

PLEASE NOTE This information is for guidance. The PORTION SIZES stated below are as per the advised portion on the Recipe
 The CARB Data provided is for that stated portion size and also for a 100g portion
 If you are serving a portion size different to that stated, the CARB value will need to be re-calculated
 Kitchens with diabetic children should serve the dishes and portions sizes as agreed with the Parents/Carers

Shire Services Carb Count - PRIMARY ALL Recipes

Sept 24 V.2

2024/25 Menu - Sept 2024

PORTION SIZE

PER PORTION
SIZE

PER 100g

Recipe Group	Recipe Code	Description	Size (g)/(ml)	Carbohydrate (g)	Carbohydrate (g)
MEAT					
MEAT	R00467	BBQ Chicken Pasta Bake	212.5	25.2	11.9
MEAT	R00054	Beef Bolognese	120	5.7	4.8
MEAT	R00506	Beef Burger Bap	106	26.6	25.1
MEAT	R01647	Beef Burger HALAL	56	0.6	1.1
MEAT	R01804	Beef Chilli	120	5.1	4.3
MEAT	R00060	Big Breakfast	196	11.2	5.7
MEAT	R01383	Bolognese Pasta Bake	157	37.4	23.8
MEAT	R01841	Breaded Chicken Breast Goujons RT	60	13.9	23.2
MEAT	R00569	Cheese Burger Bap P	116	26.6	22.9
MEAT	R00056	Chicken & Sweetcorn Meatballs in Tomato Sauce	114	8.0	7.0
MEAT	R01806	Chicken Chow Mein	140	27.5	19.6
MEAT	R00508	Chicken Fajitas	144	22.4	15.6
MEAT	R01643	Chicken Nuggets HALAL	60	10.9	18.2
MEAT	R01644	Chicken Sausages HALAL	86	21.8	25.3
MEAT	R00052	Chicken Tikka Masala	119	9.1	7.6
MEAT	R00843	Hot Dog	93	25.4	27.3
MEAT	R00529	Hunters Chicken	92	2.5	2.7
MEAT	R01649	Roast Beef	60	0.9	1.5
MEAT	R00063	Roast Chicken	57	0.0	0.0
MEAT	R01646	Roast Chicken HALAL	40	0.1	0.3
MEAT	R01648	Roast Pork Loin	40	0.3	0.8
MEAT	R00376	Sausages	56	3.9	7.0
MEAT	R00340	Shepherds Pie	232	22.5	9.7
MEAT	R00250	Sweet & Sour Chicken	113	11.7	10.4
MEAT	R01645	Theo's BBQ Chicken HALAL	50	1.3	2.6
MEAT	R00051	Theo's BBQ Chicken Pizza	57	9.2	16.1
MEAT	R01642	Theos Chicken Meatballs HALAL	60	4.8	8.0
FISH					
FISH	R00658	Fish Fingers	56	14.9	26.6
FISH	R00673	H/R Junior Battered Pollock Fillet	60	9.0	15.0
FISH	R01852	Harry Ramsden Salmon Stars	56	11.3	20.2
FISH	R00040	Tuna & Sweetcorn Pasta Bake	219	38.6	17.6
FISH	R00132	Tuna & Sweetcorn Pizza	60	9.6	16.0
VEGETARIAN					
VEGETARIAN	R01628	BBQ Veggie Hot Dog	97	25.7	26.5
VEGETARIAN	R00234	Big Vegetarian Breakfast	119	13.2	11.1
VEGETARIAN	R00068	Cauliflower & Sweet Potato Curry	132	13.6	10.3
VEGETARIAN	R01605	Cheese & Onion Roll	60	16.7	27.8
VEGETARIAN	R00044	Cheese & Tomato Pizza	48	8.9	18.5
VEGETARIAN	R00072	Cheese & Vegetable Stacker	118	18.3	15.5
VEGETARIAN	R00302	Country Vegetable Bake	50	11.3	22.6
VEGETARIAN	R00070	Five Bean Chilli	133	11.0	8.3
VEGETARIAN	R00109	Mac 'n' Cheese	258	41.6	16.1

