Lunchtime Carb Count Spring 2026

Main Dishes	Portion	Carb
Bacon	50g	0.25g
Bacon Bap	100g	26.25g
BBQ Jerk Pulled Chicken Sub	191g	40.4g
BBQ Chicken & Cheese French Bread Pizza	150g	27g
BBQ Chicken & Sweetcorn Pizza	90g	20.6g
BBQ Chicken Baguette	191g	40.4g
BBQ Chicken	95g	6.2g
BBQ Chicken Pizza	90g	20.6g
Beef Chilli & Bean Taco	151g	24.1g
BBQ Jerk Chicken	95g	9g
BBQ Pulled Chicken Wrap	177g	37.4g
Beef Bolognaise Pasta Bake	200g	33.5g
Beef Bolognese	135g	4.2g
Beef Burger in a Bun	107g	28.3g
Beef Chilli	124g	5.3g
Beef Chilli Wrap	210g	39.6g
Beef Lasagne	165g	25g
Cheese & Ham Panini	130g	34.4g
Chicken Burrito	205g	38.43g
Chicken & Cheese Macaroni	200g	33.8g
Chicken & Stuffing Baguette	145g	43.4g
Chicken Baguette	135g	32.9g
Chicken Burger	100g	45g
Chicken Fajita	205g	38.43g
Chicken Korma	157g	8.8g
Chicken carbonara	104g	49.2g
Chicken Pasta Bake	180g	34.5g
Chicken teriyaki sub	120g	39.1g
Chicken Nuggets/Bites	80g	6.8g
Chicken & Veg Pie	200g	21.8g
Chicken Sausage	56g	8.9g
Chicken Sausage Baguette	126g	41.8g
Chicken Shawarma (no Pitta)	100g	3.8g
Chicken Tikka	122g	6.4g
Chicken Tikka Pizza	95g	20.7g
Chinese Chicken Stir Fry	87g	30.8g
Cottage Pie	260g	26.6g
Creamy Chicken Carbonara	163g	32g
Ham & Cheese Bagel	165g	58.9g
Ham & Cheese French Bread Pizza	135g	21.8g
Ham & Cheese Pizza	99g	25.9g
Hunters Chicken	120g	6.6g
Italian Meatball in Tomato Sauce	145g	16.4g
Jerk Chicken Theigh	95g	10.4g
Lamb Bolognese	127g	24.7g
Loaded Bacon & Cheese Pot Skins	176g	22g
Macaroni Cheese with Bacon	193g	32.5g
Marinated Jerk Chicken	95g	10.4g
Meatball Sub	150g	27g

Meatfeast wholemeal Pizza	90g	20.6g
Minty Shepherds Pie	152g	21g
Moroccan Chicken, Vegetable & Chickpea Tagine	252.5g	22.09g
Pad Thai Chicken	150g	40.4g
Paprika Marinated Chicken	85g	0.7g
Parmigiano Chicken Melt	195g	7.5g
Pepperoni French Bread Pizza	135g	21.8g
Pepperoni Pizza	90g	20.6g
Pepperoni Puff Pinewheels	94g	27.5g
Pork Sausage	40g	4g
Pork Sausage Baguette	140g	38g
Pork Sausage Cow Boy Stew	200g	20.2g
Roast Beef	75g	0g
Roast Chicken	75g	0g
Roast Gammon	75g	0g
Roast Pork	75g	0g
Roast Turkey	75g	0g
Sausage Roll	63g	17g
Spanish Style Chicken Pasta Bake	220g	38.1g
Sticky assian Meatballs	130g	47.2g
Sticky Chicken	130g	40.1g
Thai Green Chicken Curry	160.5g	8.1g
Tray Bake with Chicken & Potatoes	168g	12.6g
Turkey Tikka	122.5g	6.4g

