Nutritional Carbohydrates & Protein - Secondary Schools

Day	Dish Name	Carbohydrates (g)	Protein (g)
Week 1			
Monday	NR 26 TOMATO RED PEPPER SOUP	3.5	0.7
Monday	NR 26 BREAD ROLL 2 IN 1	46	11
Monday	NR 26 BREADED HADDOCK	18.8	11.6
Monday	NR MCCAINS 7/16 CHIPS	17.3	1.6
Monday	NR 26 BRAKES BAKED POTATO	35.2	4.3
Monday	NR 26 TUNA MAYONNAISE	1.6	17.8
Monday	NR 26 MULLER MIX B YOGHURT	6.5	4.9
Monday	Water	0	0
Monday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Monday	NR 26 BASIC MIXED SALAD	3.1	0.8
Monday	NR 26 PEAS WESTLOTHIAN	11.3	6.9
Monday	NR 26 SATSUMA	6	0.6
Tuesday	NR 26 LEEK & POTATO SOUP	5.2	0.7
Tuesday	NR 26 BREAD ROLL 2 IN 1	46	11
Tuesday	NR 26 SPAGHETTI BOLOGNAISE	3.3	6.3
Tuesday	NR SPAGHETTI	37.2	5.5
Tuesday	NR 26 GARLIC BREAD	41.8	8.9
Tuesday	NR 26 BEAN ENCHILADAS	11.4	4.4
Tuesday	NR STRAWBERRY MOUSSE	2.3	0.8
Tuesday	Water	0	0
Tuesday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Tuesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Tuesday	NR 26 GREEN BEANS	2.9	1.8
Tuesday	NR 26 GRAPES	15.2	0.7
Wednesday	NR 26 CREAM CRACKERS	69	9.3
Wednesday	NR 26 LAUGHING COW LIGHT	6	15
Wednesday	NR 26 CHICKEN CASSEROLE	2.5	9.2
Wednesday	NR 26 BOILED POTATOES	19.1	2.2
Wednesday	NR 26 QUORN CHILLI	4.4	6.7
Wednesday	NR 26 WHOLEMEAL PITTA BREAD	49	9.6
Wednesday	NR 26 BOILED RICE	31.1	2.8
Wednesday	NR 26 PEACH MELBA CAKE	47.8	5.6
Wednesday	Water	0	0
Wednesday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Wednesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Wednesday	NR 26 BROCCOLI AND CAULIFLOWER MIX	2.2	2.6
Wednesday	NR 26 PEAR FRESH	10	0.3
Thursday	NR 26 BROCOLLI AND PEA SOUP	3.7	1.1
Thursday	NR 26 BREAD ROLL 2 IN 1	46	11
Thursday	NR 26 ROAST BEEF	1.8	20.9
Thursday	NR 26 BOILED POTATOES	19.1	2.2
Thursday	NR 26 YORKSHIRE PUDDING 2 IN	37	7.2
Thursday	NR 26 VEGETABLE QUARTER POUNDER	26	16.6
Thursday	NR MCCAINS 7/16 CHIPS	17.3	1.6
Thursday	NR 26 MULLER MIX B YOGHURT	6.5	4.9
Thursday	Water	0	0
Thursday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Thursday	NR 26 BASIC MIXED SALAD	3.1	0.8

Thursday	NR 26 CARROTS	4.7	0.4
Thursday	NR 26 BANANA	15.3	0.8
Friday	NR 26 TUNA MAYO SANDWICH PP	27.3	12.6
Friday	NR 26 HAM SANDWICH PP	29	11.1
Friday	NR 26 CHEESE SANDWICH PP	30.2	13.4
Friday	NR 26 BASIC MIXED SALAD	3.1	0.8
Friday	NR 26 CUCUMBER STICKS	1.5	0.7
Friday	NR 26 MULLER MIX B YOGHURT	6.5	4.9
Friday	NR 26 BANANA	15.3	0.8
Friday	Water	0	0

Day	Dish Name	Carbohydrates (g)	Protein (g)
Week 2			
Monday	NR 26 LEEK & POTATO SOUP	5.2	0.7
Monday	NR 26 BREAD ROLL 2 IN 1	46	11
Monday	NR 26 BREADED HADDOCK	18.8	11.6
Monday	NR 26 BRAKES POTATO WEDGES	22.6	2.4
Monday	NR VEGETABLE LASAGNE	11.5	3.6
Monday	NR 26 GARLIC BREAD	41.8	8.9
Monday	NR YOGURT HEALTHY CHOICE	11	4.7
Monday	Water	0	0
Monday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Monday	NR 26 BASIC MIXED SALAD	3.1	0.8
Monday	NR 26 PEAS WESTLOTHIAN	11.3	6.9
Monday	NR 26 BANANA	15.3	0.8
Tuesday	NR 26 SCOTCH BROTH	9.6	1.7
Tuesday	NR 26 BREAD ROLL 2 IN 1	46	11
Tuesday	NR 26 QMS HAGGIS	13.6	9.7
Tuesday	NR 26 MASHED POTATO SD	16.1	1.7
Tuesday	NR QUORN MAYO	3	9.5
Tuesday	NR 26 BRAKES BAKED POTATO	35.2	4.3
Tuesday	NR 26 COOLDELIGHT STRAWBERRY	25	3.4
Tuesday	Water	0	0
Tuesday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Tuesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Tuesday	NR 26 CARROT/TURNIP BATONS	5.5	0
Tuesday	Kiwi	10.6	1.1
Wednesday	NR 26 CARROT LENTIL SOUP	10.6	3.4
Wednesday	NR 26 BREAD ROLL 2 IN 1	46	11
Wednesday	NR 26 STEAK PIE	7.6	12.1
Wednesday	NR 26 BABY BOILED POTATOES	14.9	1.8
Wednesday	NR FRANKFURTER HOT DOG ROLL	27.3	11
Wednesday	NR 26 BRAKES POTATO WEDGES	22.6	2.4
Wednesday	NR 26 BROWNIE	49.8	4.4
Wednesday	Water	0	0
Wednesday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Wednesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Wednesday	NR 26 GREEN BEANS	2.9	1.8
Wednesday	NR 26 APPLE WL	11.8	0.4
Thursday	NR 26 BROCOLLI SOUP	3	1
Thursday	NR 26 BREAD ROLL 2 IN 1	46	11
Thursday	NR 26 ROAST CHICKEN	2.7	13
Thursday	NR 26 MASHED POTATO SD	16.1	1.7
Thursday	NR 26 PASTA BAKE	18.3	4.8
Thursday	NR 26 GARLIC BREAD	41.8	8.9
Thursday	Water	0	0
Thursday	NR 26 PLAIN COOOKIE	67	5.9
Thursday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Thursday	NR 26 BASIC MIXED SALAD	3.1	0.8
Thursday	NR 26 SWEETCORN	26.6	2.9
Thursday	NR 26 GRAPES	15.2	0.7

