

Carb Counting Guide for Queen Elizabeth Hospital – Hospital Menu

This guide contains information that is to be used to help carbohydrate (carb) count the hospital meals and snacks.

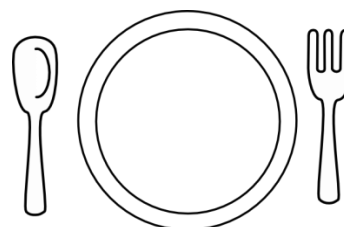
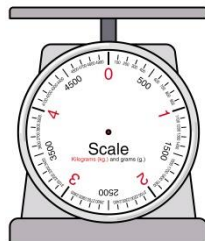
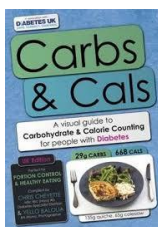
Breakfast choices are the same each day and are illustrated on page two. Page three lists items extra foods in the evenings alongside the main hospital menu. Page four lists snacks available. Subsequent pages show lunch and evening meal options for each day of the week. There is a two week menu cycle.

Each page lists the amount of carbs per 100g of the food and per average portion – ideally only use per average portion if weighing scales are unavailable on the ward.

To calculate the exact carb value for each meal, weigh the food, and then use the per 100g carb value and the following equation:

$$\begin{array}{c} \text{Amount of carbs per 100g of food} \\ \hline 100 \end{array} \times \text{Weight (in grams) of the food} = \text{Carbs in the meal}$$

If you are unsure of the weight of a food and weighing scales are unavailable then using the Carbs & Cals book may be of help in estimating weights of a portion.



Equipment needed – extra plate, extra serving spoons, weighing scales, calculator

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Breakfast Choices (Every day options)

Food	Carbs per average portion	Carbs per 100g
<u>Drinks</u>		
Orange juice (average weight 160g)	14g	9g
Apple juice (average weight 160g)	16g	10g
<u>Cereals</u>		
Porridge (average weight 145g)	18g	12.4g
Cornflakes (average portion 35g)	31g	88.6g
Bran Flakes (average portion 30g)	21g	70g
Weetabix (average portion 38g)	28g	73.7g
Rice Krispies (average portion 34g)	32g	94.1g
Milk average serving 100ml)	5g	5g
<u>Breads</u>		
Wholemeal bread (1 slice 36g)	15g	42g
White bread (1 slice 33g)	15g	45g
Croissant (1 croissant 26g)	11g	42.3g
Fried egg in a roll	24g (1 x bread roll)	22.6g
Sausage in a roll (average portion 108g)	29g (4g sausage and 25g pastry)	26.9g
<u>Accompaniments</u>		
Butter	0g	0g
Low fat spread	0g	0g
Marmalade	0g	0g
Jam (average portion 14g)	9g	64.3g
<u>Fruit & Yoghurt</u>		
Piece of fresh fruit (average portion 80g)	Refer to Carbs & Cals book	
Fruit yoghurt (average portion 125g)	15g	12g

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Monday Lunch Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Main Course</u>		
Pork Casserole (average portion 171g)	12g	7g
Braised beef in red wine sauce (average portion 143g)	10g	6g
Cauliflower cheese (average portion 229g)	16g	7g
Ham salad	0g	0g
<u>Side Order</u>		
Green beans	0g	0g
Swede	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
<u>Dessert</u>		
Lemon sponge pudding (average portion 85.5g)	47g	55g
Custard (average portion 40g)	7g	17g
Tinned fruit (average portion 129g)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Monday Evening Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Green Pea soup (average portion is 132g)	0g	0g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Fish Pie (average portion 176g fish layer, 120g potato topping)	50g + 18g topping (68g total)	28.2g fish layer 15g potato topping
Bean & vegetable pasta bake (average portion 206g)	24.5g	12g
Cheese & pickle sandwich (white bread) (2 slices bread 66g)	15g per 1 slice of bread	45g
Cheese & pickle sandwich (wholemeal bread) (2 slices bread 72g)	15g per 1 slice of bread	42g
Peas (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Chips (average portion 150g)	54g	36g
<u>Dessert</u>		
Ground Rice pudding (average portion 140g)	27g	19.5g
Cheese & biscuits (2 biscuits 16g)	10g	63g
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 127g)	19g	15g

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Tuesday Lunch Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Chicken & Bean Stew (average portion 221g)	6g	2.7g
Steamed Cod in Mushroom Sauce (average portion 150g)	9g	6g
Home Made Cream Vegetable Pie (average portion is 119g)	43g	36g
Quiche Lorraine Salad (average portion is 128g)	23g	18g
<u>Side</u>		
Peas (average portion 80g)	0g	0g
Carrots (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
<u>Dessert</u>		
Cherry & Apple Crumble (average portion is 109g)	37g	34g
Custard (average portion is 40g)	7g	17g
Tinned Fruit (average portion is 129g)	9g	7g
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Tuesday Evening Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Tomato Soup (average portion 143g)	10g	7g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Cottage Pie (average portion 370g)	37g	10g
Macaroni Cheese (average portion 550g)	55g	18g
Salmon sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Salmon Sandwich(Wholemeal bread) (2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Mixed Vegetables	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Mini Pot Salad	0g	0g
<u>Dessert</u>		
Rice Pudding (average portion 60g)	27g	19.5g
Fresh Fruit	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 127g)	19g	15g

