

<b>Spring/Summer 2025 - Secondary Carbohydrates</b>		
<b>Recipe</b>	<b>Carbohydrate Value (grams)</b>	<b>Portion Size - as per Drive recipe card</b>
Orange juice	8	85ml
Apple Juice	9	85ml
Water	0	500ml
Water	0	500ml
Sparkling Water	0	500ml
Forest Fruits Drink	17	330ml
Apple Fizz Drink	13	330ml
Forest Fruits Fizz Drink	17	330ml
Sour Cherry Fizz Drink	18	330ml
Tropical Fizz Drink	17	330ml
Orange Juice Tetra	12	200ml
Apple Juice Tetra	12	200ml
Forest Fruits Juice Tetra	12	200ml
Tropical Juice Tetra	12	200ml
Apple and Elderflower Drink	20	250ml
Forest Fruits Drink	20	250ml
Orange and Manderin Drink	21	250ml
Milk	10	200ml
Traditional Lasagne	61	as per recipe
Chipotle Chicken	0	1 thigh
Chipotle Vegetable & Bean Rice Bowl	73	as per recipe
Crunchy Cauliflower & Broccoli Bake	42	319g
Vietnamese Pho Noodles	53	as per recipe
Ham Sandwich	34	1
Cheese Sandwich	38	1
Egg Mayonnaise Sandwich	42	1

<b><u>Spring/Summer 2025 - Secondary Carbohydrates</u></b>		
Mixed Bean Salad	16	110g
Cous Cous	41	as per recipe
Pollack	16	1 average fish portion
Pork Sausage	15	2 sausages
Halloumi Burger	43	1 burger
Tofu Noodles	49	as per recipe
Korean Crispy Wrap	41	as per recipe
Mushy Peas	14	80g
Garden Peas and Carrots	8	80g
Chips	25	120g
Chicken Sausage	11	2 sausages
Chicken and Leek with Pastry Lid	18	as per recipe
Chicken and Leek Potato Pie	51	as per recipe
Garlic and Chilli Donburi	56	as per recipe
Tikka Pitta	40	as per recipe
Garden Peas and Sweetcorn	7	80g
Mashed Potato	35	as per recipe
Onion Gravy	5	as per recipe
Meat Free Burger	36	1 burger
Sweet Potato and Bean Jalfrezi	25	as per recipe
Chimmichuri Wedges	51	as per recipe
Chickpea and Coconut Dahl	36	as per recipe
BBQ Sausage and Bean Hashette	52	as per recipe
Mixed Salad	2	80g
Bombay Potatoes	40	200g
Korean Chicken Rice Bowl	54	as per recipe
Quorn Roast	7	as per recipe
Sloppy Joe's Garlic Bread	43	as per recipe
Roast Chicken Dinner Baguette	56	1 baguette
Savoy Cabbage	3	80g
Three Bean Chilli	27	as per recipe
Pasta Arrabiata	82	as per recipe
Thai Chicken Curry	2	as per recipe
Buffalo Chicken Fito Slice	19	as per recipe
Tomato and Corn Risotto	49	as per recipe
Focaccia Bread	45	as per recipe
BBQ Chicken Wings	8	5 pieces
K-Dog Street Food	26	as per recipe
Buddha Bowl	14	as per recipe
Beany Chilli Nachos	43	as per recipe
Coriander and Lime Meatball Wrap	50	as per recipe
Leek and Beans with Pastry Lid	19	as per recipe
Bolognese Sauce	11	as per recipe
Jerk Chicken Thigh	1	1 thigh
Carbonara Pizza	40	1 pizza
Baby Potatoes	34	200g

<b>Spring/Summer 2025 - Secondary Carbohydrates</b>		
Jamaican Rice and Peas	53	as per recipe
Sweet Potato Jambalaya	65	as per recipe
Teriyaki Chicken	4	1 thigh
Southern Coated Chicken Thigh	29	1 thigh
Garden Peas	9	80g
Asian Coleslaw	5	115g
Baked Potato Wedges	35	200g
Chicken Sausage Roll	15	as per recipe
Teriyaki Rice Cakes	51	as per recipe
Roast Chicken Dinner Wrap	36	as per recipe
Sliced Carrots	6	80g
Margherita Pizza	43	1 pizza
Sweet Potato and Chickpea Curry	26	as per recipe
Sweet Potato Chana Masala	43	as per recipe
Sweet Potato Vada Pav	55	as per recipe
Mixed Salad	2	80g
Tempeh Pad Thai	52	as per recipe
Butterbean and Meatball Pasta	57	as per recipe
Southern Fried Slaw Bowl	18	as per recipe
Jerk Dog	31	1 hot dog
Chilli Bean Stack	55	as per recipe
Chicken Shawarma Flatbread	22	as per recipe
Vegetable Shawarma Flatbread	27	as per recipe
Banana (edible)	20	1 banana

<b>Spring/Summer 2025 - Secondary Carbohydrates</b>		
Tuna Sweetcorn Sandwich	42	1
Cheese and Onion Sandwich	43	1
Jacket Potato	65	1
Baked Beans	8	90g
Grated cheese	1	30g
Salmon Mayonnaise	2	120g
Tuna Mayonnaise	2	85g
Garlic and Parsley Bread	39	as per recipe
Chilli and Lime Broccoli	3	88g
House Salad	4	90g
Boiled Rice	46	as per recipe
Sweetcorn Salsa	2	34g
Orange	7	2 small oranges
Fruit Salad Pot	14	80g/1 pot
Grapes	14	80g/1 pot
Mixed Melon	4	100g/1 pot
Natural Yoghurt	6	as per recipe
Natural Yoghurt with Mango Topping	11	as per recipe
Natural Yoghurt with Mixed Berry	11	as per recipe
Natural Yoghurt with Raspberry Topping	11	as per recipe
Natural Yoghurt with Strawberry Topping	11	as per recipe
Natural Yoghurt with Cherry and Plum Topping	11	as per recipe
Chilli Con Carne Sauce	16	as per recipe
Baked Coated Katsu Chicken	15	1 thigh
Kale, Tomato and Potato Hash	59	370g
Red Pepper and Bean Biryani	69	as per recipe
Loaded Sweet Potatoes	35	as per recipe
Green Beans	3	80g
Pea Guacamole	4	56g
Katsu Curry Sauce	3	as per recipe
Roast Chicken Thighs with Gravy	2	as per recipe
Roast Pork Shoulder	0	as per recipe
Vegetable Wellington	25	as per recipe
Butternut Mac and Cheese	65	as per recipe
Kansas BBQ Chicken	8	1 thigh
Chicken Fajita Wrap	60	as per recipe
Roasted Carrots	6	80g
Sweetcorn	6	80g
Roast Potatoes	24	120g
Gravy	2	as per recipe
Sweet Potato and Chickpea Slice	54	as per recipe
Smashed Falafel Pitta	55	as per recipe
K-Style Cheese and Corn Flatbread	39	1 flatbread
Red Pepper and Tempeh Pizza	40	as per recipe
Loaded Dog Meatball Sub	31	1 hot dog sub