

Carbohydrate Counted Menus for Children's Wards (Lion / Dolphin):

This information is to be used to calculate the mealtime doses of **Novorapid** fast acting insulin with for all **paediatric in- patients with type 1 diabetes** .

Refer to the age specific Type 1 Diabetes Newly Diagnosed Paediatric Patient Pathway documents for instructions on how to calculate Novorapid insulin doses using carbohydrate values.

Utensils to be used (as described in the portion size column):

Chip shovel



Ladle



Large spoon or Large slotted Spoon



- **Digital scales to be used to weigh portions where specified (eg for cereals)**
- **Whilst plating up the patient's meal, write down the total amount of carbohydrate for main course + dessert on a post it note and take it with you to calculate the insulin dose for the meal. Always give fast acting insulin before a meal or snack is consumed.**

| Breakfast items: | Portion size: | Carbs (g): |
|-------------------------|--|-----------------------|
| Bread (white) | 1 medium slice | 15 |
| Bread (brown) | 1 medium slice | 13 |
| Butter / spread | Any | 0 |
| Jam / Marmalade | Individual 20g portion | 10 |
| Marmite | Any | 0 |
| Milk (any type) | 30mls (in tea or coffee) 100mls (on cereal) 200mls (cup) | 0 5 10 |
| Juice (orange / apple) | 200ml glass | 10 |
| Rice Krispies | Small portion (25g) Medium portion (35g) Large portion (45g) | 22 30 38 |
| Cornflakes | Small portion (25g) Medium portion (35g) Large portion (45g) | 22 30 38 |
| Weetabix | Per 1 biscuit | 13 |
| Reddy Brek | 30g Reddy Brek + 150mls milk | 25 |
| Sugar | 1 level teaspoon (max 1 tsp allowed on cereal, use sweetener for tea / coffee) | 5 |

Note: Patients may request one snack (but have as many items as they like) between each meal

| Snack items: | | |
|------------------------|--|----------|
| Cheese & crackers | 2 crackers Cheese / butter | 10 0 |
| Digestive biscuit | 1 biscuit | 10 |
| Rich tea biscuit | 1 biscuit | 5 |
| Fruit yoghurt | 125g pot | 18 |
| Apple / pear / orange | 1 piece of fruit | 10 |
| Banana | 1 medium | 15 |
| Plain / fruit cake | 1 individual portion | 23 |
| Sandwich (any filling) | 1 white bread sandwich 1 brown bread sandwich | 30 27 |

For snacks and food items brought in from outside - please check packaging for Total Carbohydrate per Serving or refer to the Carbs & Cals reference book for estimated carbohydrate values.

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| SPRING / SUMMER MENU |
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Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 1: MONDAY LUNCH | Portion Size: | Carbs (g): |
|---------------------------------------|------------------------|-------------------|
| Sweet and sour chicken | Per level large spoon | 5 |
| Cauliflower cheese | Not counted | 0 |
| Steamed rice | Per level large spoon | 10 |
| Mashed potato | Per heaped large spoon | 16 |
| Baton carrots | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Chocolate sponge | 1 large spoon | 26 |
| Chocolate sauce | 1 level ladle | 12 |
| WEEK 1: MONDAY SUPPER | Portion Size: | Carbs (g): |
| Carbonara pasta bake | Per level large spoon | 10 |
| Jacket potato | 1 medium potato | 35 |
| | ½ medium potato | 17 |
| Cheese | Not counted | 0 |
| Tuna mayo | Not counted | 0 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potato | Per heaped large spoon | 16 |
| Broccoli florets | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Individual fruit pot (pear and peach) | Per pot | 15 |

| WEEK 1: TUESDAY LUNCH | Portion Size: | Carbs (g): |
|-------------------------------|------------------------|-------------------|
| Chicken nuggets | Per nugget | 3 |
| Cheese and tomato quiche | Per standard slice | 16 |
| Salad / coleslaw | Not counted | 0 |
| Waffle potatoes | Per waffle | 12 |
| Mashed potato | Per heaped large spoon | 16 |
| Peas and carrots medley | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Apple pie | 1 medium slice | 20 |
| Custard | 1 level ladle | 12 |
| WEEK 1: TUESDAY SUPPER | Portion Size: | Carbs (g): |
| Grilled sausage | Not counted | 0 |
| Macaroni cheese | Per level large spoon | 10 |
| Mashed potato | Per heaped large spoon | 16 |
| Chips | Per shovel | 20 |
| Sweetcorn | Per slotted spoon | 8 |
| Baked beans | Per level ladle | 17 |
| Mashed potato | 1 heaped large spoon | 16 |
| Full fat fruit yoghurt | Per 125g pot | 18 |

