



Dear Parents/Carers

Welcome to your Summer 2019!!

Its hard to believe we are in our last term before summer!

When booking your meals for this menu, we are only able to load up to July, after July everyone changes years and classes therefore the booking for September won't be able to open until all schools have updated the changes which will be usually a few days before we return in September unfortunately.

We have changed the design of our menu this term, it looks more fun! We have brought back salad option and have added a roll option to the lunch box.

Please ensure you have booked your child's meal for when we return after the break, even if your child is Universal free school meals or Free school meals as if a child turns up to lunch with no order booked they will not be given the meal of the day as this is cooked to order, they will be given a lunch bag that is available which makes it hard for our staff when the child wants the main meal but there isn't a meal booked for them. We have made it very easy to order and our online system lets you order up to midnight the night before or if your school is not online you can hand your order in to your school. We cannot accept orders after 9.00 am and you cannot place an order without a payment accompanying the order, if you fill out a termly order then you must pay for a termly order and not arrange payment weekly.

For schools using the online system, we can not accept bank transfers, please book using the online booking system.

If your child has a dietary requirement please email the office for one of our specialist menus and a dietary requirement form, please note we can not feed your child a special menu until we have this completed form. We also have a vegan menu available.

**If you wish to order, amend an order or have a query please email your kitchens as your kitchens hold all the ordering information.**

**Please remember when emailing our kitchens that they only work school hours and will reply to you as soon as they can.**

**If you are having problems logging on you can either contact School money direct, Love food office or your kitchen.**

Rothwell Infants: [lovefoodrothwellinfants@outlook.com](mailto:lovefoodrothwellinfants@outlook.com)

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Loatlands: [lovefoodloatlands@outlook.com](mailto:lovefoodloatlands@outlook.com)

Rushton: [lovefoodrushton@outlook.com](mailto:lovefoodrushton@outlook.com)

Hayfield cross: [lovefoodhayfields@outlook.com](mailto:lovefoodhayfields@outlook.com)

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Wilbarston: [lovefoodwilbarston@outlook.com](mailto:lovefoodwilbarston@outlook.com)

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## Diabetic Summer Main Menu 2019

### Week One

Weeks beginning  
3<sup>rd</sup> Jun|24<sup>th</sup> Jun|15<sup>th</sup> Jul|9<sup>th</sup> Sept|30<sup>th</sup> Sep|21<sup>st</sup> Oct

Monday



**Meat: Handmade Turkey burger in a bun**  
**Veg: Spicy Bean Burger**  
**With: Crispy potatoes and Mixed salad**  
**Dessert: Strawberry thick shake**

Tuesday



**Meat: Chicken Fajitas in tortilla wrap**  
**Veg: Meat free chicken fajita**  
**With: Rice, tortilla chips and raw peppers**  
**Dessert: Trifle**

Wednesday



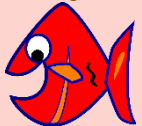
**Meat: Roast Pork**  
**Veg: Cheese and onion bake**  
**With: Roast potatoes, Yorkshire pud & mixed veg**  
**Dessert: Various Biscuits**

Thursday



**Meat: Love food breakfast: Bacon and sausage**  
**Veg: Meat free breakfast**  
**With: Hash Browns, Baked beans and scrambled egg**  
**Dessert: Strawberry Whip**

Friday



**Meat: Fish fingers**  
**Veg: Vegetable fingers**  
**With: Oven baked chips and peas**  
**Dessert: Fruit filled meringue nest**

### Week Two

Weeks beginning  
10<sup>th</sup> Jun|1<sup>st</sup> Jul|22<sup>nd</sup> Jul|16<sup>th</sup> Sept|7<sup>th</sup> Oct

**Meat: Handmade Beef burger in a bun**  
**Veg: Vegetable burger**  
**With: Crispy potatoes and Mixed salad**  
**Dessert: Chocolate thick shake**

**Meat: Chicken kebab**  
**Veg: Meat free chicken kebabs**  
**With: Rice, tortilla chips and raw peppers**  
**Dessert: Trifle**

**Meat: Roast Beef**  
**Veg: Quorn Chicken Fillet**  
**With: Roast potatoes, Yorkshire pud & mixed veg**  
**Dessert: Various Biscuits**

