

Bury Primary School Meals- Spring/Summer 2024

Week 1: Monday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Chicken Balti Curry	0g	
50/50 rice	30g	28/100g
Naan bread	29g per whole naan bread	44/100g
Vegetarian Chicken nuggets	5g per nugget	25/100g
Jacket potato	41g	25/100g
½ Jacket potato	20g	
Baked Beans	5g	
Jacket wedges	26g	
Farmhouse mix	0g	
Iced Vanilla sponge	26g	
Custard	13g	
Fresh Fruit Salad	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Bury Primary School Meals- Spring/Summer 2024

Week 1: Tuesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Cheese & Tomato Pizza Slice	27g	
Vegetarian Sausage Roll	32g	
Jacket Potato	41g	25/100g
½ Jacket potato	20g	
Baked Beans	5g	
Herby Diced potatoes	23g	30/100g
Ginger Biscuit	11g	
Fresh Fruit	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Bury Primary School Meals- Spring/Summer 2024

Week 1: Wednesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Pork Sausage Dinner	5g per sausage (with gravy)	
Halal chicken sausage	5g per sausage (with gravy)	
Quorn Vegan Sausage dinner	5g per sausage (with gravy)	
Jacket Potato	41g	25/100g
½ Jacket potato	20g	
Baked Beans	5g	
Mashed potato	20g	
Broccoli	0g	
Mandarin orange muffin	38g	
Fresh Fruit Platter	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Bury Primary School Meals- Spring/Summer 2024

Week 1: Thursday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Beef Bolognese	0g	
Spaghetti	37g	22g/100g
Crusty Bread	11g	56/100g
Jacket Potato	41g	25/100g
½ Jacket potato	20g	
Baked Beans	5g	
Mixed vegetables	0g	
Jam sponge	28g	
Custard	13g	
Fresh Fruit	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Week 1: Friday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Breaded Fish Fingers sandwich	4g per fish finger Sandwich (2 slices bread) = 25g carbs	
Free Range omelette & cheese	0g	
Jacket Potato	41g	
½ Jacket potato	20g	
Baked Beans	5g	
Oven baked chips	26g	38/100g
Yeo Organic Fruit Yoghurt	*See below	

Fruit

1 small banana = 15g carbs
150g melon = 10g carbs

1 small apple = 15g
1 orange = 7g
1 satsuma = 5g
1 small pear = 10g

Yoghurt and Fromage Frais

If individual yoghurt or fromage frais pots are used, please refer to nutrition label for carbohydrate content

If yoghurt or fromage frais are served in dishes from a catering pack with no nutrition label available, use the following:

Fruit yoghurt 18g carbs per 100g
Plain yoghurt 8g carbs per 100g
Fruit fromage frais 14g carbs per 100g
Plain fromage frais 4g carbs per 100g

Bury Primary School Meals- Spring/Summer 2024

Week 2 – Monday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Pork & Carrot Meatballs with spaghetti	48g	
Halal sausage and sweetcorn herby bake	40g	
Quorn Sausage & Sweetcorn Herby Bake	40g	
Jacket Potato	41 g	
½ Jacket potato	20g	
Baked Beans	5g	
Pea & Carrot mix	0g	
Yoghurt Muffin	42g	
Fresh Fruit Platter	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Bury Primary School Meals- Spring/Summer 2024

Week 2: Tuesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Chicken Burger	0g for burger and salad veg 25g for burger bun	
Halal chicken strip burger	0g for burger and salad veg 25g for burger bun	
Quorn fillet burger	5g for burger 25g for burger bun	
Jacket Potato	41g	
½ Jacket potato	20g	
Baked Beans	5g	
Diced potatoes	23g	30/100g
Vanilla and coconut flapjack	33g	
Fresh fruit	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Week 2 Wednesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Beef Lasagne	47g	
Halal beef lasagne	47g	
Crusty Bread	11g	
Cheesy bean pasta bake	60g	
Jacket Potato	41 g	
½ Jacket potato	20g	
Baked Beans	5g	
Baby carrots	0g	
Strawberry Jelly	15g	
Fresh Fruit Platter	*See below	
Yeo Organic Fruit	*See below	

Bury Primary School Meals- Spring/Summer 2024

Week 2: Thursday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Sticky BBQ chicken bites	9g	
Sticky halal chicken bites	9g	
BBQ vegetable stir fry	9g	
50/50 basmati rice	41g	28g/100g
Jacket Potato	41 g	
½ Jacket potato	20g	
Baked Beans	5g	
Blueberry & Chocolate sponge	37g	
Custard	13g	
Fresh Fruit Salad	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Week 2: Friday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Harry Ramsden Cod fish star	15g	
Daloon Vegetable samosa	14g	
Jacket Potato	41 g	
½ Jacket potato	20g	
Baked Beans	5g	
Oven baked chips	26g	38g/100
Strawberry smoothie pot	15g	
Selection of fresh fruit	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Fruit