Shire Services Carb Count - PRIMARY ALL Recipes

Sept 24 V.2

2024/25 Menu - Sept 2024

			PORTION SIZE	PER PORTION SIZE	PER 100g
Recipe Group	Recipe Code	Description	Size (g)/(ml)	Carbohydrate (g)	Carbohydrate (g)
VEGETARIAN	R00065	Pasta Neapolitan	157	35.4	22.5
VEGETARIAN	R01552	Pizza (Foley Infant Only)	30	7.3	24.3
VEGETARIAN	R01820	Pizza Naan	55	18.0	32.7
VEGETARIAN	R01844	Quorn Balls with Gravy	68	6.4	9.4
VEGETARIAN	R00242	Quorn Bolognese	152	8.7	5.7
VEGETARIAN	R01522	Quorn Burger	90	25.2	28.0
VEGETARIAN	R00581	Quorn Korma	111	4.9	4.4
VEGETARIAN	R00384	Quorn Pasta Bake	276	42.5	15.4
VEGETARIAN	R00298	Quorn Vegan Dippers	55	5.9	10.7
VEGETARIAN	R00112	Roasted Quorn Fillet	65	3.4	5.2
VEGETARIAN	R00071	Shepherdess Pie	184	18.3	9.9
VEGETARIAN	R01625	Tomato Pasta Bake	212	42.7	20.1
VEGETARIAN	R01633	V Kitchen Plant Based Sausage Roll	100	27.0	27.0
VEGETARIAN	R01607	Vegan Cheese & Tomato Pizza	56	13.0	23.2
VEGETARIAN	R01531	Vegetable & Bean Burger	136	38.9	28.6
VEGETARIAN	R00076	Vegetable & Lentil Bolognese	175	16.4	9.4
VEGETARIAN	R00534	Vegetable Burrito	177	42.1	23.8
VEGETARIAN	R00067	Vegetable Lasagne	220	25.5	11.6
VEGETARIAN	R00180	Vegetable Pie	136	19.2	14.1
VEGETARIAN	R00297	Vegetarian Hot Dog	95	25.8	27.2
VEGETARIAN	R00662	Vegetarian Sausage	50	3.7	7.4
VEGETARIAN	R00134	Veggie Sausage in Yorkshire Pudding	68	10.9	16.0
DELI					
DELI Option	R01830	Arrabiata Wedges (Pasta King)	170	21.7	12.8
DELI Option	R01166	BBQ Chicken Half White Baguette	195	69.93	35.9
DELI Option	R01181	BBQ Chicken White Tortilla Wrap	116	29.5	25.4
DELI Option	R01143	BLT(Streaky) Half White Baguette	208	70.2	33.8
DELI Option	R01823	Chicken in a Bun	120	24.8	20.7
DELI Option	R00955	Chicken Mayo Half White Baguette	215	70.43	32.8
DELI Option	R01172	Chicken Mayo Salad White Tortilla Wrap	229	50.60	22.1
DELI Option	R00142	Chicken Pasta Pot	232	65.2	28.1
DELI Option	R01831	Chinese Chicken Curry & Rice (Pasta King)	272	51.2	18.8
DELI Option	R00575	Deli Bar Chicken Burger Bun	110	30.7	27.9
DELI Option	R00122	Deli Bar Chicken Noodle Pot	226	37.5	16.6
DELI Option	R00154	Chicken Tikka Wrap	144	30.1	20.9
DELI Option	R00162	Deli Bar French Bread Pizza	83	26.1	31.4
DELI Option	R01854	Egg Mayo Sandwich Hovis 50 50	178	37.2	20.9
DELI Option	R01086	Egg Mayo White Tortilla Wrap	139	30	21.6
DELI Option	R01826	Grated Cheddar Cheese Mini Baguette	165	50.3	30.5
DELI Option	R01850	Grated Cheddar on Hovis 50/50	136	30.8	22.6
DELI Option	R00038	Jacket Potato with Cheese	242	43.0	17.8
DELI Option	R01832	Makhani Chicken & Rice (Pasta King)	272	51.3	18.9
DELI Option	R01833	Makhani Chicken Pizza (Pasta King)	55	18.1	32.9
DELI Option	R01848	Quorn Balls and Chips Loaded Tray	140	15.5	11.1
DELI Option	R01849	Quorn Balls and Wedges Loaded Tray	174	21.5	12.4
DELI Option	R01576	Santa Maria Tortilla Chips P	15	9.8	65.3
DELI Option	R01821	Theo's Marinated Chicken & Chips Loaded Tray	170	17.0	10.0
DELI Option	R01822	Theo's Marinated Chicken & Wedges Loaded Tray	170	18.5	10.9

