3.52g	0.36g	2.28g	0g	30 Kcal	
Dessert	Melting Moment with Mandarins	28g (Melting moment) 30g (Mandarins)	17.1g (Melting moment) 2.9g (Mandarins)	7.8g (Melting moment) 0g (Mandarins)	1.8g (Melting moment) 0.2g (Mandarins)	0.2g (Melting moment) 0g (Mandarins)	144 kcal (Melting moment) 11 kcal (Mandarins)	

	Week 3 Tuesday	Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Salt per Portion	Kcal per Portion	Catering Notes
Option 1	Pork Sausages	56g (uncooked)/ approx 45g cooked	4.98g	8g	7.8g	0.49g	125 kcal	EF Meat Sausage Chipolata Pork
Option 2	Veggie Sausages	50g	1.35g	4g	5.25g	0.33g	68 kcal	Arleys Nourish Vegan Sausage
	Gravy	100ml (Gravy)	7g	0.2g	0.2g	1.4g	30 kcal	Everyday Favourites Gluten Free Fine Gravy Granules 111188C
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)	0.13g (Jacket Potato) 0.56g (Cheddar Cheese) 0.27g (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	2.12g	0.53g	124 Kcal	Everyday Favourites Potatoes Mashed
Sides	Cabbage	40g	1.64g	0.1g	0.96g	0.01g	11 Kcal	
Sides	Carrots	40g	4.28g	0.12g	0.24g	0.02g	17 Kcal	
Dessert	Rock Cake with Melon	39g (Rock Cake) 30g (Honeydew Melon)	22.8g (Rock Cake) 1.2g (Honeydew Melon)	6.8g (Rock Cake) 0g (Honeydew Melon)	2.35g (Rock Cake) 0.1g (Honeydew Melon)	0.42g (Rock Cake) 0g (Honeydew Melon)	163 kcal (Rock Cake) 5 kcal (Honeydew Melon)	

	Week 3 Wednesday	Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Salt per Portion	Kcal per Portion	Catering Notes
Option 1	Roast Chicken Breast	57g uncooked	0g	0.63g	13.7g	0.09g	60 kcal	
Option 2	Quorn Roast	56g	1.19g	0.57g	8.68g	0.4g	51 kcal	Quorn Meat Free Roast 131745C
Option 3	Tuna & Sweetcorn Pasta Salad	185g	32.7g	7.5g	19.3g	0.53g	278 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) 7g (Gravy)	1.3g (1 x Yorkshire Pudding) 2.2g (Roast Potatoes – cooked) 0.2g (Gravy)	1.51g (1 x Yorkshire Pudding) 1.4g (Roast Potatoes – cooked) 0.2g (Gravy)	0.12g (1 x Yorkshire Pudding) 0.04g (Roast Potatoes – cooked) 1.4g (Gravy)	45 kcal (1 x Yorkshire Pudding) 82 kcal (Roast Potatoes) 30 kcal (Gravy)	Aunt Bessies Baked yorkshire puddings, Everyday Favourites Gluten Free Fine Gravy Granules 111188C
Sides	Cauliflower	40g	1.76g	0.16g	1g	0.01g	14 Kcal	
Sides	Green Beans	40g	1.24g	0.2g	0.76g	0g	12 kcal	
Dessert	Lemon Oat Cookie	25g	17.10g	7.80g	1.80g	0.2g	144 kcal	

	Week 3 Thursday	Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Salt per Portion	Kcal per Portion	Catering Notes
Option 1	Beef Bolognese	99g	5.54g	4.56g	12.29g	0.44g	115 kcal	
Option 2	Veggie Bolognese	110g	10.3g	6.8g	8.7g	0.64g	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)	0.13g (Jacket Potato) 0.56g (Cheddar Cheese) 0.27g (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	Twisty Pasta	50g (Pasta – dried weight)/ approx 110g cooked weight	36.80g (Pasta)	0.75g (Pasta)	5.75g (Pasta)	0.01g	180 Kcal (Pasta)	Everyday Favourites Pasta Fusilli
Sides	Carrots	40g	4.28g	0.12g	0.24g	0.02g	17 Kcal	
Sides	Peas	40g	3.52g	0.36g	2.28g	0g	30 Kcal	
Dessert	Iced Sprinkle Cake	86g	52.4g	14.7g	2.06g	0.44g	348 kcal	

	Week 3 Friday	Approx Food Weight/Portion	Carbohydrate per portion	Fat per portion	Protein per portion	Salt per Portion	Kcal per Portion	Catering Notes
Option 1	Flipper Dippers	50g	12.1g	4.05g	4.45g	0.45g	104 kcal	
Option 2	Pizza Pinwheel	89g	24.6g	25.4g	11.8g	0.99g	378 kcal	
Option 3	Wholemeal Egg Mayo and lettuce Sandwich	90g (Bread) 95g (Egg Mayo filling)	35g (Bread) 0.7g (Egg Mayo filling)	2.25g (Bread) 12.90g (Egg Mayo filling)	9.27g (Bread) 7.86g (Egg Mayo filling)	0.72g (Bread) 0.38g (Egg Mayo filling)	197 kcal (Bread) 150 kcal (Egg Mayo filling)	Vegan Mayo, Fletchers Thick Sliced Wholemeal Bread
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)	0.46g (Oven Chips) 0.04g (Fry Chips) 0.01g (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	0.27g	41 Kcal	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (1106645)
Sides	Sweetcorn	40g	6.24g	0.72g	1.36g	0g	38 Kcal	
Dessert	Vanilla Ice Cream with Mandarins	1 pot 85ml/approx 45g (ice cream) 30g (Mandarins)	9g (ice cream) 2.9g (Mandarins)	2.52g (ice cream) 0g (Mandarins)	0.94g (ice cream) 0.21g (Mandarins)	0.09g (ice cream) 0g (Mandarins)	63 kcal (ice cream) 11 kcal (Mandarins)	Cheshire Creameries vanilla Ice Cream