

Renfrewshire Primary school menus Spring 2017 (Carbohydrate amounts per portion)

CALCULATION- 100G OF CARBOHYDRATE WEIGHT DIVIDED BY 100 MULTIPLIED BY GRAM WEIGH OF PRODUCT

EXAMPLE- $8.9 / 100 * 80 = 7$ GRAM

Starters		
Menu item	Portion size	Carbohydrate(g) per portion
Vegetable soup	200g	8
Lentil soup	200g	31
Carrot and coriander soup	200g	10
Scotch Broth	200g	20
Potato Soup	200g	17
Tomato and Basil Soup	200g	11
Leek and Potato Soup	200g	10

Compiled by the NHS GG+C paediatric diabetes team, May 2016.

Values are estimations from the Nutmeg nutritional analysis programme, there may be variations on different brands of products.

BG testing before and after meals will show you the best amount of insulin for you to take.

Main courses		
Menu item	Portion size	Carbohydrate(g) per portion
Chicken poppers	6	10
Cheese and tomato pizza	160g	62
Macaroni cheese	240g	38
Hot dog roll and sausage	1 roll and sausage	32
Quorn burger in a bun	1 burger in a bun	24
Turkey meatballs in tomato sauce	80g meatballs with 102g sauce	12
Chicken curry	147g	9
Quorn Tikka and rice	249g	13rice 30 tikka
Cod and Salmon Fishcake	51g	22 per portion 2 each
Fillet Fish Finger	30g	6 each 3 per portion 18
Pasta Bake	165G	16
Tomato pasta with peppers and courgettes	402g	39
Sliced Roast Turkey dinner	110g	9
Battered Cod Fillet	54g	18
Hot Dog Roll	556g	28
Beefburger	55g	1
Burger Bun	54g	23
Braised steak and pastry square	124g	13
Baked potato	1 x 170g	54
Chicken stir fry	180g	9
Vegetarian chilli	126g	6
Pitta bread	75g	41
Bbq pork	118g	7
Chicken and pasta bake	208g	45
Spaghetti bolognaise	222g	28
Salmon fish finger	75g	13

Side dishes		
Menu item	Portion size	Carbohydrate(g) per portion
Mashed potato	130g	22
Lumberjacks	100g	27
Purely potato slices	100g	18
Garlic bread	55g	28
Purely potato dice	100g	18
French potato salad	65g	9
Oven chips	100g	28
Basmati rice	120g	37
Potato wedges	100g	30
Pasta pepper and tomato sauce	90g	9
Roast potatoes	106g	17
Roasted Veg	75g	6
Broccoli Florets	80g	1
Carrots	80g	4
Green Beans	80g	4
Sweetcorn	80g	4
Roasted Red Onions	80g	4
Baby Corn	20g	1
Diced Mixed Veg	80g	5
Sliced Peppers	40g	2
Spinach	80g	1
Beetroot and onion salad	42g	4
Pasta twirls	120g	27
Sweet corn	80g	21
Baked beans	80g	9
Peas	80g	9
Curly Kale	80g	1
Garlic Bread	32g	12

Oven Chips	84g	27
White Rice	120g	38
Boiled New Potatoes	130g	23
Sweet Potato	130g	27
Red Cabbage	80g	2
Wholemeal Pasta	120g	28
Brown Rice	120g	38
Cauliflower	80g	2
Gravy	89g	2
Corn on the cob		
Baked beans		
Tomato pasta bake		16
Mayonnaise per portion		0.2

Desserts		
Menu item	Portion size	Carbohydrate(g) per portion
Toffee muffin	1 x 80g	48
Strawberry fruit ice smoothie	1	15
Chocolate crispie cake	1 x 55g	34
Orange cookie	1 x 45g	31
Peach yoghurt	1 x 100g	17
Fairy cake	1 x 30g	16
Fruit mousse	1 x 80g	14
Lemon sponge	1 x 42g	21
Chocolate muffin	1 x 79g	43
Vanilla ice cream	1 x 50g	10
Gingerbread sponge	1 x 45g	26
Fruit jelly	125g	16
Plain muffin	1 x 80g	48
Fruit Mousse	80g	14
Apple and Bramble Crumble	125g	45
Flapjacks	60g	40
Rice Pudding	92g	18
Eves Pudding	130g	35
Plain Sponge	92g	25
Oaty Fruit Crumble	100g	34
Mango and Orange Smoothie	80g	17
Carrot Cake	100g	49
Rhubarb Crumble	100g	28
Strawberry Yoghurt	95g	14
Chocolate Orange Sponge	67g	27
Custard	100g	16
Stewed Apples	100g	19
Fairy Cake	30g	16
Marble cake	46g	24

Toffee frozen yoghurt	80g	18
Raspberry ripple	200g	17
Cranberry and coconut cookies	47g	28
Raspberry yoghurt sponge	170	60
Summer fruit flapjack	69g	41
Peach pudding	100g	32
Cherry flan	93g	33
Apple and summer fruit sponge	91g	31
Iced lemon sponge	91g	70
Ice cream and fruit	135g	22
Banana Custard	190g	45
Summer fruit pizza		

Sandwich selection		
Menu item	Portion size	Carbohydrate(g) per portion
Cheese sandwich on white bread	1	26
Cheese sandwich on brown bread	1	27
Cheese baguette	1	28
Cheese wrap	1	15
Ham sandwich on white bread	1	27
Ham sandwich on brown bread	1	28
Ham baguette	1	26
Ham wrap	1	16
Tuna mayo sandwich on white bread	1	26
Tuna mayo sandwich on brown bread	1	27
Tuna mayo baguette	1	29
Tuna mayo wrap	1	16
Turkey sandwich on white bread	1	29
Turkey sandwich on brown bread	1	30
Turkey baguette	1	31
Turkey wrap	1	18