

CARBOHYDRATE COUNT – VALE PRIMARY MENU PRODUCTS

PRODUCT	CARBS	PRODUCT	CARBS
Main Meals		Desserts & Drinks	
All Day Breakfast	26.5g	American Pancake	21.3g
Beef Bolognese Sauce	14.5g	American Pancake with Golden Syrup	29.2g
Bubble Crumb Fish	13g	Apple Crumble	>25.9g
Cheese & Tomato Pizza	21.1g	Aquajuce Apple Calypso 185ml	10.5g
Cheese Wheel	23.4g	Aquajuce Apple & Blackcurrant Calypso 185ml	10.7g
Chicken Burger in a Bun	23.2g	Aquajuce Orange Calypso 185ml	10.2g
Chicken Curry (New Recipe)	11.7g	Chocolate Cake	29.7g
Chicken Korma	>6.1g	Chocolate Crispy Cake	27.7g
Chicken & Mashed Potato Pie	39.7g	Chocolate Sauce	12.2g
Chicken Tikka Masala	5g	Custard	14.9g
Chilli Con Carne	>7.8g	Flapjack	35.5g
Cottage Pie	28.5g	Fruit Slices	5.0g
Fish Fingers (2)	10.9g	Fruit (Whole)	11.1g
Harry Ramsden's Fish	8.8g	Ginger Cake	35.9g
Hot Dog (inc Bun)	23.5g	Ice Cream Tub	16.4g
Pork Meatball (120g)	4.6g	Jam Roly Poly	36.2g
Quorn Fillet in a Bun	25.2g	Jam Sponge	26.9g
Roast Beef Portion	0.0g	Jam Turnover	25.5g
Roast Gammon	0.0g	Jelly	10.0g
Roast Pork Portion	0.0g	Luxury Chocolate Cake	25.2g
Roast Turkey Portion	0.0g	Luxury Chocolate Cake & Custard (½ ptn cake)	27.5g
Salmon Crunchies	8.9g	Marble Chocolate Sponge	31.9g
Salmon & Sweet Potato Fishcake	8.4g	Mousse (Brakes)	9.0g
Sausages (3)	12.3g	Mousse (Roselle – Strawberry)	7g
Shepherds Pie	32.2g	Muffin	26.2g

Sweet & Sour Chicken	17.9g	Oat Cookie	19.7g
Tomato & Basil Pasta Bake	9g (Sauce)	Rice Pudding	39.1g

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Main Meals		Desserts & Drinks	
Tomato & Basil Pasta Bake	27.6g	Shortbread	>30.7g
Tortilla Nacho Fish Fillet	20.6g	Steamed Syrup Sponge Pudding	32.4g
Tortilla Wraps (Asst)	23g	Vanilla Sauce	12.1g
Vegetable Curry	22.3g	Vanilla Sponge	>25.3g
Vegetable Medley in BBQ Sauce	9.9g	Waffle	15.4g
Vegetable Nuggets (3)	15.7g	Yoghurt (85g)	12.4g
Vegetable Pasta Bake	39g	Yoghurt (125g)	17.1g
Vegetable Pie	52.5g		
Vegetarian Bolognese	11.0g		
Vegetarian Burger	12.6g	Additional Menu Items	
Vegetarian Casserole	14.3g		
Vegetarian Fingers (2)	14.4g	Baguettes (Asstd)	40.8g
Vegetarian Hot Dog	26g	Baked Beans Portion	9.6g
Vegetarian Meatballs	9.8g	Burger Bun (Brakes)	22.1g
Vegetarian Sausages (2)	13.2g	Carrot & Cucumber Batons	1.8g
		Crusty Bread	7.7g
		Egg Noodles	28.2g
Vegetables		Flatbread Portion	2.4g
		Garlic Bread (Wholemeal)	23.1g
Broccoli 80g	0.9g	Gravy Portion	2.5g
Carrots 80g	3.9g	Greek Yoghurt Portion	3.8g
Cabbage 80g	1.7g	Hash Brown	10.8g

