

2021 Carbohydrate Chart

Mid Morning		
Menu Item	Weight of Portion (g)	Carbs per Portion (g)
Cheese & Bacon Naan Bread	131g	45.9g
Cheese Pizza Slice (V)	117g	38.2g
Hash Brown (X2)	86g	18.1g
Pepperoni Pizza Slice	123g	38.3g
Popcorn Chicken	60g	4.6g
Sausage Roll	120g	26.9g

2021 Carbohydrate Chart

Lunchtime Additions		
	Weight of Portion (g)	Carbs per Portion (g)
Everyday Option:		
Buttermilk Chicken Burger in a Brioche Bun	196g	44.5g

Beef Bolognaise Pasta Pot 200g 79.0g

Veggie Chilli Pasta Pot (VE) 200g 83.2g

**Jumbo Sausage Baguette
(White)** 235g 71.3g

2021 Carbohydrate Chart

Jacket Potato		
Filling Choice	Weight of Portion (g)	Carbs per Portion (g)
Baked Beans	375g	74.8g
Cheese	305g	56.6g
Coleslaw	320g	60.0g
Baked Beans & Cheese	380g	71.8g
Cheese & Coleslaw	370g	60.1g
Tuna Mayonnaise	325g	56.8g

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Sub Stop Baguettes		
Filling Choice	Weight of Portion (g)	Carbs per Portion (g)
White Baguette (Buttered)	145g	63.7g
Malted Wheat Baguette (Buttered)	135g	66.4g
BBQ Chicken (White)	215g	67.9g
BBQ Chicken (Malted Wheat)	205g	70.7g
Cheese (White)	205g	63.9g
Cheese (Malted Wheat)	195g	66.5g
Cheese Salad (White)	270g	65.1g
Cheese Salad (Malted Wheat)	260g	67.7g
(VE) Mozzarella Salad (White)	250g	75.4g
Chicken & Bacon (White)	245g	64.9g
Chicken & Bacon (Malted Wheat)	235g	67.5g
Ham (White)	195g	64.4g
Ham (Malted Wheat)	185g	67.1g
Ham Salad (White)	260g	65.6g
Ham Salad (Malted Wheat)	250g	68.3g
Tuna Mayonnaise (White)	225g	64.1g
Tuna Mayonnaise (Malted Wheat)	215g	66.7g
Tuna & Sweetcorn Mayonnaise (White)	245g	66.4g
Tuna & Sweetcorn Mayonnaise (Malted Wheat)	235g	69.0g
Spicy Coated Chicken (White)	255g	73.3g
Spicy Coated Chicken (Malted Wheat)	245g	76.0g
Sweet Potato Falafel (VE) (White)	268g	85.0g

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Tugo Grab N Go Pots		
Filling Choice	Weight of Portion (g)	Carbs per Portion (g)
Plain Pasta	100g	72.0g
Plain Pasta with Cheese	130g	72.0g
Beef Bolognaise Pasta Pot	200g	79.0g
Beef Bolognaise Pasta Pot with Cheese	215g	79.1g
Beef Chilli Pasta Pot	200g	75.4g
Beef Chilli Pasta Pot with Cheese	215g	75.3g
Beef Chilli Rice Pot	200g	82.8g
Cheese 4 Mac Pasta Pot (V)	200g	75.6g
Cheese 4 Mac Pasta Pot with Cheese (V)	215g	75.5g
Chicken Fajitas Noodles Pot	200g	83.6g
Chicken Fajitas Pasta Pot	200g	85.2g
Chicken Fajitas with Pasta Pot with Cheese	215g	85.1g
Chicken Tikka Masala Pasta Pot	200g	80.4g
Chicken Tikka Masala Pasta Pot with Cheese	215g	80.4g
Chicken Tikka Masala Rice Pot	200g	88.0g
Herby Tomato & Beef Meatball Noodle Pot	200g	80.6g
Herby Tomato & Beef Meatball Pasta Pot	200g	82.2g
Herby Tomato & Beef Meatball Pasta Pot with Cheese	215g	82.1g
Herby Tomato Pasta Pot (V)	200g	80.2g
Herby Tomato Pasta Pot with Cheese (V)	215g	80.2g
Katsu Chicken Curry Pasta Pot	200g	81.6g
Katsu Chicken Curry Pasta Pot with Cheese	215g	81.7g
Katsu Chicken Curry Rice Pot	200g	89.2g
Mascarpone Tomato & Basil Pasta Pot (V)	200g	79.2g
Mascarpone Tomato & Basil Pasta Pot with Cheese (V)	215g	79.1g
Mediterranean Chicken Pasta Pot	200g	78.0g
Mediterranean Chicken Pasta Pot with Cheese	215g	78.0g
Nepalese Curry Pasta Pot (V)	200g	80.8g
Nepalese Curry Pasta Pot with Cheese (V)	215g	80.8g
Nepalese Curry Rice Pot	200g	88.4g
Pepperonata Pasta Pot (V)	200g	76.4g
Pepperonata Pasta Pot with Cheese (V)	215g	76.3g
Piri Piri Chicken Pasta Pot	200g	79.2g
Piri Piri Chicken Pasta Pot with Cheese	215g	79.1g
Ratatouille Pasta Pot (VE)	200g	78.6g
Ratatouille Pasta Pot with Cheese (V)	215g	78.5g
Ratatouille Rice Pot (VE)	200g	86.0g
Tomato & Basil Pasta Pot (V)	200g	80.8g
Tomato & Basil Pasta Pot with Cheese (V)	215g	80.6g
Tomato & Chorizo Pasta Pot	200g	80.6g
Tomato & Chorizo Pasta Pot with Cheese	215g	80.6g
Veggie Chilli with Noodles (V)	200g	81.6g
Veggie Chilli with Pasta (VE)	200g	83.2g
Veggie Chilli with Pasta with Cheese (V)	215g	83.2g
Veggie Chilli with Pasta with Cheese (V)	215g	83.2g

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Pasta Pots		
Filling Choice	Weight of Portion (g)	Carbs per Portion (g)
Cheese	220g	36.5g
Chicken	223g	36.6g
Tuna	240g	36.7g

Salad Pots		
Filling Choice	Weight of Portion (g)	Carbs per Portion (g)
Chargrilled Chicken	242g	9.7g
Cheese	232g	9.4g
Ham	232g	10.0g
Plain	170g	8.9g
Tuna	254g	9.6g
(VE) Mozzarella	220g	19.4g

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Selection of Desserts		
Dessert Choice	Weight of Portion (g)	Carbs per Portion (g)
Custard Pots		
Devon Custard	120g	17.8g
Banana Custard	120g	19.3g
Chocolate Custard	120g	22.2g
Fresh Fruit (Portion Sizes may vary)		
Banana	100g	12.8g
Apple	85g	5.5g
Orange	96g	5.6g
Fruit Pots		
Grape	110g	17.7g
Melon	95g	4.1g
Orange	130g	7.5g
Pineapple	95g	5.0g
Jelly Pots		
Orange	171g	4.2g
Raspberry	171g	4.2g
Strawberry	171g	4.2g
Yoghurts		
Peach & Passionfruit	100g	19.6g
Raspberry	100g	19.6g
Strawberry	100g	19.6g
Cookies		
White Choc	50g	32.8g
Milk Choc	50g	30.7g
Double Choc	50g	28.2g
Doughnuts		
Jam Doughnut	98g	43.3g
Choc Iced Ring Doughnut	60g	25.7g
Sugared Ring Doughnut	51g	28.2g