

CARBOHYDRATE COUNTED MENU



3 week menu cycle

CARBOHYDRATE COUNT		MEAT OPTIONS			
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option (INCLUDING FOOD WEIGHTS)	Margherita Pizza (124g) Wedges(70g)	Chicken Meatballs(x3=36g) Tomato Sauce(60g) Rice(90g)	Roast Gammon(70g) Potatoes(70g) Gravy(20g)	Chicken Pie (130g)	Fish Fingers(75g = x3 fish fingers) Chips(70g)
CARB COUNT	Pizza= 42.6g Carbs Wedges= 14g Carbs	Meatballs=2.3g Carbs Sauce=2g Carbs Rice=28g Carbs	Gammon=0g Carbs Potatoes=12.6g Carbs Gravy=3.5g Carbs	16.2g Carbs	Fish Fingers=15.8g Carbs Chips=17.6g Carbs
Vegetables	60g per day - SEE CARB COUNTS BELOW				
CARB COUNT	Sweetcorn (30g) = 4.2g Carbs. Broccoli (30g) = 1g Carbs. Green Beans (30g) = 1.1g Carbs. Carrots (30g) = 1.8g Carbs. Peas (30g) = 3g Carbs.				
Dessert (INCLUDING WEIGHTS)	Ice Cream (80g)	Lemon Drizzle Cake (50g)	Fruity Shortbread (40g)	Vegan Fruit Jelly (100g)	DESSERT BAR (SELECTION FROM PREVIOUS DAYS)
CARB COUNT	14.8g Carbs	37g	23.5g Carbs	15g Carbs	CARBS FROM PREVIOUS DAYS
Alternatives	1/2 Ham Baguette = 33.8g Carbs 1/2 Tuna Mayo Baguette = 33.8g Carbs Tomato Pasta with Lentils (130g) = 40g Carbs Jacket Potato (180g) with Tuna Mayonnaise (45g) = 32.8g Carbs FRESH FRUIT; Apple (60g) = 8g Carbs. Orange (60g) = 7g Carbs. Melon (60g) = 5g Carbs				

CARBOHYDRATE COUNT		MEAT OPTIONS			
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option (INCLUDING FOOD WEIGHTS)	Mac n Cheese (130g)	Beef Chilli(100g) Rice(90g)	Roast Chicken(70g) Potatoes(70g) Gravy(20g)	Creamy Salmon Tortellini (130g)	Chicken Bites(70g) Chips(70g)
CARB COUNT	39.1g Carbs	Chilli=10g Carbs Rice=28g Carbs	Chicken=0g Carbs Potatoes=12.6g Carbs Gravy=3.5g Carbs	34.6g Carbs	Bites=12.5g Carbs Chips=17.6g Carbs
Vegetables	60g per day - SEE CARB COUNTS BELOW				
CARB COUNT	Sweetcorn (30g) = 4.2g Carbs. Broccoli (30g) = 1g Carbs. Green Beans (30g) = 1.1g Carbs. Carrots (30g) = 1.8g Carbs. Peas (30g) = 3g Carbs.				
Dessert (INCLUDING WEIGHTS)	Apple & Raisin Biscuit (40g)	Apple Crumble Cake (50g) Custard (65g)	Super Oaty Cookie (40g)	Vanilla Cookie (35g)	DESSERT BAR (SELECTION FROM PREVIOUS DAYS)
CARB COUNT	22g Carbs	38g Carbs	23.4g Carbs	20g Carbs	CARBS FROM PREVIOUS DAYS
Alternatives	1/2 Ham Baguette = 33.8g Carbs 1/2 Tuna Mayo Baguette = 33.8g Carbs Tomato Pasta with Lentils (130g) = 40g Carbs Jacket Potato (180g) with Tuna Mayonnaise (45g) = 32.8g Carbs FRESH FRUIT; Apple (60g) = 8g Carbs. Orange (60g) = 7g Carbs. Melon (60g) = 5g Carbs				

CARBOHYDRATE COUNT		MEAT OPTIONS			
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option (INCLUDING FOOD WEIGHTS)	Margherita Pizza (124g) Wedges(70g)	Chicken Korma(90g) Rice(90g)	Pork Sausage (50g) Potatoes(75g) Gravy(20g)	Beef Pasta Bolognese (130g)	Fish (60g) Chips(70g)
CARB COUNT	Pizza= 42.6g Carbs Wedges= 14g Carbs	Korma=2g Carbs Rice=28g Carbs	Sausage= 6.3g Carbs Potatoes=12.6g Carbs Gravy= 3.5g Carbs	42g Carbs	Fish =12.9g Carbs Chips=17.6g Carbs
Vegetables	60g per day - SEE CARB COUNTS BELOW				
CARB COUNT	Sweetcorn (30g) = 4.2g Carbs. Broccoli (30g) = 1g Carbs. Green Beans (30g) = 1.1g Carbs. Carrots (30g) = 1.8g Carbs. Peas (30g) = 3g Carbs.				
Dessert (INCLUDING WEIGHTS)	Creamy Rice Pudding with Fruit Sauce (80g)	Marble Cake (50g)	Oaty Cookie (40g)	Iced Sprinkle Cake (50g)	DESSERT BAR (SELECTION FROM PREVIOUS DAYS)
CARB COUNT	19g Carbs	23g Carbs	23.4g Carbs	35g Carbs	CARBS FROM PREVIOUS DAYS
Alternatives	1/2 Ham Baguette = 33.8g Carbs 1/2 Tuna Mayo Baguette = 33.8g Carbs Tomato Pasta with Lentils (130g) = 40g Carbs Jacket Potato (180g) with Tuna Mayonnaise (45g) = 32.8g Carbs FRESH FRUIT; Apple (60g) = 8g Carbs. Orange (60g) = 7g Carbs. Melon (60g) = 5g Carbs				

ALLERGY KEY

CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI / MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU