

Carb Count

Everyday Items	Portion Weight (g)	Carbs (g) /Portion	Carbs (g) /100g	Carbs (g) /g
Homemade Bread	30	15	50	5
Jacket Potato	120	29	25	0.25
with Baked Beans	+ 60	+ 8	13	0.13
with Cheese	+ 60	+ 0	0	0
with Tuna Mayonnaise	+ 80	+ 1	2	0.02
Penne	95	29	31	0.31
with Classic Tomato Sauce	+ 45	+ 3	7	0.07
Sandwich on 50:50	76	33	44	0.44
With Spread	+ 10	+ 0	0	0
with Cheese	+ 27	+ 0	0	0
with Egg Mayo	+ 55	+ 1	2	0.02
with Tuna Mayo	+ 75	+ 1	2	0.02
Veggie Sticks	60	2	4	0.4
Salad Bar				
Tomatoes			3	0.03
Cucumber			1	0.01
Lettuce			1	0.01
Sweetcorn			14	0.14
Carrots			8	0.08
Peppers			4	0.04
Fresh Fruit				
Banana (weighed with skin)	80	11	13	0.13
Apple	85	9	10	0.10
Easy Peeler Orange	80	5	7	0.07
Pear	100	11	11	0.11
Grapes	80	12	15	0.15
Peach Yoghurt	100	7	7	0.07
Strawberry Yoghurt	100	6	6	0.06

Please note these values are calculated based on standardised recipes.
Carbohydrate values are calculated based on prepared/cooked dishes.

Carb Count

Mains	Portion Weight (g)	Carbs (g) /Portion	Carbs (g) /100g	Carbs (g) /g
Beany Chilli	110	12	11	0.11
Breakfast for Lunch				
Baked Omelette	35	0	0	0
Bacon	20	0	0	0
Chicken Sausage	22	2	9	0.09
Pork Sausage	22	1	6	0.06
Veggie Sausage	40	4	10	0.1
Chicken with Golden Vegetable Rice	240	36	15	0.15
Chicken Sausages x 2	50	4	8	0.08
with Gravy	+ 30	+ 1	3	0.03
Cottage Pie	191	22	12	0.12
Fish Fingers & Salmon Fish Fingers x 2	40	9	23	0.23
with Tomato Sauce	+ 15	+ 5	36	0.36
Garden Vegetable Goujons x 2	65	20	31	0.31
Homemade Veggie & Stuffing Roll	136	31	23	0.23
Mac & Cheese	170	42	25	0.25
Margherita Pizza	55	25	45	0.45
Mild & Sweet Chicken Curry	110	6	6	0.06
Pasta / Penne	95	29	31	0.31
with Beef Bolognese	+ 135	+ 15	11	0.11
with Vegeballs x 4 in Classic Tomato Sauce	+ 90	+ 7	8	0.08
with Veggie Bolognese	+ 75	+ 8	11	0.11
Pork Sausages x 2	50	3	6	0.06
with Gravy	+ 30	+ 1	3	0.03
Quorn Dipper x 3	45	6	13	0.13
with Tomato Sauce	+ 15	+ 5	36	0.36
Quorn Fillet with Gravy	60	4	6	0.06
with Gravy	+ 30	+ 1	3	0.03
Quorn Hotdog	40	2	4	0.04
with Bun	+ 45	+ 22	49	0.49
with Tomato Sauce	+ 15	+ 5	36	0.36
Roasted Butternut Squash	40	5	12	0.12
with Gravy	+ 30	+ 1	3	0.03
Roast Gammon, Turkey or Chicken Roll	50	0	0	0
with Gravy	+ 30	+ 1	3	0.03
Slow Roasted Chicken, Pork or Beef	40	0	0	0
with Gravy (<i>thickened with vegetables/stock</i>)	+ 50	+ 6	12	0.12
Veggie Chow Mein	170	34	20	0.2
Veggie Cottage Pie	210	26	12	0.12
Veggie Sausage x 2	80	8	10	0.1
with Gravy	+ 30	+ 1	3	0.03

Please note these values are calculated based on standardised recipes.
Carbohydrate values are calculated based on prepared/cooked dishes.

Carb Count

Sides	Portion Weight (g)	Carbs (g) /Portion	Carbs (g) /100g	Carbs (g) /g
Chips	70	20	28	0.28
Herby Diced Potatoes	80	16	20	0.2
Jacket Wedges	55	13	25	0.25
Mash	100	17	17	0.17
Rice	110	31	29	0.29
Roasties	80	15	19	0.19
Stuffing Ball x 1	30	6	63	0.63
Yorkshire x 1	35	15	42	0.42

Veg	Portion Weight (g)	Carbs (g) /Portion	Carbs (g) /100g	Carbs (g) /g
Baked Beans	40	5	13	0.13
Broccoli	50	3	8	0.08
Cabbage	50	2	3	0.03
Carrot Batons	50	3	6	0.06
Cauliflower	75	1	2	0.02
Cooked Tomato	35	2	4	0.04
Garden Peas	35	3	10	0.1
Green Beans	40	2	4	0.04
Rainbow Veg	60	7	11	0.11
Shredded Carrots	50	3	6	0.06
Sliced Carrots	50	3	6	0.06
Sweetcorn	50	7	14	0.14

Please note these values are calculated based on standardised recipes.
Carbohydrate values are calculated based on prepared/cooked dishes.

Carb Count

Puddings	Portion Weight (g)	Carbs (g) /Portion	Carbs (g) /100g	Carbs (g) /g
Apple Crumble	70	22	27	0.27
with Custard	+ 60	+ 10	14	0.14
Banana Bread	70	16	26	0.26
Chocolate Mousse	60	11	19	0.19
with Mandarins	+ 60	+ 9	15	0.15
with Pears	+ 60	+ 5	9	0.09
Flapjack	55	31	55	0.55
Lime Shortbread	60	38	60	0.6
Orange Jelly	60	13	21	0.21
Pear & Chocolate Sponge	90	25	28	0.28
with Chocolate Custard	+ 60	+ 10	14	0.14
Strawberry Jelly	60	9	15	0.15
St Clement's Shortbread	60	38	60	0.6
Toffee Apple Sponge	95	28	20	0.29
with Apple Custard	+ 50	+ 9	18	0.18
Vanilla Ice Cream	50	12	24	0.24
with Banana	+ 40	+ 10	13	0.13
with Fruit Cocktail	+ 50	+ 6	12	0.12
with Peaches	+ 60	+ 6	9	0.09
Vanilla Iced Shortbread	60	39	63	0.63

Please note these values are calculated based on standardised recipes.
Carbohydrate values are calculated based on prepared/cooked dishes.