

## Ravenbank Cp 2023 Carb Counted Guide per portion

Code: PW = Portion weight   CC = Carb Count   PP = Per Portion   * See guide below					
Week 1		Week 2		Week 3	
Monday Dish	Carb Count pp	Monday Dish	Carb Count pp	Monday Dish	Carb Count pp
Macaroni cauliflower cheese (PW 305g)	Cc 42g	V Margarita Pizza with various toppings PW 70g  *herby diced potatoes, 100g PW peas or sweetcorn (60g)	Cc 12g	Homemade tomato pasta bake (PW 239g) (Lentil and tomato sauce)	Cc 47.8g
Vegetarian Sausage roll  *Savoury potatoes diced or saute)  Baked beans (50g) Baked beans (75g)  Peas	Cc 18g   Cc 7g Cc 10g	Homemade Oven Baked Omelette (135g PW)  *Diced potatoes Baked beans (50g) (75g)	CC 2g  Cc 7g Cc 10g	Crumb coated Quorn vegan nuggets PW 50g  *Herby diced potatoes  Baked beans (50g) (75g)  Sweetcorn (60g)	Cc 13g   Cc 7g Cc 10g
Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g Cc 7g Cc 10g	Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g Cc 7g Cc 10g	Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g Cc 7g Cc 10g
Vanilla ice Cream	Cc 15g	Vanilla ice cream Raspberry ripple ice cream sponge roll (28g PW)	Cc 15g Cc 9g	Vanilla ice cream Chocolate ice cream sponge roll (28g PW)	Cc 15g Cc 9g
Tuesday Dish		Tuesday Dish		Tuesday Dish	
Roast Gammon Sage & onion stuffing, gravy  Roast potatoes (170g) Creamed potato (70g) Broccoli & carrots	CC 0g Cc 10g	Roast Turkey sage & onion stuffing, gravy  Roast potatoes (170g) Creamed potato (70g) Broccoli & carrots	CC 0g CC 10g	Roast Chicken Sage & onion stuffing, gravy (PW 157g)  Roast potatoes (170g) Creamed potato (70g) Broccoli & carrots	CC 0g CC 10g

Cooks choice curry; V Homemade Chicken Korma (PW 186g) V Chicken Tikka Masala 186g PW 50/50 rice (150g)	Cc 6.2g Cc 5g Cc 28g	Chilli beef (154g PW) 50 50 rice 150g	Cc 5g Cc 28g	Burger bun (50g PW) Quorn burger (50g PW) *Baked wedged potatoes (PW 70g)	CC 25g Cc 2g
Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g Cc 7g Cc 10g	Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g Cc 7g Cc 10g	Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g Cc 7g Cc 10g
Fresh fruit salad Yoghurt (80g PW)	10g	Fresh fruit salad Yoghurt (80g PW)	10g	Fresh fruit salad Yoghurt (80g PW)	10g
<b>Wednesday Dish</b>	<b>CC</b>	<b>Wednesday</b>	<b>CC</b>	<b>Wednesday Dish</b>	<b>CC</b>
Sausages x2 Sausages x3  Mash (70g scoop) gravy Seasonal vegetables	Cc 7g Cc 10g	Chooks choice Pie ;  Beef and onion Pie 187g PW  Chicken and Leek Pie PW 221g  Cottage Pie PW 306g  Baby new potatoes Mixed country veg PW 60g	CC 28g  CC 25g  Cc 27.6g  CC 3g	V Chicken Tikka Masala 186g PW  *served with 50/50 rice 50/50 rice 150g	CC 5g  Cc 28g
Hot Tuna Panini; ½ Panini (65g) 70g Tuna Coleslaw 44g PW Sweetcorn 60g Salad	Cc 30g Cc 0.3g Cc 2g	Spicy Quorn with Savoury rice (PW 235g)  Mixed vegetables	CC 5g  CC 3g	Baguette pizza *Potato wedges *Salad Coleslaw PW 44g	CC 7g  CC 2g
Filled jacket potato Jacket potato (200g)	Cc 41g	Filled jacket potato Jacket potato (200g)	Cc 41g	Filled jacket potato Jacket potato (200g)	Cc 41g

Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 51g  Cc 0.2g Cc 0.3g  Cc 7g Cc 10g	Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 51g  Cc 0.2g Cc 0.3g  Cc 7g Cc 10g	Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 51g  Cc 0.2g Cc 0.3g  Cc 7g Cc 10g
Blueberry muffin (PW 68g)	20.6g	Jelly and fruit Fruit jelly (PW 99g) (this includes fruit)	Cc 18.9g	Apple crumble PW 101g	CC 32g
<b>Thursday Dish</b>	CC	<b>Thursday Dish</b>	CC	<b>Thursday Dish</b>	CC
Cheese flan (132g PW) baked wedged potatoes (100g PW) baked beans peas	Cc 24g	Vegetarian curry – Lentil and coconut (PW 182g)  50 50 rice 150g	Cc 26g  CC 28g	Twice baked Jackets with cheese and onion Prepared with 250g potato  Baked beans (50g) Baked beans (75g)	Cc 52g  Cc 7g Cc 10g
<b>Cooks choice pasta bake:</b> Pasta, tomato, mascarpone (PW 225g)  Pasta, tomato and lentil sc (PW 239g)  Carbonara (PW 218g)  Macaroni cauliflower cheese (PW 305g)  Italian pasta with chicken (PW 255g)  Italian Pork pasta bake (PW 269g)  Spaghetti Bolognese (PW 233g)  Lasagne (PW 382g)  Tuna pasta bake (PW 184g)	Cc 42g  Cc 47.8g  Cc 42g  Cc 47g  Cc 41g  Cc 44g  Cc 43g  Cc 46g  Cc 40g	Spaghetti Bolognaise (PW 233g)	Cc 43g	V Pork Meatballs in homemade tomato and basil sauce, wholemeal pasta (PW 314g) garden peas	Cc 57g Cc 52g  Cc 7g Cc 10g

Ham and cheese pasta bake (PW 234g) *Fresh broccoli	Cc 44g				
Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g  Cc 7g Cc 10g	Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g  Cc 7g Cc 10g	Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g  Cc 7g Cc 10g
Fruit jelly (PW 99g) (this includes fruit)	Cc 18.9g	Homemade carrot cake (54g PW)  Homemade banana and oat cake (63g PW)	Cc 19.7g  Cc 25g	Fruit jelly (PW 99g) (this includes fruit)	Cc 18.9g
<b>Friday Dish</b>	CC	<b>Friday Dish</b>	CC	<b>Friday Dish</b>	CC
Crumb Coated Chicken (100G) chipped potatoes, garden peas or baked beans	Cc 3g	Red Tractor Chicken goujons 70g PW  chunky chipped potatoes garden peas or baked beans	Cc 7.7g	Oven baked Battered fish (tempura) 60g PW (Harry Ramsden) 57g PW  chipped potatoes, garden peas or baked beans	10g CC 9g CC
Oven baked Fish Fingers x 2 x 3  *chipped potatoes 100g *garden peas (60g) or baked beans	11g Cc 16g Cc	Oven baked Battered Salmon *chipped potatoes (100g) *Garden peas (60g) or baked beans	Cc 9g	Chicken Goujons 50g PW  *chipped potatoes (100g) *garden peas (60g) or baked beans	Cc 7g
Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g  Cc 7g Cc 10g	Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g  Cc 7g Cc 10g	Filled jacket potato Jacket potato (200g) Jacket potato (250g)  Fillings: Cheese (25g) Tuna mayonnaise (70g) (60g tuna, 10g mayo) Baked beans (50g) Baked beans (75g)	Cc 41g Cc 51g  Cc 0.2g Cc 0.3g  Cc 7g Cc 10g

Homemade shortbread biscuit (PW 30g)	CC 18g	<b>Homemade biscuit/cookie</b> Ginger biscuit (PW 30g) Oaty cookies with raisin(PW 37g) Plain shortbread (PW 30g) Fruit flapjack (PW 42g) Plain flapjack (PW 32g) Chocolate biscuit (PW 30g) Melting moment (PW 31g)	CC 19g CC 19g  CC 18g CC 23g CC 17g CC 15g CC17.6g	<b>H/made biscuit/cookie</b> Ginger biscuit (PW 30g) Oaty cookies with raisin(PW 37g) Plain shortbread (PW 30g) Fruit flapjack (PW 42g) Plain flapjack (PW 32g) Chocolate biscuit (PW 30g) Melting moment (PW 31g)	CC 19g CC 19g  CC 18g CC 23g CC 17g CC 15g CC17.6g