SPRING / SUMMER MENU

Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 1: WEDNESDAY LUNCH | Portion Size: | Carbs (g): |
|---------------------------------|--------------------------------------|-------------------|
| Cottage pie | Per heaped large spoon | 10 |
| Potato, onion and leek bake | Per heaped large spoon | 10 |
| Mashed potato | Per heaped large spoon | 16 |
| Cut green beans | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Jam sponge | 1 large spoon | 30 |
| Custard | 1 level ladle | 12 |
| WEEK 1: WEDNESDAY SUPPER | Portion Size: | Carbs (g): |
| Tuna and pasta bake | Per level large spoon | 10 |
| Tomato, mushroom, pepper pizza | Small slice Medium to large slice | 15 30 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potato | Per heaped large spoon | 16 |
| Peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Chocolate mousse | Per pot | 20 |

| WEEK 1: THURSDAY LUNCH | Portion Size: | Carbs (g): |
|--------------------------------|----------------------------------|-------------------|
| Roast beef | Not counted | 0 |
| Yorkshire pudding | Per Yorkshire pudding | 5 |
| Vegetable ravioli | 1 heaped level spoon | 6 |
| Garlic bread | Per slice | 10 |
| Roast potatoes | Per roast potato | 6 |
| Mashed potato | Per heaped large spoon | 16 |
| Mixed veg | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Rhubarb crumble | 1 large spoon | 20 |
| Custard | 1 level ladle | 12 |
| WEEK 1: THURSDAY SUPPER | Portion Size: | Carbs (g): |
| Breaded chicken burger | Per chicken burger Burger Bap | 11 30 |
| Cheese and onion pasty | Per pasty | 40 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Croquette potatoes | Per croquette | 10 |
| Sweetcorn | Per slotted spoon | 8 |
| Baked beans | Per level ladle | 17 |
| Strawberry jelly | Per pot | 6 |

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| SPRING / SUMMER MENU |
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Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 1: FRIDAY LUNCH | Portion Size: | Carbs (g): |
|------------------------------|------------------------|-------------------|
| Fish fingers | Per fish finger | 3 |
| Tomato, basil pasta bake | Per level large spoon | 10 |
| Chips | Per shovel | 20 |
| Mashed potato | Per heaped large spoon | 16 |
| Peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Bread and butter pudding | 1 large spoon | 20 |
| Custard | 1 level ladle | 12 |
| WEEK 1: FRIDAY SUPPER | Portion Size: | Carbs (g): |
| Meatballs in tomato sauce | Not counted | 0 |
| Tortolloni formaggio | Per large level spoon | 16 |
| Spaghetti | Per heaped large spoon | 10 |
| Mashed potato | Per heaped large spoon | 16 |
| Broccoli | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Ice cream | Per pot | 15 |

| WEEK 1: SATURDAY LUNCH | Portion Size: | Carbs (g): |
|--------------------------------|------------------------|-------------------|
| Lamb moussaka | 1 heaped large spoon | 5 |
| Macaroni cheese | 1 level large spoon | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potato | 1 heaped large spoon | 16 |
| Baton carrots | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Apple sponge | Per large spoon | 26 |
| Custard | Per level ladle | 12 |
| WEEK 1: SATURDAY SUPPER | Portion Size: | Carbs (g): |
| Jumbo sausage roll | Per sausage roll | 25 |
| Vegetable bake | Per bake | 15 |
| Herby diced potatoes | Per heaped large spoon | 7 |
| Mashed potato | Per heaped large spoon | 16 |
| Baked beans | Per level ladle | 17 |
| Pea and sweetcorn medley | Per slotted spoon | 4 |
| Individual rice pudding | Per pot | 19 |
| Individual custard pot | Per pot | 18 |

