Nutritional Carbohydrates & Protein -Primary Schools

Day	Dish Name	Carbohydrates (g)	Protein (g)
Week 1			
Monday	NR 26 BABYBEL CHEESE	0	26.7
Monday	NR 26 BREADSTICKS	69	9
Monday	NR 26 HONEYDEW MELON	4.3	0.3
Monday	NR 26 BREADED HADDOCK	18.8	11.6
Monday	NR 26 MASHED POTATO SD	16.1	1.7
Monday	NR 26 VEGETABLE DHANSAK	11.4	4.7
Monday	NR 26 BOILED RICE	31.1	2.8
Monday	NR 26 PITTA BREAD WHOLEMEAL	49	9.6
Monday	NR 26 KINGSMILL BREAD 50/50	41.9	9.4
Monday	NR 26 EGG MAYONNAISE	1.8	9.1
Monday	NR 26 SLICED CHICKEN	3	19
Monday	NR 26 BASIC MIXED SALAD	3.1	0.8
Monday	NR 26 PEAS WESTLOTHIAN	11.3	6.9
Monday	NR 26 PLUM	9.6	0.6
Monday	Milk	4.7	3.4
Monday	Water	0	0
Tuesday	NR 26 HOMEMADE LENTIL SOUP	6.8	2.2
Tuesday	NR 26 FROMAGE FRAIS	9.2	6
Tuesday	NR 26 SPAGHETTI BOLOGNAISE	3.3	6.3
Tuesday	NR 26 COOKED SPAGHETTI PASTA	29.9	4.8
Tuesday	NR 26 BRAKES BAKED POTATO	35.2	4.3
Tuesday	NR 26 TUNA MAYONNAISE	1.6	17.8
Tuesday	NR 26 KINGSMILL BREAD 50/50	41.9	9.4
Tuesday	NR 26 TUNA MAYONNAISE	1.6	17.8
Tuesday	NR 26 CHEESE SLICE	0.2	26
Tuesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Tuesday	NR 26 SWEETCORN	26.6	2.9
Tuesday	NR 26 APPLE WL	11.8	0.4
Tuesday	Milk	4.7	3.4
Tuesday	Water	0	0
Wednesday	NR 26 CREAM OF VEGETABLE SOUP	2.6	0.7
Wednesday	NR 26 PEACH MELBA CAKE	47.8	5.6
Wednesday	NR 26 CHICKEN CASSEROLE	2.5	9.2
Wednesday	NR 26 BOILED POTATOES	19.1	2.2
Wednesday	NR 26 CHEESE AND TOMATO PIZZA	33.3	9.6
Wednesday	NR 26 SAUTE POTATOES	21.4	2.4
Wednesday	NR 26 TOMATO TORTILLA WRAP	48.4	8.7
Wednesday	NR 26 SLICED CHICKEN	3	19
Wednesday	NR 26 CHEESE SLICE	0.2	26
Wednesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Wednesday	NR 26 CARROTS	4.7	0.4
Wednesday	NR 26 PEAR FRESH	10	0.3
Wednesday	Milk	4.7	3.4
Wednesday	Water	0	0
Thursday	NR 26 CREAM CRACKERS	69	9.3
Thursday	NR 26 LAUGHING COW LIGHT	6	15
Thursday	NR 26 MCDOUGALLS JELLY CRYSTALS	5.6	0
Thursday	NR 26 ROAST BEEF	1.8	20.9

Thursday	NR 26 BABY BOILED POTATOES	14.9	1.8
Thursday	NR 26 YORKSHIRE PUDDING 2 IN	37	7.2
Thursday	NR 26 HOTDOG ROLL	46	9
Thursday	NR 26 QUORN FRANKFURTER	4	13.5
Thursday	NR 26 TOMATO SAUCE SACHET	33.8	0.9
Thursday	NR 26 MCCAINS 7/16 CHIPS	17.3	1.6
Thursday	NR 26 KINGSMILL BREAD 50/50	41.9	9.4
Thursday	NR 26 EGG MAYONNAISE	1.8	9.1
Thursday	NR 26 TUNA MAYONNAISE	1.6	17.8
Thursday	NR 26 BASIC MIXED SALAD	3.1	0.8
Thursday	NR 26 TURNIP	5	0
Thursday	NR 26 BANANA	15.3	0.8
Thursday	Milk	4.7	3.4
Thursday	Water	0	0
Friday	NR 26 HAM SANDWICH PP	29	11.1
Friday	NR 26 CHEESE SANDWICH PP	30.2	13.4
Friday	NR 26 TUNA MAYO SANDWICH PP	27.3	12.6
Friday	NR 26 CUCUMBER STICKS	1.5	0.7
Friday	NR 26 CARROTS	4.7	0.4
Friday	NR 26 FLAPJACK	52.2	6
Friday	NR 26 BANANA	15.3	0.8
Friday	NR 26 APPLE WL	11.8	0.4
Friday	Water	0	0