**Meat: Macaroni cheese with Ham**  
**Veg: Macaroni cheese**  
**With: French bread and mixed salad**  
**Dessert: Banana Whip**

**Meat: Breaded Cod**  
**Veg: Mozzarella sticks**  
**With: Oven baked chips and peas**  
**Dessert: Fruit filled meringue nest**

### Week Three

Weeks beginning  
17<sup>th</sup> Jun|8<sup>th</sup> Jul|2<sup>nd</sup> Sept|23<sup>rd</sup> Sept|14<sup>th</sup> Oct

**Meat: Handmade hotdog in a roll**  
**Veg: Meat free hotdog in a roll**  
**With: Crispy potatoes and Mixed salad**  
**Dessert: Raspberry thick shake**

**Meat: Mild Chilli con carne taco's**  
**Veg: Meat free mince chilli taco**  
**With: Rice and raw peppers**  
**Dessert: Trifle**


**Meat: Roast chicken**  
**Veg: Cauliflower cheese grill**  
**With: Roast potatoes, Yorkshire pud & mixed veg**  
**Dessert: Various Biscuits**

**Meat: Meatball pasta bake**  
**Veg: Tomato pasta**  
**With: Garlic bread and mixed salad**  
**Dessert: Chocolate Whip**

**Meat: Cod Cake**  
**Veg: Sweetcorn fritter**  
**With: Oven baked chips and peas**  
**Dessert: Fruit filled meringue nest**

Soup option	Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, tomato or vegetable
Lunch box option	Your choice of a Sandwich, Roll or a Wrap. Fillings: Cheese, Ham, Chicken, or Tuna mayo. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), cheese and biscuits, popcorn, raisins, dried bananas, bread sticks, raw pepper batons.
Salad option	Choose from ham, tuna mayo, cheese, cheese and onion bake, or falafel served with mixed salad and bread roll
Jacket potato	All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.
Everyday	Milk, Water, Bread, Yoghurts and fruit are available every day.

# Week One

 <b>Meat: Turkey burger in a bun</b> Vegetarian: Spicy bean burger To go with: crispy potatoes and mixed salad Dessert: Strawberry thickshake					<b>Meat: Chicken Fajita in a wrap</b> Vegetarian: Meat free fajita in a wrap To go with: Rice, tortilla chips and raw peppers Dessert: Trifle					<b>Meat: Roast Pork</b> Vegetarian: Cheese and onion bake To go with: Roast potatoes, yorkshire pud and mixed veg Dessert: Various biscuits					<b>Meat: Love Food Breakfast</b> Vegetarian: Love Food vege breakfast To go with: Hash browns, beans and scrambled egg Dessert: Strawberry whip					<b>Meat: Fish Fingers</b> Vegetarian: Vegetable Fingers To go with: Oven baked chips and peas Dessert: Fruit filled meringue nest				
	130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day
	Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat
Turkey burger	0	0	0.04	12.1	chicken	0	0	0	0.7	pork	0	0	0.3	21.4	bacon x1	0.1	0.05	0.85	3.8	fingers x2	12	0.25	0.5	5
50/50 bun	26.5	1.6	0.6	2.3	wrap x1 mini	15.4	0.7	0.3	1.6	Roast potatoes x3	15.2	0.4	0.14	3.8	sausage x1	2.75	0.5	0.7	6.4	oven chips 125g	26	0.5	0.49	4.8
					rice 60g	21.3	0	0	0.2	Yorkshire pudding	5.5	0.5	0.08	1.8	hash brown x1	9.8	0.3	0.2	2.5	peas 35g	3.2	1.1	0.03	0.1
crispy potatoes 125g	16.45	0.2	0.2	2.55	tortilla chips x3	6.5	0.1	0.08	2.4	mixed veg 35g	2.5	1.6	0	0	beans 100g	11.5	1.15	0.6	0.6					
lettuce	0.19	0.19	0.01	0.02	raw peppers 1/4th	1.9	1.85	0	0.25	Gravy 50ml	2.5	0.5	0.29	0.6	scrambled egg (1 egg)	0	0	0.2	4.2					
tomato	0.36	0.36	0.01	0.05																ketchup 1tbsp	1.7	0.9	0.1	0.1
cucumber	0	0	0	0																				
ketchup 1tbsp	1.7	0.9	0.1	0.1																				
<b>Total</b>	<b>45.2</b>	<b>3.25</b>	<b>0.96</b>	<b>17.12</b>	<b>Total</b>	<b>45.1</b>	<b>2.65</b>	<b>0.38</b>	<b>5.15</b>	<b>Total</b>	<b>25.7</b>	<b>3</b>	<b>0.81</b>	<b>27.6</b>	<b>Total</b>	<b>24.15</b>	<b>2</b>	<b>2.55</b>	<b>17.5</b>	<b>Total</b>	<b>42.9</b>	<b>2.75</b>	<b>1.12</b>	<b>10</b>