Lunchtime Carb Count Autumn 26/27 Menu

Vegetarian Dishes	Portion	Carb	
Baked Lentil Roast	170g	35.8g	
BBQ Lentil, Bean & Vegetable wrap	179g	51.2g	
BBQ Lentil, Chickpea & Veg Stew	190g	54.9g	
Bean chilli Taco	115g	9g	
Bean chilli Taco	141g	24.4g	
Broccoli, Cauliflower & Lentil cheese	200g	13.7g	
Butternut & Chickpea Korma	200g	20.8g	
Cauliflower Cheese	140g	16.2g	
Cauliflower & Leek Turnover	145g	38.5g	
Cheese & Potato Pie	177g	30.9g	
Cheese & Tomato French Bread Pizza / Margherita Pizza Baguette	115g	20.8g	
Cheese & Tomato Pinwheel	69g	27g	
Cheese Panini	100g	33.4g	
Cheese, Onion & PepperRoll	78g	19.5g	
Cheesy Pasta	163g	32g	
Chinese Vegetable Stir Fry	67g	32.8g	
Fishless Fish Fingers	60g	17.5g	
Fishless Finger Wrap	120g	44.5g	
Italian Vegan Meatball in Tomato Sauce	158g	10.8g	
Leek Wellington	120g	30g	
Leek Carbonara	105g	37.9g	
Lentil Dhal	180g	16.2g	
Loaded Cheese & Onion Skins	166g	23.1g	
Maccaroni Cheese	163g	32g	
Margherita Panini	110g	19.5g	
Margherita Pizza	75g	19.6g	
Mediterranean Veg & Cheese panini	150g	34.98g	
Mediterranean Vegetable Pasta Bake	180g	38.1g	
Mild & Cool Vegetable Fajita	256g	44.03g	
Mixed bean & Lentil pasta Bake	188g	47.8g	
Moroccan Vegetable & Chickpea Tagine	252.5g	22.7g	
Plant Based Bolognaise	160g	16.2g	
Quorn Fillet	52g	2.1g	x
Quorn Sausage	50g	4.4g	
Quorn Sausage Baguette/Hot Dog	140g	37g	x
Quorn Sausage Cow Boy Stew	210g	20.6g	
Rainbow Pizza	79g	27g	
Roasted Bean & Veg Pie	190g	46.1g	
Roasted Butternut Squash & Spinach Thai Curry	210.5g	12.08g	
Roasted vegetable & Bean Pasta Bake	188g	45.2g	
Shepherdess Pie	152g	22.1g	
Spanish Style Vegetanle Pasta Bake	180g	38.1g	
Sticky asian Meatballs Vegeterian	135g	31.4g	
Sweet Potatoe & Black Bean Jerk Curry	165g	23.1g	
Teriyaki vegan meatball sub	130g	41.4g	
Tex Mex Vegan mince Buritto	184g	37.4g	
Thai Vegetable Curry	160g	11.2g	
Tomato & Herb Pasta	115g	39.2g	
Tomato & vegetable lentil pasta bake	180g	61.9g	

Vegetable Nuggets/Bites	75g	18.5g
Vegan Meatball sub	150g	25.8g
Vegan Sausage Roll	64g	17g
Vegetable & Black Bean Jerk Stew	185g	36.8g
Vegetable & Lentil Bolognaise	198g	22.1g
Vegetable & Lentil Lasagne	165g	24.1g
Vegetable Bite Baguette	145g	51.4g
Vegetable Bolognaise	140g	40.1g
Vegetable Burger in a Bun	150g	44.1g
Vegetable Cottage Pie	260g	31g
Vegetable Frittata	145g	3g
Vegetable Lasagne	165g	19.2g
Vegetable Shawarma (no Pitta)	130g	10g
Vegetable Tikka	190g	9.8g
Vegetable Sausage	50g	13g

Fish Dishes	Portion	Carb
Fish Fillet	70g	14g
Fish Finger	60g	12g
Fish Finger Baguette	144g	46.3g
Fish Finger Bap	124g	39.7g
Fish Finger Sandwich	134g	42.7g
Fish Finger Wrap	130g	43.3g
Salmon Fish Fingers	75g	12.8g
Tuna & Sweetcorn pasta bake	208g	35g
Fish Cake	85g	16.1g

