

Renfrewshire Council Primary School Menu – August 2019

Carbohydrates Counting

Dish Name	Carbohydrate per 100g	Item Portion Size	Carbohydrate per Portion
Soups			
Lentil soup	13.1	200	26.2
Tomato soup	3.3	200	6.6
Vegetable soup	3.9	200	7.8
Main Meals			
Fish goujons wrap	59.7	100	59.7
Mac & cheese	13.8	200	27.6
Chicken stir fry	4.1	145	6.1
Veggie nuggets	22.5	60	13.5
Steak pie	9.2	170	15.6
Cheesy omelette	2.8	100	2.8
Chicken burger	34.4	113	38.9
Brown burger bun	67.7	29g	19.6
Baked potato (beans cheese)	25.2	260	65.5
Pasta Bolognese	8.9	200	17.8
Cheese sandwich	27.4	137	37.5
Chicken goujons	24.2	100	24.2
Veggie curry	24.2	125	30.3
Tomato pasta with meatballs	21.1	160	33.7
Quorn chilli	8.1	150	12.2
Mince	8.3	180	14.9
Cheese panini	56.1	140	78.5
Fish fingers	13.7	90	12.3
Tomato & mozzarella pasta	14.9	180	26.8
Hot dog	29.1	112	32.5
Chicken curry	3.1	115	3.5
Tomato & basil pasta	14.9	180	26.8
sausage	18.5	57	10.5
Egg mayo roll	51.1	40	20.4
Fish	19	57	10.8
Roast turkey	2.8	125	3.5
Quorn burger	25.5	95	0.95
Chicken tikka pitta pocket	55	135	42
Marguerita pizza	30.3	110	33.3
Potato/Pasta/ Rice			
Diced potato	18	120	21.6
Potato wedges	18	120	21.6
Chips	29.8	120	35.7

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Mashed potato	17	130	22.1
Roast potato	25.9	100	25.9
Sweet potato wedges	20.5	130	26.6
Rice	30.9	120	37.1
Garlic bread	45	64	28.8
Naan bread	49	25	12.2
Pitta bread	55	30	16.5
Petite pain	50.4	48	24.2
Crusty bread	50.4	48	24.2
Brown bread	38.1	25	9.5
Yorkshire Pudding	23.4	30	7
Vegetables			
Peas	9.7	80	7.7
Corn on the cob	26.6	80	21.3
Carrot	4.9	40	2
Turnip	2.3	40	1
Baby corn	26.6	80	21.3
Green beans	4.7	80	3.8
Broccoli	1.1	80	0.9
Beans	12.9	40	5.2
Coleslaw	5.4	30	1.6
Dessert/ drinks			
Strawberry yoghurt	15.8	100	15.8
Frozen Smoothie	18.8	80	15.1
Frozen yoghurt	17.7	90	15.9
Ice cream & fruit	16.5	135	22.3
Greek yoghurt	4.8	125	6
Milk	4.7	200	9.4
Fruit			
Apple	11.8	115	13.6
Bananas	23.8	145	33.6
Orange	8.5	76	6.5
Melon	6	80	4.8
Fruit cocktail in juice	14.8	55	8.1
Strawberries	6	70	4.2
Pineapple	12.2	48	5.9
Pear	10	59	5.9
Plum	9	50	4.5

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Gluten free product			
Gluten free tortilla	40.6	42	17.1
Gluten free pizza base	26.7	46.6	12.4
Gluten free pasta	74.9	100	74.9
Gluten free roll	49.5	42	20.8
Gluten free fish	17	85	14.5
Gluten free salmon fish finger	22	90	19.8
Gluten free burger bun	49.5	42	20.8
Gluten free bread	47	66	31
Gluten free sub roll	49.5	100	449.5
Gluten free chicken strips	24.2	100	24.2
Dairy free product			
Alpro dairy free yoghurt	21	100	21
Alpro soya milk	3	200	6
Violife cheese slices	20	30	6
Violife grated cheese	21	30	6.3