Dessert					Dessert					Dessert					Dessert					Dessert					
	Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat	
Strawberry thickshake 50ml	11.7	11.3	0.15	4.8	trifle as per recipe	8.2	3.85	0.1	1.55	biscuits x2	10.4	3	0.12	4.1	strawberry whip 100ml	25	20	0.23	3.7	meringue x1	12.9	12.9	0.1	0.1	
																					mixed berries 25g	1.7	1.1	0	0.1


Optional extras					Optional extras					Optional extras					Optional extras					Optional extras				
	Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat
Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6
White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45
milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6
Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1
Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5
Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1
Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1
Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7



# Week Two

Meat: Handmade beef burger in a bun Vegetarian: Vegetable burger in a bun To go with: Crispy potatoes and mixed salad Dessert: Chocolate Thickshake					Meat: Chicken Kebab Vegetarian: Meat free chicken kebab To go with: Rice, tortilla chips and raw peppers Dessert: Trifle					Meat: Roast Beef Vegetarian: Quorn fillet To go with: Roast potatoes, yorkshire pud and mixed veg Dessert: Various Biscuits					Meat: Macaroni cheese and ham Vegetarian: Macaroni cheese To go with: french bread and mixed salad Dessert: Banana whip					Meat: Breaded cod Vegetarian: Mozzarella sticks To go with: oven baked chips and peas Dessert: Fruit filled meringue nest				
	130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day
	Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat
Beef Burger	5	0	0.5	9	chicken	0	0	0	0.7	Beef	0	0	0	0	macaroni 60g	20	0.39	0	0	Breaded cod	25.4	1.6	0.7	13.1
50/50 bun	26.5	1.6	0.6	2.3	sandwich thin	18.3	1.7	0.36	1	yorkshire pud x1	5.5	0.5	0.08	1.8	cheese sauce 10g	5.7	2.5	0.48	1.4	oven chips 125g	26	0.5	0.49	4.8
crispy potatoes 125g	16.45	0.2	0.2	2.55	rice 60g	21.3	0	0	0.2	Roast potatoes x3	15.2	0.4	0.14	3.8	ham 1 slice	0.5	0.3	1.35	1	peas 35g	3.2	1.1	0.03	0.1
	0.19	0.19	0.01	0.02	tortilla chips x3	6.5	0.1	0.08	2.4	mixed veg 35g	2.5	1.6	0	0	lettuce	0.19	0.19	0.01	0.02					
	0.36	0.36	0.01	0.05	raw peppers 1/4th	1.9	1.85	0	0.25	Gravy 50ml	2.5	0.5	0.29	0.6	tomato	0.36	0.36	0.01	0.05					
cucumber	0	0	0	0											cucumber	0	0	0	0	ketchup 1tbsp	1.7	0.9	0.1	0.1
ketchup 1tbsp	1.7	0.9	0.1	0.1											french bread	11	0.73	0.21	0.2					
Total	50.2	3.25	1.42	14.02	Total	48	3.65	0.44	4.55	Total	25.7	3	0.51	6.2	Total	37.75	4.47	2.06	2.67	Total	56.3	4.1	1.32	18.1
of R.D.A					of R.D.A					of R.D.A					of R.D.A					of R.D.A				
Dessert					Dessert					Dessert					Dessert					Dessert				
	Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat
chocolate thickshake 50g	11.7	11.3	0.15	4.8	trifle (as per recipe)	8.2	3.85	0.1	1.55	biscuits x2	10.4	3	0.12	4.1	Banana whip 100ml	25	20	0.23	3.7	meringue x1	12.9	12.9	0.1	0.1
Optional extras					Optional extras					Optional extras					Optional extras					Optional extras				
	Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat
Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6
White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45
milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6
Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1
Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5
Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1
Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1
Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7