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| SPRING / SUMMER MENU |
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Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| <i>WEEK 1: SUNDAY LUNCH</i> | <i>Portion Size:</i> | <i>Carbs (g):</i> |
|------------------------------------|-----------------------------|--------------------------|
| Roast turkey | Not counted | 0 |
| Chipolata | Not counted | 0 |
| Stuffing | Per stuffing ball | 6 |
| Cauliflower & broccoli pasta bake | Per level large spoon | 10 |
| Roast potatoes | Per roast potato chunk | 6 |
| Mashed potato | Per heaped large spoon | 16 |
| Country mixed veg | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Apple and blackberry crumble | 1 large spoon | 20 |
| Custard | 1 level ladle | 12 |

| <i>WEEK 1: SUNDAY SUPPER</i> | <i>Portion Size:</i> | <i>Carbs (g):</i> |
|-------------------------------------|-----------------------------|--------------------------|
| Fish fingers | Per fish finger | 3 |
| Omelette and cheese | Not counted | 0 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potato | 1 heaped large spoon | 16 |
| Chips | Per shovel | 20 |
| Baked beans | 1 level ladle | 17 |
| Garden peas | Not counted | 0 |
| Small full fat yoghurt | Per 125g pot | 18 |

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| SPRING / SUMMER MENU |
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Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 2: MONDAY LUNCH | Portion Size: | Carbs (g): |
|------------------------------|------------------------|-------------------|
| Chicken a la king | Not counted | 0 |
| Vegetable burger | Per burger | 11 |
| Bap | Per bap | 30 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Boiled rice | Per level large spoon | 10 |
| Mashed potato | Per heaped large spoon | 16 |
| Baton carrots | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Cherry sponge | 1 large spoon | 26 |
| Custard | 1 level ladle | 12 |
| WEEK 2: MONDAY SUPPER | Portion Size: | Carbs (g): |
| Steak and mushroom pie | Small slice | 18 |
| | Medium to large slice | 25 |
| Jacket potato | 1 medium potato | 35 |
| | ½ a potato | 17 |
| Cheese | Not counted | 0 |
| Tuna mayo | Not counted | 0 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potato | Per heaped large spoon | 16 |
| Sweetcorn | Per slotted spoon | 8 |
| Baked beans | Per level ladle | 17 |
| Strawberry jelly | Per pot | 6 |

| WEEK 2: TUESDAY LUNCH | Portion Size: | Carbs (g): |
|------------------------------|--------------------------------------|-------------------|
| Fisherman's pie | 1 heaped large spoon | 10 |
| Cauliflower cheese | Not counted | 0 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| New potatoes | 1 level large spoon / 3 potatoes | 15 |
| Mashed potato | 1 heaped large spoon | 16 |
| Cut green beans | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Bakewell tart | Per level large spoon / medium slice | 30 |
| Custard | 1 level ladle | 12 |

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| SPRING / SUMMER MENU |
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Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 2: TUESDAY SUPPER | Portion Size: | Carbs (g): |
|-------------------------------|------------------------|-------------------|
| Chicken and ham casserole | Not counted | 0 |
| Vegetable ravioli | Per heaped level spoon | 6 |
| Garlic bread | Per slice | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Boiled rice | Per level large spoon | 10 |
| Mashed potato | Per heaped large spoon | 16 |
| Carrots | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Small fruit yoghurt | Per 125g pot | 18 |

| WEEK 2: WEDNESDAY LUNCH | Portion Size: | Carbs (g): |
|---------------------------------|------------------------|-------------------|
| Minced beef and vegetable pie | Small slice | 18 |
| | Medium to large slice | 25 |
| Omelette and grated cheese | Not counted | 0 |
| Chips | Per shovel | 20 |
| Mashed potato | Per heaped large spoon | 16 |
| Mixed vegetables | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Chocolate sponge | 1 large spoon | 26 |
| Chocolate custard | 1 level ladle | 12 |
| WEEK 2: WEDNESDAY SUPPER | Portion Size: | Carbs (g): |
| Sausage casserole | Not counted | 0 |
| Tomato and courgette pasta bake | Per level large spoon | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Chips | Per shovel | 20 |
| Mashed potato | Per heaped large spoon | 16 |
| Pea and sweetcorn medley | Per slotted spoon | 4 |
| Baked beans | Per level ladle | 17 |
| Individual rice pudding pot | Per pot | 19 |
| Individual custard pot | Per pot | 18 |

