

Carbohydrate values for use by children with Type 1 Diabetes who Carbohydrate Count

All carbohydrate values are based on standard recipes provided by Bury Council for schools preparing their own meals and assume standard serving sizes are used. There may be slight differences for recipes used by the Central Production Unit.

The following items appear on the menu every day:

Jacket potato/ Sandwich with various fillings:

Jacket potato = 40g carbs

½ Jacket potato = 20g carbs

Sandwich (2 slices bread) = 25g carbs

Cheese = 0g carbs

Ham = 0g carbs

Tuna = 0g carbs

Baked beans = 5g carbs

Salad bar:

Most items are carbohydrate free with exception of bread which is served as ½ slices

½ slice of bread = 6g carbs

Fruit:

1 small banana (approx. 63g weighed without skin or 97g weighed with skin) = 13g carbs

1 medium banana (approx. 85g weighed without skin or 130g weighed with skin) = 17g carbs

1 large banana (approx. 128g weighed without skin or 190g weighed with skin) = 26g carbs

150g melon = 10g carbs

1 small apple = 15g carbs

1 orange = 7g carbs

1 satsuma = 5g carbs

1 small pear = 10g carbs

Fruit salad = approximate value of 10g carbs based on serving size but may vary slightly according to fruit used

Yoghurt:

Yeo Valley Organic yoghurts = 8g carbs per individual 80g pot

Notes about 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.

Bury Schools Catering Service Primary School Meals- Autumn/Winter 2023/24

Week 1, Monday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Chicken Tikka	8g	
Halal Chicken Tikka	8g	
Vegetable Cottage Pie	24g	
50/50 rice	30g	
Naan	17g	
Sweetcorn	0g	
Yoghurt muffin	50g	

Week 1, Tuesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Beef lasagne	47g	
Halal beef lasagne	47g	
Cheese & Tomato Pasta Bake	41g	
Crusty bread	11g	
Green beans	0g	
Lemon biscuit	19g	

Week 1, Wednesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Roast chicken dinner with gravy	0g	
Halal roast chicken dinner with gravy	0g	
Quorn roast with gravy	3g	
Creamed Potatoes	20g	15g/100g
Mixed vegetables	0g	
Blackberry Swirl Cheesecake	11g	

Week 1, Thursday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Pizza Margherita	24g	
Vegetable Samosa	15g	
Oven Baked Potato Wedges	26g	
Baked Beans	5g	
Cherry Pie	35g	
Custard	13g	

Bury Schools Catering Service Primary School Meals- Autumn/Winter 2023/24

Week 1, Friday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Omega 3 Fish Fingers	6g per fish finger	
Vegetable Nuggets	5g carbs per nugget	
Chipped potatoes	26g	38g/100g
Garden Peas	0g	
Pear & Chocolate Pudding	32g for chocolate pudding and 5g per pear half	
Custard	13g	

Bury Schools Catering Service Primary School Meals- Autumn/Winter 2023/24

Week 2, Monday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Spaghetti Bolognese	32g	
Halal Spaghetti Bolognese	32g	
Crusty Bread	11g	
Vegan Sausage Roll	32g	
Herby Diced Potatoes	20g	
Green Beans	0g	
Fruit Flapjacks	32g	

Week 2, Tuesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Beef Burger in a Bun	0g for burger and salad veg 25g carbs for bun	
Halal Beef Burger in a Bun	0g for burger and salad veg 25g carbs for bun	
Macaroni Cheese	58g	
Oven baked potato wedges	26g	
Peas and Sweetcorn Mix	0g	
Chocolate & Orange Muffin	35g	

Week 2, Wednesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Roast Beef Dinner with Gravy	0g	
Halal Roast Beef Dinner with Gravy	0g	
Vegan Sausage Dinner with Gravy	4g per sausage	
Roasted potatoes	20g	
Mixed vegetables	0g	
Vanilla Shortbread Biscuit	30g	

Week 2, Thursday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Meat Pie	23g	
Halal Meat Pie	23g	
Indian Dahl Curry	21g	
50/50 Rice	30g	
Creamed potatoes	20g	15g/100g
Pear & Blackberry Crumble	34g	
Custard	13g	

Bury Schools Catering Service Primary School Meals- Autumn/Winter 2023/24

Week 2, Friday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
MSC Breaded Cod Star	15g each	
Quorn Vegan Fishless Fingers	6g each finger	
Chipped Potatoes	26g	38g/100g
Mushy Peas	0g	
Chocolate Ice Cream Roll	16g	

Bury Schools Catering Service Primary School Meals- Autumn/Winter 2023/24

Week 3, Monday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Tuna Pasta Bake	39g	
Halal Chicken Pasta Bake	42g	
Cheese & Onion Pie	34g	
Seasonal vegetable medley	0g	
Gingerbread Biscuit	11g	

Week 3, Tuesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Cottage Pie	22g	
Halal Cottage Pie	22g	
Vegetable Tikka	22g	
50/50 Rice	30g	
Naan bread	17g	
Broccoli	0g	
Mandarin Muffin	39g	

Week 3, Wednesday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Pork sausage with gravy	5g per sausage	
Halal Chicken sausage with gravy	5g per sausage	
Vegetable Sausage Pasta Bake	64g	
Creamed potatoes	20g	15g/100g
Green Beans	0g	
Carrot batons	0g	
Vanilla & Raspberry Ripple Ice Cream Roll	21g	

Week 3, Thursday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Chilli Con Carne	3g	
Halal Chilli Con Carne	3g	
50/50 Rice	30g	
Pizza Whirl	27g	
Oven Baked Potato Wedges	26g	
Peas & Sweetcorn mix	0g	
Apple Crumble	32g	
Custard	13g	

Bury Schools Catering Service Primary School Meals- Autumn/Winter 2023/24

Week 3, Friday

Menu Item	Calculated grams of carbs per portion	Carbs per 100g
Harry Ramsdens Battered Pollock	9g	
Salmon & Sweet Potato Fish Cake	15g	
Folded Omelette	0g	
Chipped Potatoes	26g	38g/100g
Garden Peas	0g	
Apple Turnover	31g	