

Secondary Menu

Carbohydrate Document – AW26

July 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 "Chicken Shawarma Flatbread" 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 If there is a change to the recipe card (ingredient or quantity) the carbohydrate value provided is no longer valid and must not be used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 – Autumn / Winter Secondary Menu

Recipe Name	Portion Size	Carbohydrate Value per Serving (g)
BBQ Pulled Chicken (Halal)	1 portion as per recipe	5
Mac'n'Cheese	1 portion as per recipe	68
Herby Crumb	1 portion as per recipe	16
Plant Burger, Bun & Salad	1 portion as per recipe	36
Lightly Spiced Oven Baked Potato Wedges	1 portion as per recipe	35
Louisiana Sweet Potato Jambalaya	1 portion as per recipe	66
Summer Crunch Salad	80g	4
Meatball Marinara	1 portion as per recipe	16
Spaghetti	1 portion as per recipe	46
Hot Honey Chicken Thigh Burger	One burger in bun	39
Vanilla Cookie	1 cookie	23
Chocolate Cookie	1 cookie	22
Freshly Made Burger, Bun & Salad	1 portion as per recipe	32
Chicken Shawarma Flatbread	1 portion as per recipe	19
Smokey Bean Burger, Bun & Salad	1 portion as per recipe	81
Roasted Vegetable Shawarma Flatbread	1 portion as per recipe	40
Pickled Slaw	1 portion as per recipe	5

Ranch Dressing	1 portion as per recipe	1
Oven Baked Katsu Style Chicken Curry	1 portion as per recipe	15
Katsu Curry Sauce	1 portion as per recipe	2
Boiled White & Brown Rice	1 portion as per recipe	45
Mexican Bean Bowl	1 portion as per recipe	61
Southern Style Banana Pudding	1 portion as per recipe	26
Garlic & Thyme Roasted Pork	1 portion as per recipe	2
Gravy	1 portion as per recipe	2
Chunky Sausage Roll	1 portion as per recipe	24
Cauliflower & Red Onion Gratin	1 portion as per recipe	41
Loaded Dog Meatball Sub	1 portion as per recipe	31
Skin on Roasties	1 portion as per recipe	21
Savoy Cabbage	80g	3
Sliced Carrots	80g	6
Half Cheese Toastie	1 portion as per recipe	15
Cheese Loaded Roasties with Gravy	1 portion as per recipe	23
Apple & Cinnamon Crumble	1 portion as per recipe	30
Custard Sauce	1 portion as per recipe	19
Chicken Massaman Curry	1 portion as per recipe	13
Chipotle Chicken	1 portion as per recipe	1
Sweetcorn Salsa	1 portion as per recipe	2
Thai Pineapple and Chick Pea Curry	1 portion as per recipe	30
Chilli Bean Stack	1 portion as per recipe	60
Cheese, Stuffing & Gravy Topping	1 portion as per recipe	13
Coconut Rice	1 portion as per recipe	42
Wokked Greens	1 portion as per recipe	4
Green Beans	80g	3
Classic Bolognese Sauce	1 portion as per recipe	11
BBQ Pulled Pork Nachos	1 portion as per recipe	23
Sticky Toffee Cookie	1 cookie	25
Oven Baked Battered Fish	1 fish portion	18
Baked Sausage	1 portion as per recipe	23
Margherita Pizza	1 portion as per recipe	20
Quorn Nuggets	1 portion as per recipe	11
Oven Baked Chips	1 portion as per recipe	25
Garden Peas	80g	9