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| SPRING / SUMMER MENU |
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Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 2: THURSDAY LUNCH | Portion Size: | Carbs (g): |
|---------------------------------|------------------------|-------------------|
| Roast chicken and gravy | Not counted | 0 |
| Yorkshire pudding | Per Yorkshire pudding | 5 |
| Macaroni cheese | Per level large spoon | 10 |
| Roast potato | Per roast potato chunk | 6 |
| Mashed potato | Per heaped large spoon | 16 |
| Garden peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Apple crumble | 1 large spoon | 20 |
| Custard | 1 level ladle | 12 |
| WEEK 2: THURSDAY SUPPER | Portion Size: | Carbs (g): |
| Pork escalope with tomato sauce | Not counted | 0 |
| Vegetable cottage pie and gravy | Per heaped large spoon | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potato | Per heaped large spoon | 16 |
| Mixed vegetables | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Orange jelly | Per pot | 6 |

| WEEK 2: FRIDAY LUNCH | Portion Size: | Carbs (g): |
|----------------------------------|-------------------------|-------------------|
| Fish fingers | Per fish finger | 3 |
| Lentil & mushroom bake | Not counted | 0 |
| Chips | Per shovel | 20 |
| Mashed potato | Per heaped large spoon | 16 |
| Garden peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Lemon sponge | 1 large spoon | 26 |
| Custard | 1 level ladle | 12 |
| WEEK 2: FRIDAY SUPPER | Portion Size: | Carbs (g): |
| Beef lasagne | Per medium square slice | 15 |
| Cheese and tomato quiche | Per standard slice | 16 |
| Pasta salad | Per level large spoon | 10 |
| Rice salad | Per level large spoon | 8 |
| Mashed potato | Per heaped large spoon | 16 |
| Broccoli | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Individual fruit pot (mandarins) | Per pot | 10 |

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| SPRING / SUMMER MENU |
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Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 2: SATURDAY LUNCH | Portion Size: | Carbs (g): |
|-------------------------------------|------------------------------|-------------------|
| Chicken korma | Not counted | 0 |
| Vegetable bake | Per bake | 15 |
| Steamed rice | Per level large spoon | 10 |
| Mashed potato | Per heaped large spoon | 16 |
| Sweetcorn | Per slotted spoon | 8 |
| Baked beans | Per level ladle | 17 |
| Jam sponge | 1 large spoon / medium piece | 30 |
| Custard | 1 level ladle | 12 |
| WEEK 2: SATURDAY SUPPER | Portion Size: | Carbs (g): |
| Cottage pie and gravy | Per heaped large spoon | 10 |
| Cauliflower and broccoli pasta bake | Per level large spoon | 10 |
| Garlic bread | Per slice | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potato | Per heaped large spoon | 16 |
| Peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Strawberry Jelly | Per pot | 6 |
| WEEK 2: SUNDAY LUNCH | Portion Size: | Carbs (g): |
| Roast pork | Not counted | 0 |
| Stuffing | Per stuffing ball | 6 |
| Vegetable hotpot | Per heaped large spoon | 10 |
| Roast potatoes | 1 roast potato chunk | 6 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Vegetable medley | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Banana cake | 1 large spoon / medium piece | 20 |
| Custard | 1 level ladle | 12 |
| WEEK 2: SUNDAY SUPPER | Portion Size: | Carbs (g): |
| Breaded cod fish cakes | Per fishcake | 10 |
| Jacket potato | Medium potato | 35 |
| Jacket potato | Half a medium potato | 17 |
| Cheese | Not counted | 0 |
| Tuna mayo | Not counted | 0 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potato | Per heaped large spoon | 16 |
| Peas and sweetcorn medley | Per level ladle | 4 |
| Baked beans | Per level ladle | 17 |
| Chocolate mousse | Per pot | 20 |

