

# Spring/Summer Secondary Menu Carbohydrate Document

## Food Platform Nutrition & Dietetics

January 2026

**This document has been created to support the management of diabetes when serving school food.**

- When using this document, it is important to note that the carbohydrate values provided, as expressed in grams, are per portion and related to the recipe card and portion size in Drive.
- "One portion" is the finished or cooked portion served and is based on the total raw ingredients in the Drive recipe card that would make one serving/portion.
  - For example, the value given for "*Thai Green Chicken Noodles*" would be based on the raw ingredient quantities required to make one portion in line with Drive.
- For accurate carbohydrate values per portion, you must follow the recipe card. If there is a change to the recipe card (ingredient or quantity) the carbohydrate value provided is no longer valid and must not be used
- For items that will gain or change weight on cooking (i.e. pasta/rice), follow the recipe card as the portion size will vary greatly depending on your cooking method and equipment used on site.
- If you have any questions, please contact: *UK Nutrition Mailbox*

### Carbohydrate values for: 2026 – Spring/Summer Secondary R10 Menu

<u>Recipe</u>	<u>Portion Size</u>	<u>Carbohydrate Value per serving (g)</u>
Butternut Mac & Cheese	1 portion as per recipe	67
Sweet Potato & Chickpea Slice	1 portion as per recipe	49
Wholewheat Pasta Arrabiata	1 portion as per recipe	72
Sweet Potato & Bean Jalfrezi	1 portion as per recipe	24
Chimichurri Wedges	1 portion as per recipe	59
Ham Sandwich	1 sandwich	34
Cheese Sandwich	1 sandwich	38
Egg Mayonnaise Sandwich	1 sandwich	42
Chicken Mayonnaise Sandwich	1 sandwich	42
Tuna & Sweetcorn Sandwich	1 sandwich	42
Cheese & Onion Sandwich	1 sandwich	43
Jacket Potato	1 potato	65
Baked Beans	90g	12

Grated Cheese Pot	30g	1
Tuna Mayonnaise Filling	85g	2
Salmon Mayonnaise Filling	120g	2
Sweetcorn	80g	6
House Salad	90g	3
Mixed Beans	100g	13
Asian Coleslaw Salad	1 portion as per recipe	5
White & Brown Rice	1 portion as per recipe	47
Parsley & Garlic Bread	1 portion as per recipe	36
Green Apple	1 apple	16
Red Apple	1 apple	11
Orange	1 orange	7
Banana	1 banana	19
Fruit Salad Pot	1 pot	14
Mixed Grapes	80g	14
Mixed Melon	1 portion as per recipe	4
Plain Yoghurt	1 portion as per recipe	6
Yoghurt with Mango Topping	1 portion as per recipe	11
Yoghurt with Mixed Berry Topping	1 portion as per recipe	11
Yoghurt with Raspberry Topping	1 portion as per recipe	11
Yoghurt with Strawberry Topping	1 portion as per recipe	10
Yoghurt with Cherry and Plum Topping	1 portion as per recipe	11
Water	N/A	0
Apple Fizz Drink	330ml	13
Forest Fruits Fizz Drink	330ml	17
Cherry Fizz Drink	330ml	18
Tropical Fizz Drink	330ml	17

Orange Juice Tetra	200ml	12
Apple Juice Tetra	200ml	12
Forest Fruits Tetra	200ml	12
Tropical Tetra	200ml	12
Apple & Elderflower Drink	250ml	20
Forest Fruits Drink	250ml	20
Orange & Mandarin Drink	250ml	21
Semi Skimmed Milk	200ml	9
Banana Milk	200ml	10
Chocolate Milk	200ml	10
Strawberry Milk	200ml	10
Apple Juice Cuplet	85ml	9
Orange Juice Cuplet	85ml	8
Pork Sausage	2 sausages	8
Keema Samosas	1 portion as per recipe	44
Quorn Sausage & Gravy	1 portion as per recipe	10
Creamy Mushroom Pasta	1 portion as per recipe	67
Chicken Banh Mi	1 portion as per recipe	52
Garden Peas	80g	9
Mashed Potato	1 portion as per recipe	34
Chicken Thighs & Gravy	1 portion as per recipe	2
Chicken Shawarma Flatbread	1 portion as per recipe	19
Summer Vegetable Tacos	1 portion as per recipe	45
Vegetable Shawarma Flatbread	1 portion as per recipe	40
Curry Wurst Roll	1 portion as per recipe	28
Roasted Carrots	80g	6
Swede	80g	4
Roast Potatoes	120g	21
Chipotle Chicken	1 portion as per recipe	1