### Portion Guide – Carb Counted

<b>Product</b>	<b>Infant Portion</b>	<b>Carb Count</b>	<b>Junior Portion</b>	<b>Carb Count</b>
Fish fingers	2	11g	3	16g
Tempura fish	60g fillet	10g	60g fillet	10g
Harry Ramsdens fish code 58551	57g	9g	57g	9g
Sausage	2	7g	3	10g
Sausage chipolatas (16's each 2.4g)	3	8.7g	4	11.68g
Gluten free Sausage	2	8g	3	12g
Sliced ham	50g	2g	50g	2g
Quorn sausage	2	7g	3	10g
Spinach/broc/beef burger	1	4g	1	4g
Vegetarian Meatballs	3	4g	4	5g
Breaded Chicken Goujons	2	8g	3	13g
Pork Meatballs 20g	3	13g	4	18g
Pizza (wholemeal)	1 slice (63g)	17g	1 slice (75g)	20g
Vegetarian sausage roll	1 each	18g	1 each	18g
HM cheesy bean Quesadilla	181g	38g	181g	38g
Arctic Pizza (thin base)	91g	14g	91g	14g
Baguette Pizza	1 slice	7g	1 slice	7g
Gluten Free Pizza Base (123084)	¼ (61g)	26.7g	¼ (61g)	26.7g
1 x Burger bap	50g	25g	50g	25g
<b>VEGETABLES</b>				
1 table spoon = 35.5gm 2 table spoons = 75gm				
<b>ITEM</b>	<b>INFANT PORTION</b>	<b>Carb Count</b>	<b>JUNIOR PORTION</b>	<b>Carb Count</b>
Sweetcorn	1 tblsp	6g	2 tblsp	12g
Garden Peas	1 tblsp	4g	2 tblsp	8g
Carrots (full ptn 60g)	60g	4.7g	60g	4.7g
Carrtots (half ptn 30g)	30g	2.3g	30g	2.3g
Broccoli (full ptn 60g)	60g	1g	60g	1g
Broccoli (half ptn 30g)	30g	0.5g	30g	0.5g

Baked Beans	50g	7g	75g	10g
Pasta hoops in tomato sauce	75g	8g	75g	8g
<b>POTATOES</b>				
Dice Potatoes	75g	17g	100g	22g
Sauté Potatoes	75g	25g	100g	34g
Chips	75g	27g	100g	36g
Full portion of Jacket Wedges	75g	19g	100g	25g
Half portion Jacket Wedges	43g	10g	50g	12g
½ Roast Potatoes Portion	43g	10g	50g	15g
Roast as full portion	50g	13g	100g	26g
Jacket Potatoes (cooked)	200g cooked	41g	250g cooked	51g
Mash Potato full portion	100g	16g	150g	24g
Mash Potato ½ portion	50g	8g	75g	12g
New Potatoes	50g	8g	100g	16g
Pommes	75g	19g	100g	26g
<b>PASTA &amp; RICE</b>				
<b>ITEM</b>	<b>INFANT PORTION</b>	<b>Carb Count</b>	<b>JUNIOR PORTION</b>	<b>Carb Count</b>
Rice cooked weight	43g	12g	50g	17g
Noodles cooked weight	50g	19g	75g	28g
Cous Cous cooked weight	50g	13g	75g	17g
Sage & Onion stuffing	14g	10g	14g	10g
Yorkshire pudding 3 inch (3090)	28g	10.9g	28g	10.9g
Yorkshire pudding 4 inch (52992)	40g	13.7 g	40g	13.7g
Bread Roll for breakfast	35g	14g		
<b>DESSERTS</b>				
<b>ITEM</b>	<b>INFANT PORTION</b>	<b>Carb Count</b>	<b>JUNIOR PORTION</b>	<b>Carb Count</b>
Crackers (2 per packet)	2	10g	2	10g
Soreen Malt Loaf	1	19g	1	19g
Soreen Banana Loaf	1	18g	1	18g

Yeo Valley Organic Strawberry	1 x 80g	10g	1 x 80g	10g
Yeo Valley Organic yoghurt Mango & Vanilla	1 x 80g	10g	1 x 80g	10g
Yeo Valley Organic yoghurt Raspberry	1 x 80g	10g	1 x 80g	10g
Custard Made with Brakes complete mix and water	48g	10g	48g	10g

ITEM	INFANT PORTION	Carb Count	JUNIOR PORTION	Carb Count
Tomato Sauce Sachet	1	3g	1	3g
Gravy	1 tablespoon	1g	100g	5g
Fresh Milk – A beaker	150ml	7g	150ml	7g

### Whole Fresh Fruit Carbohydrate Content Guide

Fruit	Portion (approx.)	Carbohydrate
Apple	1 small/fun sized (85g)	10g
Banana (with skin)	1 Small (97g)	15g
Satsuma/Clementine	1 (80g)	5g
Grapes	10 (65g)	10g
Kiwi	1 (55g)	5g
Melon	3 chunks (80g)	5g
Orange	1 small (71g)	4g
Pear	1 small (104g)	10g

Please note the above information is for a guide only