AUTUMN / WINTER

Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 1: MONDAY LUNCH | Portion Size: | Carbs (g): |
|---------------------------------|------------------------|-------------------|
| Sweet and sour chicken | Per level large spoon | 5 |
| Cheese & tomato quiche | Per standard slice | 15 |
| Steamed rice | Per level large spoon | 10 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Baton carrots | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Chocolate sponge | 1 large spoon | 26 |
| Chocolate sauce | 1 level ladle | 12 |
| Stewed pears | 1 large spoon | 10 |
| WEEK 1: MONDAY SUPPER | Portion Size: | Carbs (g): |
| Carbonara pasta bake | Per level large spoon | 10 |
| Jacket potato | 1 medium potato | 35 |
| | ½ medium potato | 17 |
| Cheese | Not counted | 0 |
| Tuna mayo | Not counted | 0 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potato | Per heaped large spoon | 16 |
| Broccoli florets | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Peach slices | 1 large spoon | 10 |
| WEEK 1: TUESDAY LUNCH | Portion Size: | Carbs (g): |
| Chicken nuggets | Per nugget | 3 |
| Tomato basil pasta bake | Per level large spoon | 10 |
| Waffle potatoes | Per waffle | 12 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Peas and carrots | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Apple pie | 1 medium slice | 20 |
| Custard | 1 level ladle | 12 |
| WEEK 1: TUESDAY SUPPER | Portion Size: | Carbs (g): |
| Grilled sausage | Not counted | 0 |
| Tomato, mushroom & pepper pizza | Small slice | 15 |
| | Medium to large slice | 30 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Chips | Per shovel | 20 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Sweetcorn | Per slotted spoon | 8 |
| Baked beans | Per level ladle | 17 |
| Full fat fruit yogurt | Per 125g pot | 18 |

AUTUMN / WINTER

Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 1: WEDNESDAY LUNCH | Portion Size: | Carbs (g): |
|---------------------------------|------------------------|-------------------|
| Cottage pie | Per heaped large spoon | 10 |
| Potato, onion & leek bake | Per heaped large spoon | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Jam sponge | 1 large spoon | 30 |
| Custard | 1 level ladle | 12 |
| WEEK 1: WEDNESDAY SUPPER | Portion Size: | Carbs (g): |
| Tuna & pasta bake | Per level large spoon | 10 |
| Savoury minced quorn & veg | Not counted | 0 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Mixed veg | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Chocolate mousse | Per pot | 20 |

| WEEK 1: THURSDAY LUNCH | Portion Size: | Carbs (g): |
|--------------------------------|----------------------------|-------------------|
| Roast beef | Not counted | 0 |
| Yorkshire pudding | Per Yorkshire pudding | 5 |
| Cauliflower cheese | Not counted | 0 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Mixed vegetables | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Rhubarb crumble | 1 large spoon | 20 |
| Custard | 1 level ladle | 12 |
| WEEK 1: THURSDAY SUPPER | Portion Size: | Carbs (g): |
| Breaded chicken burger | Per chicken burger | 11 |
| | Per burger bap | 30 |
| Cheese & onion pasty | Per pasty | 40 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| New potatoes | 1 large spoon / 3 potatoes | 15 |
| Sweetcorn | Per slotted spoon | 8 |
| Baked beans | Per level ladle | 17 |
| Strawberry jelly | Per pot | 6 |

AUTUMN / WINTER

Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 1: FRIDAY LUNCH | Portion Size: | Carbs (g): |
|----------------------------------|-------------------------|-------------------|
| Fish fingers | Per fish finger | 3 |
| Cheesy topped lentil cottage pie | Per heaped large spoon | 10 |
| Chips | Per shovel | 20 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Bread and butter pudding | 1 large spoon | 20 |
| Custard | 1 level ladle | 12 |
| WEEK 1: FRIDAY SUPPER | Portion Size: | Carbs (g): |
| Meatballs in tomato sauce | Not counted | 0 |
| Vegetable lasagne | Per medium square slice | 15 |
| Spaghetti | Per heaped large spoon | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Sweetcorn | Per slotted spoon | 8 |
| Baked beans | Per level ladle | 17 |
| Ice cream | Per pot | 15 |