Shire Services Carb Count - PRIMARY ALL Recipes

Sept 24 V.2

2024/25 Menu - Sept 2024

			PORTION SIZE	PER PORTION SIZE	PER 100g
Recipe Group	Recipe Code	Description	Size (g)/(ml)	Carbohydrate (g)	Carbohydrate (g)
<i>DELI Option</i>	R01834	Tomato & Mascarpone Pasta Pot (Pasta King)	246	52.8	21.5
<i>DELI Option</i>	R00953	Tuna Mayo Half White Baguette	205	69.77	34.0
<i>DELI Option</i>	R01828	Tuna Mayo Mini Baguette	175	51.8	29.6
<i>DELI Option</i>	R01593	Tuna Mayo on Hovis 50/50	156	32.22	20.7
<i>DELI Option</i>	R01255	Tuna Mayo White Tortilla Wrap	136	29.4	21.6
<i>DELI Option</i>	R00951	Wiltshire Ham Half White Baguette	195	68.55	35.2
<i>DELI Option</i>	R01827	Wiltshire Ham Mini Baguette	165	50.6	30.7
<i>DELI Option</i>	R01591	Wiltshire Ham on Hovis 50/50	136	30.95	22.8
<i>DELI Option</i>	R00961	Wiltshire Ham Salad White Tortilla Wrap	175	29.82	17.0
BASE RECIPES					
<i>BASE Recipes</i>	R00181	Apple Sauce	28	2.7	9.6
<i>BASE Recipes</i>	R00284	Barbecue Sauce	12	1.2	10.0
<i>BASE Recipes</i>	R00003	Bechamel Sauce	1000	86.8	8.7
<i>BASE Recipes</i>	R01640	Bechamel Sauce - Knorr	1000	130.2	13.0
<i>BASE Recipes</i>	R00274	Butter Icing	19	12.5	65.8
<i>BASE Recipes</i>	R00027	Cheese Sauce	1261	87.0	6.9
<i>BASE Recipes</i>	R00327	Chocolate Butter Icing	20	12.6	63.0
<i>BASE Recipes</i>	R00030	Chocolate Sauce	72	8.9	12.4
<i>BASE Recipes</i>	R00029	Custard	71	8.6	12.1
<i>BASE Recipes</i>	R00179	Filling Cheese & Beans	150	13.9	9.3
<i>BASE Recipes</i>	R01544	Filling Grated Cheese	60	0.1	0.2
<i>BASE Recipes</i>	R00146	Filling Tuna Mayo	55	1.0	1.8
<i>BASE Recipes</i>	R00138	Gravy	50	2.6	5.2
<i>BASE Recipes</i>	R00150	Lemon Mayo	16	1.0	6.3
<i>BASE Recipes</i>	R01528	Mayonnaise	15	0.9	6.0
<i>BASE Recipes</i>	R01549	Mint Yoghurt Sauce	10	0.6	6.0
<i>BASE Recipes</i>	R01510	Orange Buttercream	19	12.9	67.9
<i>BASE Recipes</i>	R00034	Pastry	27	10.1	37.4
<i>BASE Recipes</i>	R01508	Sage and Onion Stuffing	25	5.0	20.0
<i>BASE Recipes</i>	R00151	Sweet Chilli Mayo	10	2.4	24.0
<i>BASE Recipes</i>	R01519	Toffee Butter Icing	21	13.4	63.8
<i>BASE Recipes</i>	R01517	Tomato Ketchup	10	3.1	31.0
SALADS					
<i>SALADS</i>	R00595	Beetroot	33	2.2	6.7
<i>SALADS</i>	R00594	Carrot	42	3.1	7.4
<i>SALADS</i>	R00100	Coleslaw	46	2.7	5.9
<i>SALADS</i>	R00590	Cucumber P	50	1.1	2.2
<i>SALADS</i>	R00626	Curried Rice Salad	68	19.2	28.2
<i>SALADS</i>	R01537	Lettuce	50	0.7	1.4
<i>SALADS</i>	R00532	Mediterranean Noodle Salad	65	18.2	28.0
<i>SALADS</i>	R00102	Mediterranean Pasta Salad	46	10.7	23.3
<i>SALADS</i>	R00319	Mixed Salad	43	1.0	2.3
<i>SALADS</i>	R00103	Pasta Sweetcorn & Mayo Salad	50	10.1	20.2
<i>SALADS</i>	R00627	Pasta with Mayonnaise	63	19.4	30.8
<i>SALADS</i>	R00584	Peppers P	37	1.4	3.8
<i>SALADS</i>	R00593	Potato Salad	44	7.3	16.6
<i>SALADS</i>	R00563	Savoury Rice	105	27.3	26.0
<i>SALADS</i>	R00586	Sweetcorn P	25	2.0	8.0

