



Trinity

# **MENU CARB COUNT**

## WEEK 1

DAY	MENU ITEM	PORTION SIZE	CARBS
Extra	Jacket Potato	150g	31.73g
Extra	Cheese Filling for Jacket Potato	30g	0.39g
Extra	Baked Beans Filling for Jacket Potato	50g	7g
Extra	Salmon Mayonnaise Filling for Jacket Potato	50g	0.72g
Extra	Mixed Salad	50g	1.21g
Pasta Bar	Pasta (Cooked)	100g	33.60g
Pasta Bar	Cheese	30g	0.39g
Pasta Bar	Tomato Sauce	50g	5.8g
Monday	Veggie Pizza (cooked)	50g (base plain) 80g total	20.65g
Monday	Lentil and Tomato Pasta Sauce	50g	5.8g
Monday	Pasta (Cooked)	100g	33.60g
Monday	Green Beans	50g	2.7g
Monday	Broccoli	50g	1.25g
Monday	Sorbet Raspberry	50g	7.2g
Monday	Strawberry Sorbet	50g	7.6g
Monday	Mango and Orange Sorbet	50g	7.2g
Tuesday	BBQ Chicken	80g	5.43g
Tuesday	Vegan Nuggets	60g	13.48g
Tuesday	Wedges	90g	19.62g
Tuesday	Sweetcorn	50g	7.5g
Tuesday	Peas	50g	4.3g
Tuesday	Peach Crumble	80g	23.61g
Tuesday	Custard	100g	11.40g
Wednesday	Roast Meat	60g	0g
Wednesday	Roast Potatoes	90g	12.21g
Wednesday	Gravy	10g	0.07g
Wednesday	Quorn Vegan Fillet	60g	5.25g
Wednesday	Carrots	50g	2.41g
Wednesday	Cabbage	50g	1.28g
Wednesday	Marble Berry Cake	40g	16.57g
Thursday	Stick Beef Meatballs	50g	3.4g
Thursday	Sticky Sauce	20g	3.48g
Thursday	Rice (Cooked)	100g	33.60g
Thursday	Chinese Vegetable Noodles with Edamame	100g	16.1g
Thursday	Mixed Vegetables	50g	2.41g
Thursday	Fruit Jelly (made-up)	85g (4oz pot)	15.17g
Friday	Fish	See below	see below
Friday	Halloumi Burger	40g Halloumi, 1 Bun	34.71g
Friday	Chips	90g	20.34g
Friday	Peas	50g	4.3g
Friday	Baked Beans	50g	7g
Friday	Fruit Flapjack	30g	16.97g
FISH SPECIFICS			
CODE	DESCRIPTION	PORTION SIZE	CARBS
MJT32312	Fish Fingers	3 each - 75g	10.65g
MJT22927	Battered Fish Fillet	1 each - 70g	19.95g