Lunchtime Carb Count Autumn 26/27 Menu

Sides	Portion	Carb
Baked Beans	60g	7.8g
Broccoli	30g	0.75g
Cabbage	30g	1.2g
Carrot Fresh	30g	2.4g
Cauliflower Fresh	30g	1.2g
Cheese	25g	0.4g
Coleslaw	60g	3.5g
Corn on the cob	44g	3g
Couscous & Vegetable Salad	60g	13.2g
Couscous plain	60g	15.5g
Crusty Bread	20g	11g
Egg Fried Rice	50g	16g
Egg Noodles	58g	16g
Focaccia Bread	30g	15.4g
Fresh Mixed Salad	30g	1.5g
Garlic Bread	32g	14.4g
Golden veg Rice/Savoury Rice	60g	28g
Gravy	58g	2.5g
Hummus	30g	3g
Mediterranean Vegetables	60g	3.3g
Naan Bread	30g	11.8g
Pasta	88g	30g
Peas	30g	3g
Peas & Sweetcorn	60g	7.5g
Pitta Bread	27.5g	15.1g
Rice & Beans	50g	27.9g
Soda Bread	40g	21.5g
Spaghetti	66g	22g
Spaghetti Hoops	60g	6.5g
Stuffing Ball	35g	6.5g
Sweetcorn	30g	4.5g
Tomato Bread	20g	11g
Tomato Sauce / Ketchup	15g	3g
Turmeric Rice	50g	16g
Tuna Mayo	65g	1g
Wholemeal Rice	50g	15g
Yorkshire 2"	15g	5.8g
Mayo	15g	0.9g
BBQ Sauce	15g	4.6g

Potato Sides	Portion	Carb
Chips	100g	22g
Crushed Potatoes	110g	17.4g
Hash Browns	80g	24g
Jacket Potato	220g	47g
Mashed Potato	120g	19g
Baby Potato	65g	10g
Potato Wedges	100g	30.9g
Rainbow Wedges	100g	21g
Roast Potato	50g	13.1g
Sauteed Potato	100g	22g
Seasoned Potato cubes	100g	16.3g

Lunchtime Carb Count Autumn 26/27 Menu

Lunchtime Lunch box	Portion	Carb
BBQ Chicken Wrap	156g	37.4g
Cheese & Coleslaw Wrap	166g	34.6g
Cheese & Mayo Wrap	116g	32.1g
Cheese Baguette	100g	33.4g
Cheese Sandwich	110g	38.4g
Cheese, Spring Onion & Mayo Baguette	136g	33.1g
Cheese Roll	80g	26g
Chicken Mayo Baguette	135g	33.9g
Chicken Mayo Sandwich	145g	38.7g
Chicken Mayo & Sweetcorn Baguette	135g	34.9g
Chicken Mayo & Sweetcorn Sandwich	145g	39.7g
Coronation Chicken Sandwich	145g	48.7g
Ham Baguette	100g	33.9g
Ham Sandwich	110g	38.7g
Ham Roll	85g	27g
Sweet chilli Chicken Baguette	154g	47g
Sweet chilli Chicken Sandwich	145g	43.6g
Tuna & Cucumber Sandwich	170g	39.7g
Tuna & Sweetcorn Pasta	124g	39.6g
Tuna Mayo & Sweetcorn Baguette	160g	35.9g
Tuna Mayo & Sweetcorn Roll	140g	29g
Tuna Mayo & Sweetcorn Sandwich	170g	40.7g
Tuna Mayo & Sweetcorn Wrap	143g	32.7g
Tuna & Sweetcorn Sandwich	180g	40.2g
Vegan Mayo & Ham Wrap	110g	31.3g
Vegan Mayo & Cheese wrap	110g	31.2g