Day	Dish Name	Carbohydrates (g)	Protein (g)
Week 2			
Monday	NR 26 LEEK & POTATO SOUP	5.2	0.7
Monday	NR 26 FROMAGE FRAIS	9.2	6
Monday	NR 26 BREADED HADDOCK	18.8	11.6
Monday	NR 26 BABY BOILED POTATOES	14.9	1.8
Monday	NR 26 VEGETABLE SWEET & SOUR	10.2	1.3
Monday	NR 26 BOILED RICE	31.1	2.8
Monday	NR 26 WHOLEMEAL PITTA BREAD	49	9.6
Monday	NR 26 KINGSMILL BREAD 50/50	41.9	9.4
Monday	NR 26 CHEESE SLICE	0.2	26
Monday	NR 26 TUNA MAYONNAISE	1.6	17.8
Monday	NR 26 BASIC MIXED SALAD	3.1	0.8
Monday	NR 26 PEAS WESTLOTHIAN	11.3	6.9
Monday	NR 26 BANANA	15.3	0.8
Monday	Milk	4.7	3.4
Monday	Water	0	0
Tuesday	NR 26 MCDOUGALLS JELLY CRYSTALS	5.6	0
Tuesday	NR 26 HONEYDEW MELON	4.3	0.3
Tuesday	NR 26 QMS BURGER	2.8	16.3
Tuesday	NR 26 SESAME BURGER BUN	45.6	10.5
Tuesday	NR 26 SAUTE POTATOES	21.4	2.4
Tuesday	NR 26 QUORN VEGAN MEATBALLS 2	8.5	14.9
Tuesday	NR 26 BRAKES BAKED POTATO	35.2	4.3
Tuesday	NR 26 BEANS	14	4.3
Tuesday	NR 26 KINGSMILL BREAD 50/50	41.9	9.4
Tuesday	NR 26 SLICED CHICKEN	3	19
Tuesday	NR 26 EGG MAYONNAISE	1.8	9.1
Tuesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Tuesday	NR 26 SWEETCORN	26.6	2.9
Tuesday	NR 26 GRAPES	15.2	0.7
Tuesday	Milk	4.7	3.4
Tuesday	Water	0	0
Wednesday	NR 26 BROCOLLI SOUP	3	1
Wednesday	NR 26 CREAM CRACKERS	69	9.3
Wednesday	NR 26 LAUGHING COW LIGHT	6	15
Wednesday	NR 26 ROAST CHICKEN	2.7	13
Wednesday	NR 26 BABY BOILED POTATOES	14.9	1.8
Wednesday	NR 26 YORKSHIRE PUDDING 2 IN	37	7.2
Wednesday	NR 26 PLAIN OMELETTE	2	9.6
Wednesday	NR 26 BRAKES POTATO WEDGES	22.6	2.4
Wednesday	NR 26 BEANS	14	4.3
Wednesday	NR 26 KINGSMILL BREAD 50/50	41.9	9.4
Wednesday	NR 26 TUNA MAYONNAISE	1.6	17.8
Wednesday	NR 26 SLICED CHICKEN	3	19
Wednesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Wednesday	NR 26 CARROT/TURNIP BATONS	5.5	0
Wednesday	NR 26 BANANA	15.3	0.8
Wednesday	Milk	4.7	3.4
Wednesday	Water	0	0

Thursday	NR 26 MANDARIN CANNED IN JUICE	11.5	0.5
Thursday	NR 26 PLAIN COOOKIE	67	5.9
Thursday	NR 26 SHEPHERDS PIE	11	7.2
Thursday	NR 26 PASTA BAKE	18.3	4.8
Thursday	NR 26 BREAD ROLL 2 IN 1	46	11
Thursday	NR 26 FINGER ROLL	46	9
Thursday	NR 26 EGG MAYONNAISE	1.8	9.1
Thursday	NR 26 CHEESE SLICE	0.2	26
Thursday	NR 26 BASIC MIXED SALAD	3.1	0.8
Thursday	NR 26 SAVOY CABBAGE	3.9	2.1
Thursday	NR 26 SATSUMA	6	0.6
Thursday	Milk	4.7	3.4
Thursday	Water	0	0
Friday	NR 26 CHEESE SANDWICH PP	30.2	13.4
Friday	NR 26 TUNA MAYO SANDWICH PP	27.3	12.6
Friday	NR 26 HAM SANDWICH PP	29	11.1
Friday	NR 26 FLAPJACK	52.2	6
Friday	NR 26 CUCUMBER STICKS	1.5	0.7
Friday	NR 26 CARROTS	4.7	0.4
Friday	NR 26 BANANA	15.3	0.8
Friday	NR 26 APPLE WL	11.8	0.4
Friday	Water	0	0