## WEEK 2

Day	Menu Item	Portion Size	Carbs
Extra	Jacket Potato	150g	31.73g
Extra	Cheese Filling for Jacket Potato	30g	0.39g
Extra	Baked Beans Filling for Jacket Potato	50g	7g
Extra	Salmon Mayonnaise Filling for Jacket Potato	50g	0.72g
Extra	Mixed Salad	50g	1.21g
Pasta Bar	Pasta (Cooked)	100g	33.60g
Pasta Bar	Cheese	30g	0.39g
Pasta Bar	Tomato Sauce	50g	5.8g
Monday	Mediterranean Pasta Bake	150g	29.44g
Monday	Spanish Frittata	100g	12.03g
Monday	Carrots	50g	2.41g
Monday	Green Beans	50g	2.7g
Monday	Lemon Drizzle Cake	40g	16.57g
Tuesday	Pork Sausages	2 each	6.78g
Tuesday	Vegan Sausage	1 each (50g)	4.05g
Tuesday	Mashed Potatoes	100g	16.58g
Tuesday	Gravy	10g	0.07g
Tuesday	Peas	50g	4.3g
Tuesday	Broccoli	50g	1.25g
Tuesday	Fruit Jelly (made-up)	85g (4oz pot)	15.17g
Wednesday	Roast Meat	60g	0g
Wednesday	Roast Potatoes	90g	12.21g
Wednesday	Gravy	10g	0.07g
Wednesday	Lentil and Vegetable Bake	80g	11.33g
Wednesday	Carrots	50g	2.41g
Wednesday	Cabbage	50g	1.28g
Wednesday	Summer Iced Cake	40g	16.57g
Thursday	Chicken Tikka Curry	80g	6.25g
Thursday	Rice (cooked)	100g	33.60g
Thursday	Cheesy Gnocchi	125g	17.80g
Thursday	Mixed Vegetables	50g	2.41g
Thursday	Cookie	30g	16.27g
Friday	Fish	See below	see below
Friday	BBQ Vegan Meatballs	50g meatballs	6.88g
Friday	BBQ Sauce	20g	3.2g
Friday	Chips	90g	20.34g
Friday	Peas	50g	4.3g
Friday	Baked Beans	50g	7g
Friday	Fresh Fruit/ Fruit Pots AVG	85g	11.41g
Friday	Sorbet Raspberry	50g	7.2g
Friday	Strawberry Sorbet	50g	7.6g
Friday	Mango and Orange Sorbet	50g	7.2g
<b>Fish Specifics</b>			
Code	Description	Portion	Carb
MJT32312	Fish Fingers	3 each - 75g	10.65g
MJT22927	Battered Fish Fillet	1 each - 70g	19.95g

## WEEK 3

Day	Menu Item	Portion Size	Carbs
Extra	Jacket Potato	150g	31.73g
Extra	Cheese Filling for Jacket Potato	30g	0.39g
Extra	Baked Beans Filling for Jacket Potato	50g	7g
Extra	Salmon Mayonnaise Filling for Jacket Potato	50g	0.72g
Extra	Mixed Salad	50g	1.21g
Pasta Bar	Pasta (Cooked)	100g	33.60g
Pasta Bar	Cheese	30g	0.39g
Pasta Bar	Tomato Sauce	50g	5.8g
Monday	Macaroni Cheese	150g	29.44g
Monday	Red Pepper and Bean Biryani	150g	35.33g
Monday	Mixed Vegetables	50g	2.41g
Monday	Sorbet Raspberry	50g	7.2g
Monday	Strawberry Sorbet	50g	7.6g
Monday	Mango and Orange Sorbet	50g	7.2g
Tuesday	Korean Chicken Stir Fry	80g	3.25g
Tuesday	Rice (cooked)	100g	33.60g
Tuesday	Veggie Burger	1 burger, 1 bun	42.14g
Tuesday	Wedges	90g	19.62g
Tuesday	Sweetcorn	50g	7.5g
Tuesday	Broccoli	50g	1.25g
Tuesday	Fruit Jelly (made-up)	85g (4oz pot)	15.17g
Wednesday	Roast Meat	60g	0g
Wednesday	Roast Potatoes	90g	12.21g
Wednesday	Gravy	10g	0.07g
Wednesday	Veggie Chilli	80g	4.68g
Wednesday	Rice (cooked)	100g	33.60g
Wednesday	Carrots	50g	2.41g
Wednesday	Parsnips	50g	10g
Wednesday	Iced Carrot Cake	40g	16.57g
Thursday	Beef Lasagne	150g	22.73g
Thursday	Cauliflower and Broccoli Cheese Crunchy Bake	80g	7.22g
Thursday	New Potatoes	100g	14.9g
Thursday	Green Beans	50g	2.7g
Thursday	Cauliflower	50g	1.25g
Thursday	Fruit Flapjack	30g	16.97g
Friday	Fish	See below	see below
Friday	Cheese and Baked Bean Slice	80g	15.33g
Friday	Chips	90g	20.34g
Friday	Peas	50g	4.3g
Friday	Baked Beans	50g	7g
Friday	Fresh Fruit/ Fruit Pots AVG	85g	11.41g
Friday	Chocolate Pot	80g	9.12g
Fish Specifics			
Code	Description	Portion	Carb
MJT32312	Fish Fingers	3 each - 75g	10.65g
MJT22927	Battered Fish Fillet	1 each - 70g	19.95g