

Dorset April 2018 Menu

Carbohydrate Count

Carbohydrate Negligible = under 5g

Week 1 Dishes	Portion Weight (g)	Carbohydrate Content (g)
Monday		
Pork Sausages	103	7
Mashed Potato	100	14
Vegetable Potato Casserole	197	17
Carrots	62	Negligible
Carrot Cake	107	44
Tuesday		
Beef Chilli	135	9
Macaroni Cheese	146	20
Rice	101	32
Country Vegetables	60	6
Flapjack Bites	49	25
Wednesday		
BBQ Chicken Hotpot	129	14
Diced Potatoes	100	20
Veggie Sausages	100	18
Sweetcorn	60	10
Chocolate Brownie	43	22
Thursday		
Roast Turkey	51	Negligible
Quorn Fillet	55	Negligible
Roast Potatoes	100	18
Gravy	41	Negligible
Country Vegetables	60	Negligible
Oat Cookie	56	36
Friday		
Fish Fingers	70	12
Quorn Burger in a Bun	105	27
Oven Chips	100	30
Peas	60	6
Muller Yoghurt	110	15

These figures have been calculated using Saffron Nutrition and the recipes within Saffron. Any deviation away from the recipes provided will result in this information being in-accurate and therefore should not be used. For ultimate accuracy a portion of the recipe should be weighed before consumption to ensure the correct insulin is administered. For carbohydrate information per 100g please contact a member of the Chartwells Nutrition Team if you have any queries.

Week 2 Dishes	Portion Weight (g)	Carbohydrate Content (g)
Monday		
Beef Bolognese Pasta Bake	230	39
Cauliflower Cheese	172	9
Garlic Bread	26	11
Country Vegetables	60	Negligible
Apple Cinnamon Sponge	54	18
Custard	37	Negligible
Tuesday		
Sweet Sour Chicken	181	8
Veggie Balls in BBQ Sauce	150	13
Rice	101	32
Carrots	62	Negligible
Chocolate Orange Cake	50	33
Wednesday		
Beef Burger & Bun	117	32
Cowboy Vegetable Pie	184	27
Peas	60	6
Sweetcorn	60	10
Pancakes with Peaches	89	25
Thursday		
Roast Pork	32	Negligible
Roast Potato	100	18
Roasted Vegetable Loaf	60	7
Country Vegetable	60	Negligible
Gravy	41	Negligible
Chocolate Cookie	56	36
Friday		
Fish Fingers	70	12
Veggie Sausages	100	18
Oven Chips	100	30
Peas	60	6
Muller Yoghurt	110	15

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Week 3 Dishes	Portion Size (g)	Carbohydrate Content (g)
Monday		
Turkey Meatballs in a BBQ Sauce	130	11
Creamy Tomato Pasta Bake	133	22
Wholegrain Rice	101	32
Country Vegetables	60	Negligible
Pineapple Upside Down Cake	87	31
Tuesday		
Cheese Tomato Pizza	80	28
Savoury Vegetable Rice	131	18
Diced Potato	100	20
Sweetcorn	60	10
Chocolate Brownie	43	22
Wednesday		
Chicken Pasta Carbonara	140	14
Chickpea Potato Curry	207	23
Steamed Rice	101	32
Carrots	62	Negligible
Apricot Ginger Cake	54	18
Custard	37	negligible
Thursday		
Roast Beef	53	Negligible
Quorn Fillet	55	Negligible
Roast Potatoes	100	18
Country Vegetables	60	Negligible
Gravy	41	Negligible
Fruit Flapjacks	49	25
Friday		
Fish Fingers	70	12
Quorn Hotdog	97	23
Oven Chips	100	30
Peas	60	6
Müller Yoghurt	110	15

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Additional Items	Portion Size (g)	Carbohydrate Content (g)
Whole Fruit	88g	8
Strawberry Yoghurt	50g	7
Muller Yoghurt	95g	14
Jacket Potato with Cheese	209g	46
Jacket Potato with Beans	186g	46
Jacket Potato Spaghetti Hoops	193g	45
Jacket Potato Tuna Mayo	168g	35
Jacket Potato with Salmon	164g	36
Jacket Potato with Vegemince	203g	45

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