Chilli Con Carne	1 portion as per recipe	16
Southern Baked Halloumi Burger, Bun & Salad	1 portion as per recipe	45
Bean & Pepper Quesadilla	1 portion as per recipe	48
Punjabi Loaded Sweet Potatoes	1 portion as per recipe	56
Broccoli Florets	80g	3
Potato Wedges	200g potatoes	35
Sweetcorn Salsa	1 portion as per recipe	2
Battered Pollack	1 fillet	18
Chicken & Sweetcorn Wrap	1 portion as per recipe	33
All Day Breakfast Wrap	1 portion as per recipe	48
Quorn K-Dog	1 portion as per recipe	30
Red Pepper & Tempeh Pizza	1 portion as per recipe	40
Garden Peas & Carrots	80g	8
Chips	120g	25
Plant Burger, Bun & Salad	1 portion as per recipe	36
Louisiana Sweet Potato Jambalaya	1 portion as per recipe	69
Cauliflower & Broccoli Cheese Bake	1 portion as per recipe	47
West African Jollof Rice	1 portion as per recipe	61
Garlic and Chilli Donburi	1 portion as per recipe	60
Jerk Chicken Thigh	1 portion as per recipe	1
Kansas BBQ Chicken	1 portion as per recipe	8
Sweet Potato & Chickpea Curry	1 portion as per recipe	33
Three Bean Chilli	1 portion as per recipe	24
Chicken Fajita Bowl	1 portion as per recipe	44
Chicken & Leek Puff Pastry Pie	1 portion as per recipe	19
Lentil Pastry Roll	1 portion as per recipe	61
Chicken Dinner Wrap	1 portion as per recipe	36

Jerk Hot Dog	1 portion as per recipe	31
Sliced Carrots	80g	6
Cabbage	80g	3
Traditional Lasagne	1 portion as per recipe	62
Thai Coconut Chicken Curry	1 portion as per recipe	2
Butterbean & Meatless Ball Pasta	1 portion as per recipe	58
Tempeh Enchilada	1 portion as per recipe	34
Thai Green Chicken Noodles	1 portion as per recipe	50
Green Beans	80g	3
Pea Guacamole	1 portion as per recipe	4
Sausage Roll	As per recipe card/1 sausage roll	22
BBQ Beans and Cheese Pasty	1 portion as per recipe	45
Biryani Rice	1 portion as per recipe	71
Pulled Korean Chicken Burger	1 portion as per recipe	45
Margherita Focaccia Pizza	1 pizza/as per recipe	45
K-Style Cheesy Corn Flatbread	1 portion as per recipe	39
Leek, Cheese & Potato Pie	1 portion as per recipe	56
Vegetarian Chilli	1 portion as per recipe	15
Tikka Pitta	1 portion as per recipe	40
Southern Baked Chicken Thigh	1 portion as per recipe	10
Hot & Spicy Chicken Wings	1 portion as per recipe	1
Chilli Bean Stack	1 portion as per recipe	60
Tempeh Pad Thai	1 portion as per recipe	52
Beef Chilli Nachos	1 portion as per recipe	46
Teriyaki Chicken	1 portion as per recipe	4
Summer Vegetable Quiche	1 portion as per recipe	46
Pasta Primavera	1 portion as per recipe	70
Loaded Meatless Ball Sub	1 portion as per recipe	31

Noodles	1 portion as per recipe	47
Bolognese Sauce	1 portion as per recipe	11
Katsu Chicken	1 portion as per recipe	17
Sloppy Joe's Garlic Bread	1 portion as per recipe	44
Sweet Potato Chana Masala	1 portion as per recipe	40
Carbonara Pizza	1 portion as per recipe	42
Roasted Vegetables	80g	3
New Potato Salad	1 portion as per recipe	35
Spaghetti	1 portion as per recipe	47
Katsu Curry Sauce	1 portion as per recipe	3
Southern Fried Slaw Bowl	1 portion as per recipe	18
Smashed Falafel Pitta	1 portion as per recipe	56
Buddha Bowl	1 portion as per recipe	14