Mushy Peas	85g	10
Crispy Chinese Chicken	1 portion as per recipe	14
Classic Hot Dog with Onions	1 portion as per recipe	42
Spicy Salmon Crunch	1 portion as per recipe	4
Fresh Batter	1 portion as per recipe	37
Jumbo Sausage	1 portion as per recipe	15
Tikka Kofta Meatball Masala Curry	1 portion as per recipe	15
Mint & Lime Yoghurt Dressing	1 portion as per recipe	1
Sweet Potato & Bean Jalfrezi	1 portion as per recipe	24
Sweet Potato Chana Masala	1 portion as per recipe	40
Sweet Potato & Chickpea Curry	1 portion as per recipe	33
Garlicky Green Beans	1 portion as per recipe	3
Cheesy Bean Quesedilla	1 portion as per recipe	60
Minced Beef & Onion Pie Filling	1 portion as per recipe	12
Puff Pastry Lid	1 portion as per recipe	9
Cheesy Leek & Onion Puff Pastry Pie	1 portion as per recipe	25
Honey Glazed Quorn Sausages	1 portion as per recipe	19
Chive Mash	1 portion as per recipe	35
Broccoli Florets	80g	3
Plain Boiled Rice	1 portion as per recipe	46
Chicken Tikka Roti Wrap	1 portion as per recipe	31
Coconut Granola Flapjack	1 portion as per recipe	19
Lemon and Thyme Roast Chicken	1 portion as per recipe	3
Hot Roast Chicken Dinner Wrap	1 portion as per recipe	36
Quorn Sausage and Stuffing Wellington	1 portion as per recipe	37
Gravy	1 portion as per recipe	2
All Day Breakfast Wrap	1 portion as per recipe	46
Roast Parsnips	1 portion as per recipe	10
Caribbean Coconut Fruit Crumble	1 portion as per recipe	25
Sweet & Sour Sauce	1 portion as per recipe	9
Teriyaki Chicken	1 portion as per recipe	4
Edamame, Garlic and Vegetable Stir Fry	1 portion as per recipe	12
Pad Thai	1 portion as per recipe	59
Noodles	1 portion as per recipe	47
Teriyaki Sauce	1 portion as per recipe	9
Thai Green Chicken Noodles	1 portion as per recipe	50

Chilli Pineapple Pot	1 portion as per recipe	12
Piri Piri Chicken Thighs	1 portion as per recipe	5
Perinaise Dip	1 portion as per recipe	2
Chicken & Sweetcorn Wrap Hack	1 portion as per recipe	33
Chickpea Burger in Bun	1 portion as per recipe	71
Cheesy Bean Quesedilla	1 portion as per recipe	60
Asian Coleslaw Salad	1 portion as per recipe	5
Sriracha Chicken Wrap	1 portion as per recipe	32
Meatball Marinara Loaded Lasagne	1 portion as per recipe	62
Thai Coconut Chicken Curry	1 portion as per recipe	2
Vegetable Lasagne	1 portion as per recipe	76
Garlic and Chilli Donburi	1 portion as per recipe	57
Focaccia Bread Slices	1 portion as per recipe	46
Pesto Chicken and Cheese Focaccia	1 portion as per recipe	47
Old Skool Cake	1 portion as per recipe	24
Glazed Gammon	1 portion as per recipe	4
Yorkshire Pudding	1 portion as per recipe	9
Southern Baked Chicken Thigh	1 portion as per recipe	8
Vegetable and Lentil Puff Pie	1 portion as per recipe	37
Southern Baked Halloumi Burger, Bun & Salad	1 portion as per recipe	43
Roasted Carrots	1 portion as per recipe	6
Apple & Cinnamon Pie	1 portion as per recipe	34
Butter Chicken	1 portion as per recipe	8
Garlic Naan	1 portion as per recipe	45
Kansas BBQ Chicken	1 portion as per recipe	8
Sweetcorn Salsa	1 portion as per recipe	2
Butterbean & Sweet Potato Dahl	1 portion as per recipe	35
Three Bean Chilli	1 portion as per recipe	24
Boiled Rice	1 portion as per recipe	46
Mango & Kale Chaat Salad	1 portion as per recipe	6
Carbonara Sauce	1 portion as per recipe	16
Fresh Watermelon Wedges	1 portion as per recipe	4
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	39
Baked Jacket Potato	1 potato as per recipe	65
Baked Beans	90g	10
Grated Cheese Pot	1 pot	1
Salmon Mayonnaise Filling	1 portion as per recipe	2
Tuna Mayonnaise	1 portion as per recipe	1
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
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
Brown Bread (Mix)	1 portion as per recipe	37
White Bread (Mix)	1 portion as per recipe	43
Wholemeal Hoagie	1 portion as per recipe	38
Sliced Wholemeal Bread	1 portion as per recipe	35