Shire Services Carb Count - PRIMARY ALL Recipes

Sept 24 V.2

2024/25 Menu - Sept 2024

			PORTION SIZE	PER PORTION SIZE	PER 100g
Recipe Group	Recipe Code	Description	Size (g)/(ml)	Carbohydrate (g)	Carbohydrate (g)
SALADS	R00588	Tomatoes P	50	2.0	4.0
SALADS	R00597	Tricolour Pasta	62	21.3	34.4
CARBOHYDRATES					
CARBS	R01790	Bidfood Hotdog Roll 6.5in	47	22.1	47.0
CARBS	R01789	Bidfood Sandwich Baps	47	23.2	49.4
CARBS	R00032	Brown & White Rice	88	25.9	29.4
CARBS	R00137	Diced Potatoes	76	14.6	19.2
CARBS	R00259	Every Day Bread/Roll/Wedge	19	7.3	38.4
CARBS	R01606	French Stick	14	3.8	27.1
CARBS	R00026	Garlic & Herb Jacket Wedges	93	19.4	20.9
CARBS	R00347	Garlic Bread	38	13.8	36.3
CARBS	R00033	Jacket Potatoes	107	21.5	20.1
CARBS	R01536	Lamb Weston Twisters Curly Fries	84	19.3	23.0
CARBS	R01570	Mashed Potato	80	14.0	17.5
CARBS	R01518	McCain Original Choice Medium Chips	113	21.6	19.1
CARBS	R00670	Naan Bread	35	17.3	49.4
CARBS	R00059	Noodles	76	17.5	23.0
CARBS	R00839	Plain Pasta	90	33.1	36.8
CARBS	R01604	Potato Crunchies (Tiny Tater)	93	19.2	20.6
CARBS	R00117	Roast Potatoes	97	19.3	19.9
CARBS	R00055	Spaghetti	88	30.7	34.9
CARBS	R00483	Wholewheat Pasta	86	26.7	31.0
CARBS	R00118	Yorkshire Pudding	18	7.2	40.0
VEGETABLES					
VEGETABLES	R00268	Baked Beans	104	13.3	12.8
VEGETABLES	R00267	Broccoli	57	1.7	3.0
VEGETABLES	R00270	Carrots	57	4.2	7.4
VEGETABLES	R00266	Cauliflower	57	3.1	5.4
VEGETABLES	R00036	Cauliflower Cheese	90	4.5	5.0
VEGETABLES	R00265	Green Beans	57	3.1	5.4
VEGETABLES	R00264	Peas	57	5.0	8.8
VEGETABLES	R00263	Sweetcorn	57	4.6	8.1
Non Gluten Ingredients NGCI					
NGCI	R01624	Beefburger (NGCI)	55	0.9	1.6
NGCI	R01651	Breaded Chicken - GLUTEN FREE	60	7.5	12.5
NGCI	R01650	Breaded Chicken Nuggets GLUTEN FREE	60	8.1	13.5
NGCI	R00788	Chocolate Crunch (NGCI)	53	27.4	51.7
NGCI	R00271	Chocolate Muffins (NGCI)	66	18.9	28.6
NGCI	R01440	Chocolate Sponge (NGCI)	50	14.5	29.0
NGCI	R01620	Fish Fingers GLUTEN FREE	49	7.8	15.9
NGCI	R01787	Mini Doughnuts - GLUTEN FREE	33	13.7	41.5
NGCI	R01577	Penne Pasta GLUTEN FREE	90	33.3	37.0
NGCI	R00335	Plain Sponge (NGCI)	49	14.4	29.4
NGCI	R00612	Sausages GLUTEN FREE	74	6.6	8.9
NGCI	R00789	Sultana Cookie (NGCI)	44	28.5	64.8
BISCUITS					
BISCUITS	R00007	Apple Flapjack	52	22.9	44.0
BISCUITS	R00019	Australian Crunch	44	22.0	50.0

Shire Services Carb Count - PRIMARY ALL Recipes

Sept 24 V.2

2024/25 Menu - Sept 2024

			PORTION SIZE	PER PORTION SIZE	PER 100g
Recipe Group	Recipe Code	Description	Size (g)/(ml)	Carbohydrate (g)	Carbohydrate (g)
BISCUITS	R00011	Cherry & Coconut Cookie	50	25.9	51.8
BISCUITS	R00016	Chocolate Cookie	45	27.6	61.3
BISCUITS	R00021	Chocolate Crunch	49	27.5	56.1
BISCUITS	R00017	Chocolate Shortbread	48	26.8	55.8
BISCUITS	R00020	Coconut Cookie	45	19.6	43.6
BISCUITS	R00012	Flapjack	45	22.2	49.3
BISCUITS	R00013	Ginger Cookie	42	28.0	66.7
BISCUITS	R00018	Jam & Coconut Cookie	49	23.6	48.2
BISCUITS	R00202	Lemon Finger	56	31.7	56.6
BISCUITS	R00014	Lemon Shortbread	55	32.6	59.3
BISCUITS	R00008	Oat & Syrup Cookie	45	25.6	56.9
BISCUITS	R00528	Orange & Chocolate Flapjack	49	24.4	49.8
BISCUITS	R00024	Orange Cookie	44	28.7	65.2
BISCUITS	R01511	Orange Shortbread	46	32.4	70.4
BISCUITS	R00125	Parsnip Flapjack	54	28.3	52.4
BISCUITS	R00206	Polish Cake	73	41.3	56.6
BISCUITS	R00009	Shortbread	46	26.3	57.2
BISCUITS	R00015	Shrewsbury Biscuit	47	27.7	58.9
BISCUITS	R00010	Sultana Cookie	44	27.1	61.6
BISCUITS	R00331	Viennese Cookies	47	28.1	59.8
COLD PUDDINGS					
COLD <i> pudding</i>	R00139	Apple Muffin	59	23.2	39.3
COLD <i> pudding</i>	R01614	Apple Puff Slice	56	22.0	39.3
COLD <i> pudding</i>	R00537	Beetroot Brownie	58	23.2	40.0
COLD <i> pudding</i>	R00092	Blueberry Muffin	55	22.0	40.0
COLD <i> pudding</i>	R00078	Carrot Cake	67	26.8	40.0
COLD <i> pudding</i>	R00173	Chocolate Brownie P	68	34.7	51.0
COLD <i> pudding</i>	R01637	Chocolate Ice Cream Tub	85	16.2	19.1
COLD <i> pudding</i>	R00133	Cornflake Cake	42	26.0	61.9
COLD <i> pudding</i>	R00097	Fruit Jelly	142	11.9	8.4
COLD <i> pudding</i>	R00095	Lemon Drizzle Slice	63	29.4	46.7
COLD <i> pudding</i>	R01581	Macphie Chocolate Muffin / Cupcake (P)	60	35.6	59.3
COLD <i> pudding</i>	R00380	Mango & Orange Sorbet	80	15.7	19.6
COLD <i> pudding</i>	R01615	McDougalls Toffee Apple Slice	46	20.1	43.7
COLD <i> pudding</i>	R01779	Muller Healthy Balance Yoghurt Mixed	110	13.5	12.3
COLD <i> pudding</i>	R01509	Plain Cupcake	64	37.8	59.1
COLD <i> pudding</i>	R00740	Rocky Road	65	36.1	55.5
COLD <i> pudding</i>	R00351	Seasonal Fresh Fruit Salad	66	8.2	12.4
COLD <i> pudding</i>	R01563	Seasonal Fruit Platter	191	17.6	9.2
COLD <i> pudding</i>	R01799	Strawberry & Cream Waffle	50	23.2	46.4
COLD <i> pudding</i>	R01526	Strawberry Ice Cream Tub	80	14.5	18.1
COLD <i> pudding</i>	R00656	Vanilla Ice Cream Tub	80	14.5	18.1
COLD <i> pudding</i>	R00093	Vanilla Iced Sponge	65	28.7	44.2
HOT PUDDINGS					
HOT <i> pudding</i>	R00084	Apple Crumble	87	27.3	31.4
HOT <i> pudding</i>	R00675	Bread & Butter Pudding	115	29.1	25.3
HOT <i> pudding</i>	R00088	Chocolate Marble Sponge	70	22.0	31.4
HOT <i> pudding</i>	R00099	Ginger & Orange Sponge	57	21.7	38.1

