

Main

Vegetarian

Dessert

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Week 2

11/9/17:

02/10/17; 30/10/17;

20/11/17;

11/12/17

Week 3

18/09/17:

09/10/17; 06/11/17;

27/11/17;

18/12/17

Approximate carbohydrate values (in grams) have been estimated by the Paediatric Diabetes Dietitian at the Royal Berkshire Hospital and are shown in brackets next to each carbohydrate based food item on the menu. Food items without a carbohydrate value can be counted as zero.

Roast turkey with Roast

Potatoes (15g) & Gravy

Mixed vegetable loaf (5g)

with Roast Potatoes (15g) &

Gravy

Cauliflower Florets

& Carrots

Vanilla Shortbread (15g)

Yoghurt (10g) / Fresh Fruit

Salad (10g)

Roast chicken with stuffing (6g)

Roast Potatoes (15g) & Gravy

Vegetarian Wellington (15g)

with Roast Potatoes (15g) &

Gravv

Savoy Cabbage & broccoli

**Florets** 

Cheese, apple & biscuits (15g)

Yoghurt (10g) / Fresh Fruit

Salad (10g)

Spaghetti Beef Bolognaise

(30g)

Lentil & sweet potato curry

(15g)

Roast mix veg (0g)

Eve's pudding (25g) with

Custard (10a)

Yoghurt (10g) / Fresh Fruit

Platter (10g)

Beef lasagne (15g) with

garlic bread (10g)

Red pepper frittata with

New potatoes (15g) Tomato salad & Sweetcorn

(5g)

Apple & raisin strudel (20g)

with custard (10g)

Yoghurt (10g) / Fresh Fruit

Platter (10g)

MSC Fish fingers (12g) with

Chips (25g)

Cheese & tomato quiche (15g)

with Chips (25g)

Baked Beans (8g) & Garden Peas

Chocolate & beetroot brownine

(20a)

Yoghurt (10g) / Fresh Fruit Salad

(10g)

MCS breaded or battered fish

(12g) with

Chips (25g)

Cheese & tomato pizza (30g)

with Chips (25g) & Tomato Sauce

Garden Peas & Baked Beans (8g)

Chocolate crunch cake (25g)

Yoghurt (10g) / Fresh Fruit Salad

(10g)

Values are estimates only and may vary. If you require further advice contact the Paediatric Diabetes Team on Tel 0118 322 8922 or e-mail paeds.diabetes@royalberkshire.nhs.uk						
Week	SUMMER	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 05/09/17; 25/09/17; 16/10/17; 13/11;17; 04/12/17	Main	Pork Sausages with Mashed Potato (20g) & Gravy	Shepherd's pie (15g) with Garlic Bread (10g)	Roast Pork with Roast Potatoes (15g) & Gravy	Chicken tikka with Rice (25g)	MSC Salmon Fish Cake (12g) with Chips (25g)
	Vegetarian	Vegetarian Sausage with Mashed Potato (20g) & Gravy	Sweet & sour vegetables (6g) with Noodles (20g)	Quorn roast with Roast Potatoes (15g) & Gravy	Macaroni cheese (30g) with Garlic bread (10g)	Creamy veg pie (20g) with Chips (25g)
		Cauliflour & Peas	Carrots & Green beans	Savoy cabbage, swede & carrot	Sweetcorn (5g) & Green Salad	Baked Beans (8g) & Garden Peas
	Dessert	Plum & Vanilla Crumble (18g) with Custard (10g) Yoghurt (10g) / Fresh Fruit Platter (10g)	Apple & raisin flapjack (25g) Yoghurt (10g)/ Fresh Fruit Salad (10g)	Carrot & courgette cake (20) & custard (10g) Yoghurt (10g) / Fresh Fruit Platter (10g)	Dutch apple pie (20g) with Custard (10g) Yoghurt (10g) / Fresh Fruit Salad (10g)	Lemon drizzle cake (30g) Yoghurt (10g) / Fresh Fruit Salad (10g)

Chicken & broccoli pasta bake

(25g)

Lentil & basil pastry turnover

(15g) with New potatoes (15g)

Broccoli & carrots

Wholemeal banana loaf (20g)

Yoghurt (10g) / Fresh Fruit

Platter (10g)

Minced beef & onion pie (15g)

with mashed potatoes (20g)

Vegetable wholemeal pasta

bake (25g)

Green beans & Carrots

Rice pudding & berries (20g)

Fruit Yoghurt (10g) / Fresh Fruit

Platter (10g)

Items available daily: Jacket potatoes: 35g for whole / 17g for half, add 8g for baked beans (other toppings 0g); Fresh bread: 10g per piece; Salad bar: 0g (add 5g if salad contains pasta / rice /

Beef meatballs in tomato sauce

with wholemeal rice (25g)

Vegetable lasagne (15g) with

Jacket wedges (15g)

Coleslaw & Sweetcorn (5g)

Orange bread & butter pudding

(20a) & custard (10a)

Yoghurt (10g)/ Fresh Fruit

Salad (10g)

BBQ Chicken Pizza (30g)

with Jacket wedges (15g)

Bean & vegetable chilli with rice

(25g)

Sweetcorn (5g) & Mixed Salad

Pear sponge (18g) & custard

(10g)

Yoghurt (10g) / Fresh Fruit

Salad (10a)

potatoes; Fresh fruit or fruit salad: 10g; Yoghurts: 10g or check label for carbs per pot.