1 small banana = 15g carbs
 150g melon = 10g carbs

1 small apple = 15g
 1 orange = 7g
 1 satsuma = 5g
 1 small pear = 10g

Yoghurt and Fromage Frais

If individual yoghurt or fromage frais pots are used, please refer to nutrition label for carbohydrate content

If yoghurt or fromage frais are served in dishes from a catering pack with no nutrition label available, use the following:

Fruit yoghurt 18g carbs per 100g
 Plain yoghurt 8g carbs per 100g
 Fruit fromage frais 14g carbs per 100g
 Plain fromage frais 4g carbs per 100g

Bury Primary School Meals- Spring/Summer 2024

Week 3: Monday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Brunch Lunch		
- Bacon	0g	
- Sausage	5g	
- Baked beans	9g	
- Diced potatoes	23g	
Halal Brunch Lunch		
Halal chicken sausage	5g	
Free range muffin omelette 50g	0g	
Baked beans.	9g	
Seasoned Diced Potatoes	23g	
Pasta Arrabbiata	42g	
Crusty Bread	11g	
Jacket Potato	41 g	
½ Jacket potato	20g	
Baked Beans	5g	
Salad Bar	0g	
Peach Muffin	38g	
Fresh Fruit	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Week 3: Tuesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Short crust Pastry Minced Beef pie	28g	
Short Crust Pastry Halal minced beef pie	28g	
Cheese, onion & potato puff pastry pin wheel	20g	
Jacket Potato	41 g	
½ Jacket potato	20g	
Baked Beans	5g	
Salad Bar	0g	
Creamed potatoes	20g	
Mixed vegetables	0g	
Chocolate & Vanilla shortbread biscuit	30g	
Fresh Fruit Platter	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Week 3: Wednesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Oven Baked chicken fillet dinner with gravy	0g	
Halal Oven baked chicken fillet dinner with gravy	0g	
Oven Baked Quorn Fillet Dinner with Gravy	3g	
Jacket Potato	41 g	
½ Jacket potato	20g	
Baked Beans	5g	
Salad Bar	0g	
Roast potatoes	20g	
Broccoli & carrots	0g	
Orange & Mango smoothie pot	15g	
Fresh Fruit	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Week 3: Thursday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Beef Burger, Salad & slaw	0g for burger and salad veg 25g carbs for bun	
Halal Beef Burger, salad & slaw	0g for burger and salad veg 25g carbs for bun	
Tuna & Sweetcorn pitta pockets	30g	
Jacket Potato	41 g	
½ Jacket potato	20g	
Baked Beans	5g	
Salad Bar	0g	
Potato wedges	26g	
Lemon sponge	38g	
Custard	13g	
Fresh Fruit Platter	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Week 3: Friday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Harry Ramsden Battered pollock fillet	15g	
Hot cheese Melt Panini	27g	
Jacket Potato	41 g	
½ Jacket potato	20g	
Baked Beans	5g	
Salad Bar	0g	
Oven Baked chips and sweet corn	26g for chips	38g/100
Chocolate Ice cream Roll	10g	
Fresh Fruit	*See below	
Yeo Organic Fruit Yoghurt	*See below	

Fruit

1 small banana = 15g carbs
 150g melon = 10g carbs

1 small apple = 15g
 1 orange = 7g
 1 satsuma = 5g
 1 small pear = 10g

Yoghurt and Fromage Frais

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If yoghurt or fromage frais are served in dishes from a catering pack with no nutrition label available, use the following:

Fruit yoghurt 18g carbs per 100g
 Plain yoghurt 8g carbs per 100g
 Fruit fromage frais 14g carbs per 100g
 Plain fromage frais 4g carbs per 100g

Starchy carbohydrates (bread, potato, pasta and rice)

Carb values may be listed both as carbs per 100g weight of food or as carbs per portion size

Where carbs are listed per portion, these have been calculated based on the serving size according to the recipe provided.

However, if no serving size has been provided then the carbohydrate is listed as carbs per 100g so that the carbohydrate can be calculated according to a weighed portion size.

Where carb values per 100g weight of penne pasta or spaghetti are given, these are based on weight of cooked pasta before sauce or meatballs added.

All carbohydrate values are based on standard recipes provided by Bury Council for schools preparing their own meals.

There may be slight differences for recipes used by the Central Production Unit.