

CARBOHYDRATE COUNT – VALE PRIMARY MENU PRODUCTS

PRODUCT	CARBS	PRODUCT	CARBS
Main Meals		Desserts & Drinks	
All Day Breakfast (Sausage, Bacon & Egg)	6.1g	American Pancake	21.3g
BBQ Chicken Breast Fillet (60g)	1.9g	American Pancake with Golden Syrup	29.2g
Beef Bolognese Sauce (with Kidney Beans)	7.1g	Apple Crumble	>25.9g
Bubble Crumb Fish	13g	Aquajuce Apple Calypso 185ml	10.5g
Cheese & Tomato Pizza	21.1g	Aquajuce Apple & Blackcurrant Calypso 185ml	10.7g
Cheese Wheel	23.4g	Aquajuce Orange Calypso 185ml	10.2g
Chicken Burger in a Bun	23.2g	Cheese & Crackers – Cheese 1 Triangle/2 Crackers	11.2g
Chicken Curry (New Recipe)	11.7g	Chocolate Cake	29.7g
Chicken Korma	>6.1g	Chocolate Crispy Cake	27.7g
Chicken & Mashed Potato Pie	39.7g	Chocolate Crunch	>35.4g
Chicken Tikka Masala	5g	Chocolate Sauce	12.2g
Chilli Con Carne	>7.8g	Custard	14.9g
Cottage Pie	28.5g	Flapjack	35.5g
Fish Fingers (2)	10.9g	Fruit Slices	5.9g
Glamorgan Sausage (114g)	20.5g	Fruit (Whole)	11.1g
Harry Ramsden's Fish	8.8g	Ginger Cake	35.9g
Hot Dog (inc Bun)	23.5g	Honey (10ml)	7.6g
Pork Meatball (120g)	4.6g	Ice Cream Tub	16.4g
Quorn Fillet in a Bun	25.2g	Jam Roly Poly	36.2g
Quorn Fillet Portion	2g	Jam Sponge	26.9g
Quorn Korma	>6.6g	Jam Turnover	25.5g
Quorn Tikka Masala	5.5g	Jelly	10.0g
Roast Beef Portion	0.0g	Luxury Chocolate Cake	25.2g
Roast Gammon Portion	0.0g	Luxury Chocolate Cake & Custard (½ ptn cake)	27.5g
Roast Pork Portion	0.0g	Marble Chocolate Sponge	31.9g
Roast Turkey Portion	0.0g	Mousse (Brakes)	9.0g
Salmon Crunchies (5)	8.9g	Mousse (Roselle – Strawberry)	7g

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Main Meals		Desserts & Drinks	
Salmon & Sweet Potato Fishcake	8.4g	Muffin	26.2g
Sausages (2)	8.2g	Oat Cookie	19.7g
Shepherds Pie	32.2g	Pineapple Rings Tinned (1½ rings)	7.9g
Sweet & Sour Chicken	17.9g	Rice Pudding	39.1g
Tomato & Basil Pasta Bake	9g (Sauce)	Shortbread Finger	>30.7g
Tomato & Basil Pasta Bake	27.6g	Steamed Syrup Sponge Pudding	32.4g
Tortilla Nacho Fish Fillet	20.6g	Vanilla Sauce	12.1g
Tortilla Wraps (Asst)	23g	Vanilla Sponge	>25.3g
Vegetable Curry	22.3g	Waffle	15.4g
Vegetable Medley in BBQ Sauce	9.9g	Yoghurt (85g)	12.4g
Vegetable Nuggets (3)	15.7g	Yoghurt (125g)	17.1g
Vegetable Pasta Bake	39g	Yoghurt Pouring – Llaeth y Llan (100g) – Forest Fruit	14.8g
Vegetable Pie	52.5g	Yoghurt Pouring – Llaeth y Llan (100g) – Natural	8.4g
Vegetarian Pasta Bolognese	39g	Yoghurt Pouring – Llaeth y Llan (100g) – Raspberry	14.6
Vegetarian Burger	12.6g	Yoghurt Pouring – Llaeth y Llan (100g) - Strawberry	14.5g
Vegetarian Casserole	14.3g		
Vegetarian Fingers (2)	14.4g	Additional Menu Items	
Vegetarian Hot Dog	26g		
Vegetarian Meatballs	9.8g	Baguettes (Asstd)	40.8g
Vegetarian Sausages (2)	13.2g	Baked Beans (Healthier Choices) 56g	6.4g
		Burger Bun (Brakes)	22.1g
		Carrot & Cucumber Batons	1.8g
Vegetables		Crusty Bread	7.7g
		Egg Noodles	28.2g
Broccoli 56g	0.6g	Flatbread Portion	2.4g
Boccoli 80g	0.9g	Garlic Bread (Wholemeal)	23.1g
		Gravy Portion 300ml	2.3g

[illegible]

