

CARBOHYDRATE COUNTED MENU



3 week menu cycle

CARBOHYDRATE COUNT		VEGETARIAN OPTIONS			
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option (INCLUDING FOOD WEIGHTS)	Margherita Pizza (120g) Wedges(70g)	Vegetable Biryani (90g) Carrot & Raisin Salad(30g)	Veg Loaf(130g) Potatoes(70g) Gravy(20g)	All Day Breakfast; Bread (40g) Beans (30g) Tomatoes (37g) Veg Sausage(x1=50g) Hash Brown (x1)	Veggie Fingers(84g = x3 fingers) Chips(70g)
CARB COUNT	Pizza= 39.2g Carbs Wedges= 14g Carbs	Biryani=31.4 Carbs Salad=5.6g Carbs	Loaf=52.3g Carbs Potatoes=12.6g Carbs Gravy=3.5g Carbs	37g Carbs	Veg Fingers=21.1g 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)	Chocolate Shortbread (50g)	Super Oaty Flapjack (45g)	Vegan Fruit Jelly (100g)	DESSERT BAR (SELECTION FROM PREVIOUS DAYS)
CARB COUNT	14.8g Carbs	19g Carbs	26g Carbs	15g Carbs	CARBS FROM PREVIOUS DAYS
Alternatives	1/2 Cheese Baguette = 33.5g Carbs Tomato Pasta with Lentils (130g) = 40g Carbs Jacket Potato (180g) with Cheese (50g) = 33g Carbs FRESH FRUIT; Apple (60g) = 8g Carbs. Orange (60g) = 7g Carbs. Melon (60g) = 5g Carbs				

CARBOHYDRATE COUNT		VEGETARIAN OPTIONS			
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option (INCLUDING FOOD WEIGHTS)	Cheesy Bean Quesadilla(110g) Rice(70g)	Veg Chilli Wrap(160g)	Vegan Sausage(50g) Mash(75g) Gravy(20g)	Margherita Pizza (124g) Wedges(70g)	Vegan Nuggets(70g) Chips(70g)
CARB COUNT	Quesadilla=36g Carbs Rice=22g Carbs	53g Carbs	Sausage= 7.4g Carbs Mash= 6g Carbs Gravy= 3.5g Carbs	Pizza= 42.6g Carbs Wedges= 14g Carbs	Bites=11.2g 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)	Vanilla Cookie (40g)	Vanilla Cake (50g)	Iced Sprinkle Cake (50g)	Oaty Cookie (40g)	DESSERT BAR (SELECTION FROM PREVIOUS DAYS)
CARB COUNT	23.1g Carbs	37g Carbs	35g Carbs	23.4g Carbs	CARBS FROM PREVIOUS DAYS
Alternatives	1/2 Cheese Baguette = 33.5g Carbs Tomato Pasta with Lentils (130g) = 40g Carbs Jacket Potato (180g) with Cheese (50g) = 33g Carbs FRESH FRUIT; Apple (60g) = 8g Carbs. Orange (60g) = 7g Carbs. Melon (60g) = 5g Carbs				

CARBOHYDRATE COUNT		VEGETARIAN OPTIONS			
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option (INCLUDING FOOD WEIGHTS)	Pasta Primavera(130g)	Dahl(90g) Rice(90g)	Veggie Cottage Pie (130g)	Veggie Pasta Bolognese (130g)	Cheese & Onion Pasty(75g) Chips(70g)
CARB COUNT	44.6g Carbs	Dahl=22g Carbs Rice=28g Carbs	20.3g Carbs	43g Carbs	Pasty =10g 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)	Vanilla Cake (50g)	Fruity Shortbread (40g)	Lemon Drizzle Cake (50g)	DESSERT BAR (SELECTION FROM PREVIOUS DAYS)
CARB COUNT	22g Carbs	37g Carbs	23.5g Carbs	37g	CARBS FROM PREVIOUS DAYS
Alternatives	1/2 Cheese Baguette = 33.5g Carbs Tomato Pasta with Lentils (130g) = 40g Carbs Jacket Potato (180g) with Cheese (50g) = 33g 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