# Week Three

 <b>Meat: Handmade hotdog in a roll</b> Vegetarian: Meat free hotdog in a roll To go with: Crispy potatoes and mixed salad Dessert: Raspberry thickshake					<b>Meat: Mild chilli con carne taco</b> Vegetarian: meat free chilli taco To go with: Rice and raw peppers Dessert: Trifle					<b>Meat: Roast Chicken</b> Vegetarian: Cauliflower cheese grill To go with: Roast potatoes, yorkshire pud and mixed veg Dessert: Varios biscuits					<b>Meat: Meatball pasta bake</b> Vegetarian: Tomato pasta bake To go with: Garlic bread and mixed salad Dessert: Chocolate whip					<b>Meat: Cod cakes</b> Vegetarian: Sweetcorn fritter To go with: oven baked chips and peas Dessert: Fruit filled meringue nest					
	130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day		130g per day	25g per day	5g per day	56-62g per day	
	Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat	
sausage x1	2.75	0.5	0.7	6.4	minced beef	0	0	0	10	chicken	0	0	0	0.7	meatballs x3	10.3	2.8	0.8	15.4	cod cakes	9.1	0.3	0.5	4.35	
hotdog roll	31.9	2.4	0.6	2.5	bolognese sauce 100g inc kidney beans	11	1.7	0.4	8.3	Yorkshire pudding	5.5	0.5	0.08	1.8	pasta 60g cooked	20	0.39	0	0	oven chips 125g	26	0.5	0.49	4.8	
crispy potatoes 1/20th	16.45	0.2	0.2	2.55	rice	21.3	0	0	0.2	Roast potatoes x3	15.2	0.4	0.14	3.8	bolognese sauce 100g	10	1.7	0.4	8.3	peas 35g	3.2	1.1	0.03	0.1	
	0.19	0.19	0.01	0.02	raw peppers 1/4th	1.9	1.85	0	0.25	mixed veg 35g	2.5	1.6	0	0	tomato	0.36	0.36	0.01	0.05						
lettuce	0.36	0.36	0.01	0.05	taco shell x1	7.6	0.2	0	2.5	Gravy 50ml	2.5	0.5	0.29	0.6	cucumber	0	0	0	0						
cucumber	0	0	0	0											garlic bread 1/8th	9	0.5	0.15	2.6	ketchup	1.7	0.9	0.1	0.1	
															lettuce	0.19	0.19	0.01	0.02						
ketchup 1tbsp	1.7	0.9	0.1	0.1																					
<b>Total</b>	<b>53.35</b>	<b>4.55</b>	<b>1.62</b>	<b>11.62</b>	<b>Total</b>	<b>41.8</b>	<b>3.75</b>	<b>0.4</b>	<b>21.25</b>	<b>Total</b>	<b>25.7</b>	<b>3</b>	<b>0.51</b>	<b>6.9</b>	<b>Total</b>	<b>49.85</b>	<b>5.94</b>	<b>1.37</b>	<b>26.37</b>	<b>Total</b>	<b>40</b>	<b>2.8</b>	<b>1.12</b>	<b>9.35</b>	
of R.D.A					of R.D.A					of R.D.A					of R.D.A					of R.D.A					
<b>Dessert</b>					<b>Dessert</b>					<b>Dessert</b>					<b>Dessert</b>					<b>Dessert</b>					
	Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat	
raspberry thickshake 5	11.7	11.3	0.15	4.8	trifle as per recipe	8.2	3.85	0.1	1.55	biscuits x2	10.4	3	0.12	4.1	chocolate whip 100ml	25	20	0.38	3.1	meringue x1	12.9	12.9	0.1	0.1	
<b>Optional extras</b>					<b>Optional extras</b>					<b>Optional extras</b>					<b>Optional extras</b>					<b>Optional extras</b>					
	Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat		Carbs	Sugar	Salt	Fat	
Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	Wholemeal 1/2 slice	7.5	0.6	0.2	0.6	
White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45	White 1/2 slice	9	0.5	0.175	0.45	
milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6	milk 100ml	7	4.6	0.2	3.6	
Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1	Apple	10	15.7	0	0.1	
Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5	Banana	15	31.4	0	0.5	
Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1	Pear	10	13.3	0	0.1	
Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1	Satsuma	5	9.6	0	0.1	
Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7	Fromage Frais 50g	5.1	3.8	0.4	0.7	