Shire Services Carb Count - PRIMARY ALL Recipes

Sept 24 V.2

2024/25 Menu - Sept 2024

2024/25 Menu - Sept 2024			PORTION SIZE	PER PORTION SIZE	PER 100g
Recipe Group	Recipe Code	Description	Size (g)/(ml)	Carbohydrate (g)	Carbohydrate (g)
<i>HOT Pudding</i>	R01584	McDougalls Hot Chocolate Sponge Pudding (P)	46	15.8	34.3
<i>HOT Pudding</i>	R01807	Pancakes with Chocolate Sauce	45	23.6	52.4
<i>HOT Pudding</i>	R01810	Pancakes with Fresh Fruit Salad	68	21.1	31.0
<i>HOT Pudding</i>	R01808	Pancakes with Strawberry Sauce	45	22.8	50.7
<i>HOT Pudding</i>	R01809	Pancakes with Sugar & Lemon	41	20.1	49.0
<i>HOT Pudding</i>	R01512	Peach Crumble	86	32.2	37.4
<i>HOT Pudding</i>	R00090	Syrup Sponge	66	28.0	42.4
<i>HOT Pudding</i>	R01638	Wafflemeister Mini Waffle	35	19.6	56.0
Promotions					
<i>Promotions</i>	R00721	Apple, Peach & Grape Pots	91	11.0	12.1
<i>Promotions</i>	R00130	Bacon & Pineapple Pizza	54	9.2	17.0
<i>Promotions</i>	R00301	Banana Cake	82	41.9	51.1
<i>Promotions</i>	R01462	Carrot & Sweet Potato Mash	83	9.8	11.8
<i>Promotions</i>	R00504	Christmas Tree Brownie	79	40.7	51.5
<i>Promotions</i>	R01845	Herb Roast Potatoes	97	19.4	20.0
<i>Promotions</i>	R01835	Jollof Rice	150	47.2	31.5
<i>Promotions</i>	R00522	Minty Peas & Leeks	66	5.1	7.7
<i>Promotions</i>	R01846	Orange Jelly with Mandarins	132	10.8	8.2
<i>Promotions</i>	R01836	Pork Sausage in Yorkshire Pudding	75	11.1	14.8
<i>Promotions</i>	R00135	Roasted Vegetable Pizza	69	10.4	15.1
<i>Promotions</i>	R01847	Strawberry Jelly with real Strawberries & Cream	137	10.5	7.7
<i>Promotions</i>	R01906	Yorkshire Pudding Beef Pie	112	11.0	9.8
<i>Promotions</i>	R01907	Yorkshire Pudding Veg Pie	120	22.2	18.5

Note: Calculating Carbs from Product Labels

If you need to calculate carbs for a substitute product, you may find that the label only details the Carbohydrate per 100g and not per portion size. To calculate the Carbs for the portion size you require, you need to....

- 1) Divide the 100g Carb value by 100
- 2) Multiply this by the portion weight (g) you require

Example:

Baked Beans Carb Value is 12.8 per 100g

You want to serve 68g

Calculation: 12.8 divided by 100 = 0.128

Multiply 0.128 by 68 = 8.7

Carb Value for 68g of Baked Beans is **8.7**