

Children's Carb Count Menu

Day 1:

Lunch	Carbs (g)	Sugars (g)	Protein (g)	Fat(g)
Pizza 1 Slice (100g)	30.4	1.6	10.9	4.9
Ham Sandwich (2 slices ham/marg)	38.1	3.7	10.7	6.4
Cheese Sandwich (2 slices cheese/marg)	37.6	3.2	12.9	7.4
Tuna Mayo Sandwich (tuna/marg)	38	3.6	17	6.1
Jam Sandwich (no marg)	44	7.4	6.51	0.85
KitKat (2 Fingers)	12.9	10.2	1.4	5.1
Carrot Sticks (1 stick = 4g)	0.4	0.2	0	0
Apple	15.7	10	0.5	0.3
Seabrooks Crisps (18g packet)	9.5	0.1	1.1	5.5
Seabrooks Crisps (31.8g packet)	13.4	0.1	1.9	9.7

Evening Meal	Carbs (g)	Sugars (g)	Protein (g)	Fat(g)
Fish Fingers (100g)	20	0.8	12	9.4
Chicken cooked (60g)	0.3	0.3	16.2	1.38
Curry Sauce (100g)	11	6.1	1.2	6.3
Mixed Vegetables (85g)	11	3	3	0
Chips (150g)	34.5	0.75	3.75	6.3
Peas (50g)	5.5	1.25	3.45	0.75
Sweetcorn (50g)	4.05	1	1.7	0.9
Salad (Lettuce, Tomato and Cucumber - 35g)	0.4	0.2	0	0
Ice Cream	14.4	14.4	2	6.72

Day 2:

Breakfast	Carbs (g)	Sugars (g)	Protein (g)	Fat(g)
Cornflakes (30g) no milk	25.53	1.98	2.28	0.33
Rice Krispies (30g) no milk	25.53	2.64	2.25	0.36
100ml semi skimmed milk	4.8	4.8	3.6	1.8
Pork Sausages (each)	7.6	0.6	6.2	10.26
Vegetarian Sausage (each)	8.2	1.2	8.7	8.7
Mini hash browns (8)	16.5	0.14	1.2	5.7
Baked Beans (100g)	13	6.8	4.5	1.4
1 Slice of toast (White)	19.4	0.4	3.8	0.5

Lunch	Carbs (g)	Sugars (g)	Protein (g)	Fat(g)
Chicken Burger (burger 100g/bread bun 45g)	37.75	2.7	13.65	10.6
Hot Dog (hot dog 60g/finger bun 60g)	25.2	2	16	10.35
Ham Sandwich (2 slices ham/marg)	38.1	3.7	10.7	6.4
Cheese Sandwich (2 slices cheese/marg)	37.6	3.2	12.9	7.4
Tuna Mayo Sandwich (tuna/marg)	38	3.6	17	6.1
Jam Sandwich (no marg)	44	7.4	6.51	0.85
Margarine (10g)	0	0	0	5

Lunch	Carbs (g)	Sugars (g)	Protein (g)	Fat(g)
Jam Doughnut (73g)	34.5	11.3	4.5	6.1
Carrot Sticks (1 stick = 4g)	0.4	0.2	0	0
Cucumber (1 stick = 4.5g)	0.1	<0.1	<0.1	0

Evening Meal	Carbs (g)	Sugars (g)	Protein (g)	Fat(g)
Pasta (125g Cooked)	38.4	0.7	7.21	1.1
Mince Halal (75g)	0	0	14.1	11.85
Tomato and Basil Sauce (100g)	6.9	5.4	1.5	0.5
Garlic Bread Slice	7.9	0.5	2.01	4.56
Jacket Potato (Medium 180g)	40.68	2.52	4.5	0.36
Baked Beans (100g)	13	6.8	4.5	1.4
Grated Cheese (50g)	0.85	0	12.5	17
Tuna Mayo (30g tuna/14g mayo)	0.6	0.6	10.5	6.2
Salad (Lettuce, Tomato and Cucumber - 35g)	0.4	0.2	0	0
Cookie	29.5	17.5	2.15	11.5
Crisps	See Snacks			

Day 3:

Breakfast	Carbs (g)	Sugars (g)	Protein (g)	Fat(g)
Please see Day 2 Breakfast for details				

Lunch	Carbs (g)	Sugars (g)	Protein (g)	Fat(g)
Sausage Roll	27.8	0	6.7	16.5
Vegan Sausage Roll	25.5	1.2	6.6	18.7
Cheese and Onion Pasty	29.21	1.4	6.7	17.78
Crisps	See Snacks			
Carmel Bar	See Snacks			
Carrot Sticks (1 stick = 4g)	0.4	0.2	0	0
Cucumber Sticks (1 stick = 4.5g)	0.1	<0.1	<0.1	0

Additional Elements:

Snacks	Carbs (g)	Sugars (g)	Protein (g)	Fat(g)
Orange Slices (per slice)	1	1	<0.1	<0.1
Apples	15.7	10.0	0.5	0.3
Digestive Biscuits (1 biscuit)	9.8	2.5	1.1	2.9
Kitkat (2 fingers)	13.0	10.6	1.4	5.1
Bourbon (1 Biscuit)	9.2	4	0.8	3.1
Penguin Biscuit	15.7	10.1	1.3	6.8
Caramel bar (tunnocks)	20.8	10.4	1.1	5.2
Seabrooks Crisps (18g Packet)	9.5	0.1	1.1	5.5
Seabrooks Crisps (31.8g Packet)	13.4	0.1	1.9	9.7
Pom Bears	11.97	0.4	0.57	4.94

Drinks	Carbs (g)	Sugars (g)	Protein (g)	Fat(g)
Orange Juice (Diluted 100ml serving)	<0.5	<0.5	<0.5	0
Blackcurrant Juice (Diluted 100ml serving)	<0.5	<0.5	<0.5	0
Hot Chocolate (12g with 142ml of milk)	15.79	15.72	5.72	5.25

Extras	Carbs (g)	Sugars (g)	Protein (g)	Fat(g)
Rich Tea Tasties (1 Biscuit)	3.6	1	0.4	0.7
Heinz Ketchup (15g)	3.3	3.2	0.2	0
Salad Cream (15g)	3	2.6	0.2	3.6
Mayo Sachet	2.3	0.6	0.1	3.2
Ketchup Sachet	2.2	2.1	0.1	0
Salad Cream Sachet	1.9	1.7	0.1	2.4
Chocolate Doughnut (73g)	33.7	13.1	5.2	10.1

Please note: All weights are approximate and correct as of 26/06/2024