**Paid meals are £2.40**

# Lunch Box

Packed Lunch	Weights	Carbs	Sugar	Salt	Fat	Packed Lunch	Weights	Carbs	Sugar	Salt	Fat	Packed Lunch	Weights	Carbs	Sugar	Salt	Fat	Packed Lunch	Carbs	Sugar	Salt	Fat	Packed Lunch	Carbs	Sugar	Salt	Fat	
Sandwich, roll and wrap						Snack bag						Fruit						Cake and cereal bar					Yoghurt					
Tortilla wrap tesco	1	31.8	1.4	0.6	3.2	Dairy lea light	1	0.9	0.9	0.25	1.4	Apple	1	10	15.7	0	0.1	Alpen light summer fruit	11	4.4	0.05	0.8	Wildlife tube 37g	4.5	6.4	0.4	1	
Tortilla wrap	1	34	1.6	0.81	3.7	Bread stick	2	2.6	0.1	0.06	0.3	Banana	1	15	31.4	0	0.5	Soreen banana	17.9	5.8	0.1	1.6	Sugar free jelly 115 g	1.2	0	0	0	
Sandwich	per slice	17	1.4	0.39	0.7	Cucumber batons	80g	1g				Pear	1	10	13.3	0	0.1	Sorren apple	17.1	5.3	0.1	1.3	Milk 100ml	7	4	0.05	3.6	
Grated cheese	15g	0.3	0.05	0.8	3.3	Carrot batons	x4	1.9	1.8	0.01	0.07	Satsuma	1	5	9.6	0	0.1	Soreen chocolate	16.8	5.8	0.2	2.1						
Tuna	30g	0.05	0.05	0.25	0.18	Grapes	4	4.5	4.2	0.002	0.02	Plum	1	4.4	4.4	0	0.05	Special k berries	15.9	5.8	0.1	1.8						
Mayo light	15ml	1.14	0.48	0.15	0.55	Tomatoes	x 2	2	0	0	0							propcorn sweet n salty 6g	3.8	1.6	0.09	1.08						
ham	1 slice	0.3	0.3	1.7	0.22	Raisins	14g	10.7	9.3	0.1	0.1							Oreo 2 pack	15g	8.4	0.16	4.2						
chicken	1 slice	0.2	0.07	0.12	0.22	Peppers	4 slices	1.6	1.5	0	0.1																	
Low fat spread	5g	0.1	0.05	0.05	1.5	Water biscuit	1	4.2	0.1	0.1	0.4																	
Bread roll 50/50	1	26.5	1.6	0.63	2.3																							
Bread roll tesco	1	32	2.7	0.4	2.4																							



