



## PORTIONS

**Potatoes = 4oz**

**Mashed 21g**

**Boiled 21g**

**Sauté 21g**

**Herby Diced 13.6g**

**Jacket Potato 24.4g**

**Chips in combi oven 29.4g**

**Chips fried 30g**

**Potato Wedges 24.4g**

**Savoury Pasta = 3oz -**

**18.2g**

**Vegetable Rice = 3oz -**

**23.9g**

**Vegetables = 2oz**

## Also served daily:

**Fresh Fruit 13.5g**

**Wholemeal Bread 17.6g**

**Yoghurt 11.6g**

**Cheese & Biscuits 11.8g**

**Semi-Skimmed Milk -**

**11.8g**

**Water**

Occasionally due to circumstances beyond our control it may be necessary to change or replace some menu items or ingredients.

Please note our menus/food may contain allergens. We are

able to provide allergen information on request or please visit the Bridgend CBC website for more information.

**\* NURSERY PUPILS**

# PRIMARY MENU - CARBOHYDRATE COUNT

## WEEK 1

## WEEK 2

## WEEK 3

### MONDAY

Cod & Salmon Fish Fingers 8.7g  
Or Broccoli & Tomato Pasta 33.6g  
Herby Diced Potatoes  
Baked Beans 10.1g Sweetcorn 5.7g  
Garden Peas 6.7g Salad

Raspberry Peach Swirl Sponge 26.3g & Custard 13.6g

### TUESDAY

Beef Bolognese 10.4g  
Or Falafel Burger 38.6g  
Pasta 18.2g or Potato Wedges  
Mixed Vegetables 4.3g Broccoli 0.7g Salad  
Fruit Yoghurt 11.6g or Fresh Fruit 13.5g

### WEDNESDAY

Roast Turkey & Stuffing in rich Gravy 7.5g  
Or Vegetable Sausage 4.1g  
Boiled or Creamed Potatoes  
Green Cabbage 1.3g Carrots 2.9g Diced Swede 1.3g  
Jelly with Strawberry Swirl 10.2g

### THURSDAY

Meatballs in Rich Gravy 9.7g  
Or Vegetable & Lentil Shepherds Pie 56.6g  
Creamed or Boiled Potatoes  
Carrots 2.9g Garden Peas 6.7g Broccoli 0.7g Salad  
Fruit Yoghurt 11.6g or Fresh Fruit 13.5g

### FRIDAY

Fish Fillet 10.5g  
Or Spinach and Chickpea Curry 33.3g  
Vegetable Rice or Chipped Potatoes  
Mixed Vegetables 4.3g Sweetcorn 5.7g Broccoli 0.7g  
Salad  
Mandarin topped Sponge Slice 22.9g

### MONDAY

Mini Omelette with Pork Sausage 2.9g  
Or Five Bean Chilli 18.5g with French Bread 7.0g  
Potato Wedges or Vegetable Rice  
Baked Beans 10.1g Garden Peas 6.7g Salad  
Eve's Sponge 30g & Custard 13.6g

### TUESDAY

Seaside Salmon Fillet 9.7g  
Or Vegetable Plant Ball in Tomato Sauce with  
French Bread 22.7g  
Pasta or Diced Potatoes  
Broccoli 0.7g Garden Peas 6.7g Sweetcorn 5.7g  
Salad  
Fruit Yoghurt 11.6g or Fresh Fruit 13.5g

### WEDNESDAY

Roast Pork & Apple Sauce 1.6g in Rich Gravy 4.6g  
Or Vegetable Casserole 25.1g  
Creamed or Boiled Potatoes  
Green Beans 1.7g Swede 1.3g & Broccoli 0.7g  
Tropical Rice Pudding 29.1g

### THURSDAY

Chicken Fillet 0g in Rich Gravy 4.6g  
Or Vegetable Sausage 4.1g  
Boiled or Creamed Potatoes  
Carrots 2.9g Cabbage 1.3g Country Vegetables 4g  
Salad  
Fruit Yoghurt 11.6g or Fresh Fruit 13.5g

### FRIDAY

Cheese and Tomato Pizza 25.1g  
Or Quorn Dippers 8.4g  
Jacket Potato or Chipped Potatoes  
Mini Corn Cobs 3.1g Mixed Vegetables 4.3g Salad  
Fruit Muffins 21.5g or Tutti Fruitti Flapjacks 24.8g

### MONDAY

Lemon Sole 10.1g  
Or Mushroom and Leek Bake 31.1g  
Jacket Potato or Sauté Potatoes  
Garden Peas 6.7g Sweetcorn 5.7g Broccoli 0.7g  
Salad  
Toffee Apple Brownies 27.2g with Fruit Slices

### TUESDAY

Meatballs in Tomato Sauce 11.7g  
Or Southern Style Vegetable Burger 30.9g  
Pasta or Potato Wedges  
Mixed Vegetables 4.3g Garden Peas 6.7g  
Sweetcorn 5.7g Salad  
Fruit Yoghurt 11.6g or Fresh Fruit 13.5g

### WEDNESDAY

Roast Beef 0g with Rich Gravy 4.6g  
Or Quorn Fillet 3.4g  
Boiled or Creamed Potatoes  
Baton Carrots 2.9g Cabbage 1.3g Swede 1.3g  
Artic Roll and Fruit Wedges 22.7g

### THURSDAY

Pork Frikadellons 5.3g  
Or Garden Vegetable Pie 40g  
Creamed Potatoes or Boiled Potatoes  
Baked Beans 10.1g Carrots 2.9g Garden Peas 6.7g  
Fruit Yoghurt 11.6g or Fresh Fruit 13.5g

### FRIDAY

Chicken Tikka 8.7g / Korma 10.1g  
Or Vegetarian Hot Dogs 25.6g  
Vegetable Rice or Chipped Potatoes  
Broccoli 0.7g Sweetcorn 5.7g Garden Peas 6.7g  
Salad  
Strawberry Delight Crunch 11.8g