Day	Dish Name	Carbohydrates (g)	Protein (g)
Week 3			
Monday	NR 26 SCOTCH BROTH	9.6	1.7
Monday	NR 26 COOLDELIGHT VANILLA	17	3.5
Monday	NR26 BRAKES CHICKEN LINK SAUSAGE 38 G	14	18.6
Monday	NR 26 BEANS	14	4.3
Monday	NR 26 MASHED POTATO SD	16.1	1.7
Monday	NR 26 VEGETABLE CHILLI	10.5	3
Monday	NR 26 BRAKES BAKED POTATO	35.2	4.3
Monday	NR 26 CHEDDAR CHEESE	0.1	25.1
Monday	NR 26 KINGSMILL BREAD 50/50	41.9	9.4
Monday	NR 26 SLICED CHICKEN	3	19
Monday	NR 26 TUNA MAYONNAISE	1.6	17.8
Monday	NR 26 BASIC MIXED SALAD	3.1	0.8
Monday	NR 26 CARROTS	4.7	0.4
Monday	NR 26 RASPBERRIES	5.1	0.8
Monday	Water	0	0
Monday	Milk	4.7	3.4
Tuesday	NR 26 TOMATO RED PEPPER SOUP	3.5	0.7
Tuesday	NR 26 MCDOUGALLS JELLY CRYSTALS	5.6	0
Tuesday	NR 26 SALMON NUGGETS	21.2	10.4
Tuesday	NR 26 WHOLEMEAL PITTA BREAD	49	9.6
Tuesday	NR 26 TOMATO SAUCE SACHET	33.8	0.9
Tuesday	NR 26 FOUR CHEESE BAGUETTE PIZZA	31	10
Tuesday	NR 26 MCCAINS 7/16 CHIPS	17.3	1.6
Tuesday	NR 26 KINGSMILL BREAD 50/50	41.9	9.4
Tuesday	NR 26 CHEDDAR CHEESE	0.1	25.1
Tuesday	NR 26 EGG MAYONNAISE	1.8	9.1
Tuesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Tuesday	NR 26 GREEN BEANS	2.9	1.8
Tuesday	NR 26 PEAR FRESH	10	0.3
Tuesday	Water	0	0
Tuesday	Milk	4.7	3.4
Wednesday	NR 26 FROMAGE FRAIS	9.2	6
Wednesday	NR 26 BREADSTICKS	69	9
Wednesday	NR 26 LAUGHING COW LIGHT	6	15
Wednesday	NR 26 STEAK PIE	7.6	12.1
Wednesday	NR 26 BABY BOILED POTATOES	14.9	1.8
Wednesday	NR 26 QUORN CURRY	6	4.3
Wednesday	NR 26 BOILED RICE	31.1	2.8
Wednesday	NR 26 WHOLEMEAL PITTA BREAD	49	9.6
Wednesday	NR 26 KINGSMILL BREAD 50/50	41.9	9.4
Wednesday	NR 26 SLICED CHICKEN	3	19
Wednesday	NR 26 EGG MAYONNAISE	1.8	9.1
Wednesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Wednesday	NR 26 BROCCOLI AND CAULIFLOWER MIX	2.2	2.6
Wednesday	NR 26 BANANA	15.3	0.8
Wednesday	Water	0	0
Wednesday	Milk	4.7	3.4
Thursday	NR 26 MINI CORN COB	9.5	3.6

Thursday	NR 26 BROWNIE	49.8	4.4
Thursday	NR 26 MINCE	2.5	6.6
Thursday	NR 26 BOILED POTATOES	19.1	2.2
Thursday	NR 26 THAI VEGGIE NOODLES	23.5	4.1
Thursday	NR 26 KINGSMILL BREAD 50/50	41.9	9.4
Thursday	NR 26 TUNA MAYONNAISE	1.6	17.8
Thursday	NR 26 CHEDDAR CHEESE	0.1	25.1
Thursday	NR 26 BASIC MIXED SALAD	3.1	0.8
Thursday	NR 26 BRAKES BABY CARROTS	6	0.7
Thursday	NR 26 APPLE WL	11.8	0.4
Thursday	Water	0	0
Thursday	Milk	4.7	3.4
Friday	NR 26 CHEESE SANDWICH PP	30.2	13.4
Friday	NR 26 HAM SANDWICH PP	29	11.1
Friday	NR 26 TUNA MAYO SANDWICH PP	27.3	12.6
Friday	NR 26 CARROTS	4.7	0.4
Friday	NR 26 CUCUMBER STICKS	1.5	0.7
Friday	NR 26 FLAPJACK	52.2	6
Friday	NR 26 BANANA	15.3	0.8
Friday	NR 26 APPLE WL	11.8	0.4
Friday	Water	0	0