Friday	NR 26 CHEESE SANDWICH PP	30.2	13.4
Friday	NR 26 TUNA MAYO SANDWICH PP	27.3	12.6
Friday	NR 26 HAM SANDWICH PP	29	11.1
Friday	NR 26 CUCUMBER STICKS	1.5	0.7
Friday	NR 26 BASIC MIXED SALAD	3.1	0.8
Friday	NR 26 BANANA	15.3	0.8
Friday	NR 26 MULLER MIX B YOGHURT	6.5	4.9
Friday	Water	0	0

Day	Dish Name	Carbohydrates (g)	Protein (g)
Week 3			
Monday	NR 26 CARROT LENTIL SOUP	10.6	3.4
Monday	NR 26 BREAD ROLL 2 IN 1	46	11
Monday	NR26 BRAKES CHICKEN LINK SAUSAGE 38 G	14	18.6
Monday	NR 26 MASHED POTATO SD	16.1	1.7
Monday	NR 26 VEGETABLE CHILLI	10.5	3
Monday	NR 26 BRAKES BAKED POTATO	35.2	4.3
Monday	NR 26 CHEDDAR CHEESE	0.1	25.1
Monday	NR YOGURT HEALTHY CHOICE	11	4.7
Monday	NR 26 BASIC MIXED SALAD	3.1	0.8
Monday	NR 26 CABBAGE	2.2	1
Monday	Orange	8.5	1.1
Monday	Water	0	0
Monday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Tuesday	NR VEGGIE SPRING ROLLS	27.7	3.6
Tuesday	NR 26 CHICKEN KORMA	6.1	9.7
Tuesday	NR 26 BOILED RICE	31.1	2.8
Tuesday	NR 26 CHAPATI	46	8.9
Tuesday	NR TOMATO & MASCARPONE PASTA	26.6	4.1
Tuesday	NR 26 SHORTBREAD	54.7	3.5
Tuesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Tuesday	NR 26 BROCCOLI AND CAULIFLOWER MIX	2.2	2.6
Tuesday	NR 26 SATSUMA	6	0.6
Tuesday	Water	0	0
Tuesday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Wednesday	NR 26 CARROT CORIANDER SOUP	4.6	0.5
Wednesday	NR 26 BREAD ROLL 2 IN 1	46	11
Wednesday	NR 26 ROAST BEEF	1.8	20.9
Wednesday	NR 26 BABY BOILED POTATOES	14.9	1.8
Wednesday	NR 26 YORKSHIRE PUDDING 2 IN	37	7.2
Wednesday	NR 26 BURGER BUN	52	0
Wednesday	NR SPICY BEAN BURGER	28	4.7
Wednesday	NR 26 MCCAINS 7/16 CHIPS	17.3	1.6
Wednesday	NR 26 MCDOUGALLS JELLY CRYSTALS	5.6	0
Wednesday	NR 26 BASIC MIXED SALAD	3.1	0.8
Wednesday	NR 26 GREEN BEANS	2.9	1.8
Wednesday	Banana	23.2	1.2
Wednesday	Water	0	0
Wednesday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Thursday	NR 26 HOMEMADE SCOTCH BROTH SOUP	9.9	1.7
Thursday	NR 26 BREAD ROLL 2 IN 1	46	11
Thursday	NR 26 SALMON FISH FINGER	20	11
Thursday	NR 26 PITTA BREAD WHOLEMEAL	49	9.6
Thursday	NR 26 TOMATO SAUCE SACHET	33.8	0.9
Thursday	NR 26 THAI VEGGIE NOODLES	23.5	4.1
Thursday	NR YOGURT HEALTHY CHOICE	11	4.7
Thursday	NR 26 BASIC MIXED SALAD	3.1	0.8
Thursday	NR 26 PEAS WESTLOTHIAN	11.3	6.9
Thursday	NR 26 APPLE WL	11.8	0.4

Thursday	Water	0	0
Thursday	NR 26 SEMI SKIMMED MILK	4.7	3.4
Friday	NR 26 CHEESE SANDWICH PP	30.2	13.4
Friday	NR 26 HAM SANDWICH PP	29	11.1
Friday	NR 26 TUNA MAYO SANDWICH PP	27.3	12.6
Friday	NR 26 BASIC MIXED SALAD	3.1	0.8
Friday	NR 26 CUCUMBER STICKS	1.5	0.7
Friday	NR 26 BANANA	15.3	0.8
Friday	NR 26 MULLER MIX B YOGHURT	6.5	4.9
Friday	Water	0	0