| WEEK 1: SATURDAY LUNCH | Portion Size: | Carbs (g): |
|--------------------------------|------------------------|-------------------|
| Lancashire hot pot | Per heaped large spoon | 10 |
| Country vegetable pie | Small slice | 18 |
| | Medium to large slice | 25 |
| Rice | Per level large spoon | 10 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Cut green beans | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Apple sponge | 1 large spoon | 26 |
| Custard | 1 level ladle | 12 |
| WEEK 1: SATURDAY SUPPER | Portion Size: | Carbs (g): |
| Savoury minced beef and veg | Not counted | 0 |
| Cheese & onion pasty | Per pasty | 40 |
| Herby diced potatoes | Per heaped large spoon | 7 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Pea / Sweetcorn medley | Per slotted spoon | 4 |
| Baked beans | Per level ladle | 17 |
| Individual rice pudding | Per pot | 19 |
| Individual custard | Per pot | 18 |

AUTUMN / WINTER

Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 1: SUNDAY LUNCH | Portion Size: | Carbs (g): |
|------------------------------|------------------------|-------------------|
| Roast turkey | Not counted | 0 |
| Chipolata | Not counted | 0 |
| Stuffing | Per stuffing ball | 6 |
| Lentil and Mushroom bake | Not counted | 0 |
| Roast potatoes | Per roast potato chunk | 6 |
| Mashed potato | Per heaped large spoon | 16 |
| Country mixed veg | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Sticky toffee pudding | 1 large spoon | 30 |
| Custard | 1 level ladle | 12 |
| WEEK 1: SUNDAY SUPPER | Portion Size: | Carbs (g): |
| Fish fingers | Per finger | 3 |
| Macaroni cheese | Per level large spoon | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Chips | Per shovel | 20 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Full fat yoghurt | Per 125g pot | 18 |

AUTUMN / WINTER

Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 2: MONDAY LUNCH | Portion Size: | Carbs (g): |
|------------------------------|------------------------------|-------------------|
| Chicken a la king | Not counted | 0 |
| Vegetable burger | Per burger | 11 |
| Bap | Per bap | 30 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Boiled rice | Per level large spoon | 10 |
| Mashed potato | Per heaped large spoon | 16 |
| Baton carrots | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Banana cake | 1 large spoon / medium slice | 26 |
| Custard | 1 level ladle | 12 |
| WEEK 2: MONDAY SUPPER | Portion Size: | Carbs (g): |
| Shepherd's pie | Per heaped large spoon | 10 |
| Jacket potato | 1 medium potato | 35 |
| | ½ medium potato | 17 |
| Cheese | Not counted | 0 |
| Tuna mayo | Not counted | 0 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potato | Per heaped large spoon | 16 |
| Sweetcorn | Per slotted spoon | 8 |
| Baked beans | Per level ladle | 17 |
| Strawberry Jelly | Per pot | 6 |

| WEEK 2: TUESDAY LUNCH | Portion Size: | Carbs (g): |
|------------------------------|------------------------|-------------------|
| Roast chicken & gravy | Not counted | 0 |
| Yorkshire pudding | Per Yorkshire | 5 |
| Cauliflower cheese | Not counted | 0 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Roast potatoes | Per roast potato chunk | 6 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Chocolate sponge | 1 large spoon | 26 |
| Chocolate sauce | 1 level ladle | 12 |

AUTUMN / WINTER

Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 2: TUESDAY SUPPER | Portion Size: | Carbs (g): |
|-------------------------------|------------------------|-------------------|
| Chicken & ham pasta bake | Per level large spoon | 10 |
| Vegetable hotpot | Per heaped large spoon | 10 |
| Garlic bread | Per slice | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Carrots | Per slotted spoon | 10 |
| Baked beans | Per level ladle | 17 |
| Full fat fruit yogurt | Per 125g pot | 18 |

| WEEK 2: WEDNESDAY LUNCH | Portion Size: | Carbs (g): |
|---------------------------------|------------------------------------|-------------------|
| Cottage pie and beef gravy | Per heaped large spoon | 10 |
| Omelette with grated cheese | Not counted | 0 |
| Chips | Per shovel | 20 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Mixed vegetables | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Apple crumble | 1 large spoon | 20 |
| Custard | 1 level ladle | 12 |
| WEEK 2: WEDNESDAY SUPPER | Portion Size: | Carbs (g): |
| Savoury minced lamb and veg | Not counted | 0 |
| Tomato & veg pasta bake | Per level large spoon | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| New potatoes | Per level large spoon / 3 potatoes | 15 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Pea & sweetcorn medley | Per slotted spoon | 4 |
| Baked beans | Per level ladle | 17 |
| Individual rice pudding | Per pot | 19 |
| Individual custard | Per pot | 18 |