Cheese Straw	10g	5g
Pizza Finger	22g	6.9g
Tortilla Chips	40g	25.2g
Cream Crackers	16g	12g

Cucumber Sticks	35g	0.4g
Carrot Sticks	30g	2.4g

Salad	Portion	Carb
Cucumber	30g	0.3g
Carrot	30g	2.4g
Sweetcorn	30g	4.5g
Peppers	30g	0.7g
Iceberg Lettuce	30g	0.3g
Tomato Pasta	30g	10.2g
Coleslaw	30g	1.8g

Whole Bread Items	Portion	Carb
White Baguette	70g	32.9g
Brown Baguette	80g	38.4g
Hot Dog Bun	50g	23g
Wholemeal Bun	50g	19g
White Bap	50g	26g
Sliced white bread	30g	14.5g
Sliced Brown Bread	30g	13.3g
Wrap	56g	29.7g

Lunchtime Carb Count Autumn 26/27 Menu

Desserts

	Portion	Carb
Apple & Berry Crumble	100g	30.9g
Apple Flapjack	50g	22.6g
Banana	20g	4.1g
Banana & Orange Sponge	50g	25.2g
Banana Bread	50g	20.1g
Banana Cake	50g	12.2g
Caramel Mousse	110g	9.1g
Caramel Mousse with Banana	110g	10g
Carrot & Courgette cake	50g	23.7g
Carrot Cake	50g	22.7g
Chocolate Chip Cookie	50g	29.g
Cream Crackers	16g	12g
Cheese	25g	0.4g
Chocolate Brownie	50g	21.4g
Chocolate Crispy Cake	35g	22.2g
Chocolate Crunch	52g	27.6g
Chocolate Custard	60g	12.4g
Chocolate Iced Sponge	50g	25.6g
Chocolate Mousse	110g	8.6g
Chocolate Oat Cake	50g	28.6g
Chocolate Shortbread	33g	17.5g
Chocolate Sponge	50g	25.9g
Cinnamon Shortbread	32g	20g
Cornflake Tart	50g	30.1g
Custard	60g	10g
Fresh Fruit Pot	80g	5.9g
Fruit Flapjack	50g	25.6g
Fruit Muesli Bar	50g	25.75g
Fruit Sauce	20g	2.25g
Iced School Cake	50g	26.6g
Jaffa Sponge	50g	16.48g
Jam & Coconut Sponge	50g	33.9g
Jam Roly Poly	40g	18.8g
Jam Tart	50g	27.9g
Jelly Pot	60g	1.7g
Lemon & Courgette Cake	50g	22.2g
Lemon & Raisin Cookie	44g	27.08g
Lemon Drizzle Cake	50g	21.2g
Lemon Tart	50g	41.9g
Lemon Cookie	44g	24.2g

Desserts	Portion	Carb
Marble Cake	50g	25.9g
Marble Shortbread	33g	17.5g
Mixed Berry Muffin/Cake	50g	18.6g
Oat & Raisin Cookie	44g	27.08g
Orange Wedge	30g	1.7g
Orange Drizzle Cake	50g	21.2g
Peach Sponge	50g	30.1g
Raspberry Tart	50g	27.9g
Raisin Cookie	50g	33.8g
Rocket Lolly	70g	11.9g
Sprinkle Cookie	50g	35.6g
Sticky Pineapple Cake	67.5g	34.5g
Sticky Toffee Apple Cake	50g	18.5g
Strawberry Mousse	110g	9.1g
Strawberry Mousse with Berry Swirl	110g	9.4g
Strawberry Yoghurt Pot	85g	12.3g
Syrup Sponge	50g	30.4g
Toffee Apple Crumble	100g	31.6g
Vanilla Crunch	52g	29.2g
Vanilla Ice-cream	50g	7.5g
Vanilla Shortbread	33g	18.2g
Victoria Sponge/Muffin	50g	27g
Yoghurt & Fruit Compote	100g	8.3g