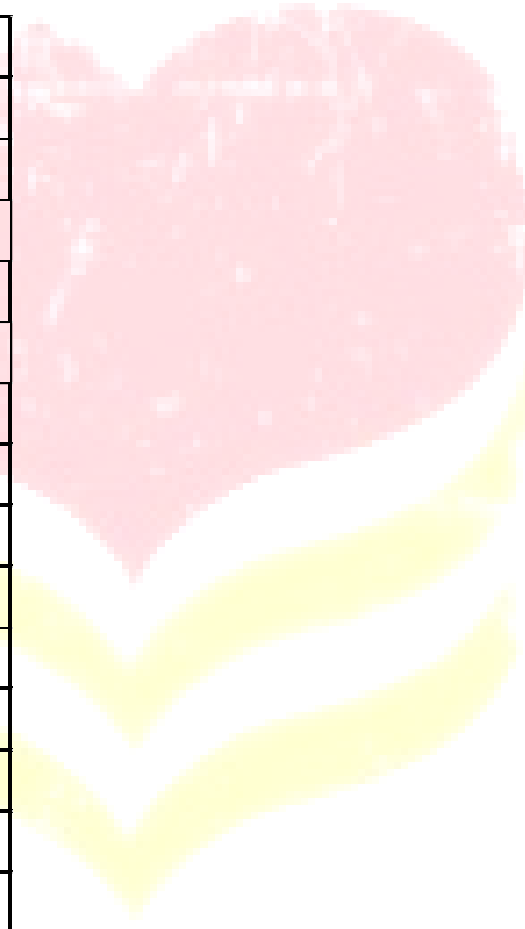
# Jacket potato

Love food diabetic carb count sheet : All measurements are taken using carbs and cal5 app and actual products from suppliers, all measurements are given as close as can be possible														
Monday	weight	Carbs	Tuesday	Weight	carbs	Wednesday	Weight	Carbs	Thursday	Weight	Carbs	Friday	Weight	Carbs
Jacket potato (without skin)			Jacket potato (without skin)			Jacket potato (without skin)			Jacket potato (without skin)			Jacket potato (without skin)		
Jacket: no skin	200g	45	Jacket: no skin	200g	45	Jacket: no skin	200g	45	Jacket: no skin	200g	45	Jacket: no skin	200g	45
Iceberg lettuce		0	Iceberg lettuce		0	Iceberg lettuce		0	Iceberg lettuce		0	Iceberg lettuce		0
Tomatoes	1 tomato	2	Tomatoes	1 tomato	2	Tomatoes	1 tomato	2	Tomatoes	1 tomato	2	Tomatoes	1 tomato	2
Cucumber	4 slices	1	Cucumber	4 slices	1	Cucumber	4 slices	1	Cucumber	4 slices	1	Cucumber	4 slices	1
Total potato/salad		48	Total potato/salad		48	Total potato/salad		48	Total potato/salad		48	Total potato/salad		48
Cheese	30g	0	Cheese	30g	0	Cheese	30g	0	Cheese	30g	0	Cheese	30g	0
Total with cheese		48	Total with cheese		48	Total with cheese		48	Total with cheese		48	Total with cheese		48
Tuna mayo	1 tbsp mayo, 2 tbsp tuna	1.5	Tuna mayo	1 tbsp mayo, 2 tbsp tuna	1.5	Tuna mayo	1 tbsp mayo, 2 tbsp tuna	1.5	Tuna mayo	1 tbsp mayo, 2 tbsp tuna	1.5	Tuna mayo	1 tbsp mayo, 2 tbsp tuna	1.5
Total with tuna		49.5	Total with tuna		49.5	Total with tuna		49.5	Total with tuna		49.5	Total with tuna		49.5
Beans	80g	12	Beans	80g	12	Beans	80g	12	Beans	80g	12	Beans	80g	12
Total with beans		60	Total with beans		60	Total with beans		60	Total with beans		60	Total with beans		60
cheese and beans	30g/40g	6	cheese and beans	30g/40g	6	cheese and beans	30g/40g	6	cheese and beans	30g/40g	6	cheese and beans	30g/40g	6
Total with cheese and beans		54	Total with cheese and beans		54	Total with cheese and beans		54	Total with cheese and beans		54	Total with cheese and beans		54

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## Salad

Salad	weight	Carbs	Sugar	Salt	Fat
Jacket: no skin 1/2	100g	22.5	4.1	0.1	1
Lettuce	0	0	0	0	0
Cucumber 4 slices	1	0	0	0	0
Tomato x 1	2	0	0	0	0
Raw pepper	4	1.6	1.5	0	0.1
Cheese	30g	0.6	0.1	1.6	6.6
Total salad with cheese		24.7	5.7	1.7	7.7
Tuna	60g	0.1	0.1	0.5	0.4
Mayo light	30ml	3.2	2	0.4	1.6
Total salad with Tuna mayo		27.4	7.7	1	3.1
ham	2 slice	0.6	0.6	3.4	0.4
Total salad with ham		24.7	6.2	3.5	1.5
chicken	2 slice	0.4	0.15	0.24	0.44
Total salad with chicken		24.5	5.75	0.34	1.54
Falafel	2	12.5	2	0.2	7
Total salad with falafel		36.6	7.6	0.3	8.1
Cheese and onion crisp bake	1	10.5	0.7	0.6	6.3
Total salad with crisp bake		34.6	6.3	0.7	7.4



Food



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