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Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 2: THURSDAY LUNCH | Portion Size: | Carbs (g): |
|--------------------------------|------------------------|-------------------|
| Honey roast gammon | Not counted | 0 |
| Yorkshire pudding | Per Yorkshire pudding | 5 |
| Macaroni cheese | Per level large spoon | 10 |
| Roast potatoes | Per potato chunk | 6 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Garden peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Plain sponge | 1 large spoon | 26 |
| Custard | 1 level ladle | 12 |
| WEEK 2: THURSDAY SUPPER | Portion Size: | Carbs (g): |
| Pork meatballs in tomato sauce | Not counted | 0 |
| Cheesy topped vege cottage pie | Per heaped large spoon | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Mixed vegetables | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Orange jelly | Per pot | 6 |

| WEEK 2: FRIDAY LUNCH | Portion Size: | Carbs (g): |
|------------------------------|--------------------------------------|-------------------|
| Fish fingers | Per fish finger | 3 |
| Cheese & Onion pasty | Per pasty | 40 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Bakewell tart | Per level large spoon / medium slice | 30 |
| Custard | 1 level ladle | 12 |
| WEEK 2: FRIDAY SUPPER | Portion Size: | Carbs (g): |
| Lamb moussaka | 1 heaped large spoon | 5 |
| Vegetable cottage pie | Per heaped large spoon | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Peas & carrots | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Individual fruit pots | Per pot | 10 |

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Note: portion sizes DO NOT have to be limited. Patients can order a small, medium or large portion as desired and can have 1 standard serving of a dessert.

| WEEK 2: SATURDAY LUNCH | Portion Size: | Carbs (g): |
|--------------------------------|-------------------------|-------------------|
| Beef lasagne | Per medium square slice | 15 |
| Vegetable & cheese bake | Per bake | 15 |
| Pasta / rice salad | Per level large spoon | 8 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Carrots | Not counted | 0 |
| Sweetcorn & pepper medley | Per slotted spoon | 4 |
| Baked beans | Per level ladle | 17 |
| Sultana sponge | 1 large spoon | 26 |
| Custard | 1 level ladle | 12 |
| WEEK 2: SATURDAY SUPPER | Portion Size: | Carbs (g): |
| Grilled sausages and gravy | Not counted | 0 |
| Cauli/broccoli pasta bake | Per level large spoon | 10 |
| Garlic bread | Per slice | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Peas | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Strawberry jelly | Per pot | 10 |

| WEEK 2: SUNDAY LUNCH | Portion Size: | Carbs (g): |
|------------------------------|------------------------|-------------------|
| Roast pork | Not counted | 0 |
| Stuffing | Per stuffing ball | 6 |
| Vegetable hotpot | Per heaped large spoon | 10 |
| Roast potatoes | Per roast potato chunk | 6 |
| Mashed potato | Per heaped large spoon | 16 |
| Diced carrots | Not counted | 0 |
| Baked beans | Per level ladle | 17 |
| Upside down pineapple sponge | 1 large spoon | 30 |
| Custard | 1 level ladle | 12 |
| WEEK 2: SUNDAY SUPPER | Portion Size: | Carbs (g): |
| Minced beef & potato pie | Small slice | 18 |
| | Medium to large slice | 25 |
| Tortolini formaggio | Per large level spoon | 16 |
| Garlic bread | Per slice | 10 |
| Pasta / rice salad | Per level large spoon | 8 |
| Salad / coleslaw | Not counted | 0 |
| Mashed potatoes | Per heaped large spoon | 16 |
| Sweetcorn & Peas | Per slotted spoon | 4 |
| Baked beans | Per level ladle | 17 |
| Chocolate Mousse | Per pot | 20 |