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Wednesday Lunch Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Stewed Steak & Dumpling (1 x dumpling)	20g	44.5g
Minted Mince Lamb (average portion 180g)	0g	0g
Vegetable Hot Pot (average portion 214g)	15g	7g
Egg & Cress Salad	0g	0g
<u>Side</u>		
Cabbage	0g	0g
Cauliflower	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
<u>Dessert</u>		
Bake Well Tart (average portion 80g)	35g	43.5g
Custard (average portion is 40g)	7g	17g
Tinned Fruit (average portion is 129g)	9g	7g
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Wednesday Evening Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Lentil Soup (average portion 389g)	17.3g	4.5g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Sausage Meat & Sage Pie (average portion 213g)	32g	15g
Jacket Potatoes (average portion 178g)	57g	32g
Pot Of Cheese	0g	0g
Pot Of Tuna	0g	0g
Egg mayonnaise Sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Egg mayonnaise Sandwich(Wholemeal bread) (2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Green Beans	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Baked Beans (average portion 175g)	7g (only count 50% i.e. 3g carbs)	4g
<u>Dessert</u>		
Ground Rice pudding (average portion 60g)	27g	19.5g
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 127g)	19g	15g

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Thursday Lunch Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Chicken Casserole (average portion 280g)	10g	3.6g
Beef Lasagne (average portion 392g)	51g	13g
Cheese & Potato Pie (average portion 246g)	37g	15g
Tuna Fish Salad	0g	0g
<u>Side</u>		
Mixed Vegetables	0g	0g
Baked Beans (average portion 175g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Mini Salad Pot	0g	0g
<u>Dessert</u>		
Chocolate Pudding (average portion 70g)	37g	53g
Chocolate Sauce (average portion 34g)	22g	65g
Tinned Fruit (average portion is 128.6g)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Thursday Evening Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Potato & Chive Soup (average portion 235g)	15.8g	6.7g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Savoury Mince Beef Hotpot (average portion 200g)	30g	15g
Pasta & Vegetable Bake (average portion 427g)	20g	5g
Ham Sandwich (white bread)	15g per 1 slice of bread	45g
Ham Sandwich(Wholemeal bread) (2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Carrots (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Mini Pot of Salad	0g	0g
<u>Dessert</u>		
Rice Pudding (average portion 60g)	27g	19.5g
Tinned Fruit (average portion is 128.6g)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 127g)	19g	15g

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Friday Lunch Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
Main		
Fried Fillet Of Fish In Batter (average portion 133g)	16g	12g
Oven Baked White Fish In Breadcrumbs (average portion 107g)	16g	15g
Cottage Pie (average portion 370g)	37g	10g
Cauliflower & Broccoli Pasta (average portion 227g)	33g	14.5g
Cheese Salad	0g	0g
Side		
Carrots (average portion 80g)	0g	0g
Peas (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Chips (average portion 150g)	54g	36g
Dessert		
Dutch Apple Pie (average portion 47g)	30g	64g
Custard (average portion 40g)	7g	17g
Tinned Fruit (average portion is 129g)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Friday Evening Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Mushroom Soup (average portion 193g)	5g	9.7g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Sausage Casserole (average portion 200g)	8g	4g
Cheese Omelette	0g	0g
Cheese Sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Cheese Sandwich(Wholemeal bread) (2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Mixed Vegetables	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Mini Pot of Salad	0g	0g
<u>Dessert</u>		
Ground Rice pudding (average portion 60g)	27g	19.5g
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 127g)	19g	15g

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Saturday Lunch Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Beef Casserole (average portion 150g)	9g	6g
Mince pork In Gravy (average portion 187g)	15g	8g
Veggie Mince Lasagne (average portion 200g)	34g	17g
Smoked mackerel Salad	0g	0g
<u>Side</u>		
Swede	0g	0g
Green Bean	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
<u>Dessert</u>		
Apple Crumble (average portion 132g)	45g	34g
Custard (average portion is 40g)	7g	17g
Tinned Fruit (average portion is 129)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Saturday Evening Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Cream of Chicken Soup (average portion 443g)	5.3g	1.2g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Two home Made Fish Cakes (each fish cake 57g)	15g (per fishcake)	26g
Tomato Sauce	0g	0g
Cauliflower Cheese (average portion 229g)	16g	7g
Corned Beef Sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Corned Beef Sandwich (Wholemeal bread) (2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Peas (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Baked Beans (average portion 175g)	7g (only count 50% i.e. 3g carbs)	4g
<u>Dessert</u>		
Rice pudding (average portion 60g)	27g	19.5g
Fruit Trifle (average portion 128g)	9g	7g
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 127g)	19g	15g

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Sunday Lunch Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Roast Turkey & Stuffing (average portion 75g)	21g	28g
Minced Beef In Gravy (average portion 171g)	12g	7g
Vegetable Cobbler (average portion 223g)	29g	13g
Cheese, Tomato & Onion Quiche Salad (average portion 337g)	34g	10g
<u>Side</u>		
Brussel Sprouts	0g	0g
Carrots (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Roast Potatoes (average portion 96g)	25g	26g
<u>Dessert</u>		
Bread & butter Pudding (average portion 40g)	32g	84g
Custard (average portion is 40g)	7g	17g
Tinned Fruit (average portion is 129)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Sunday Evening Menu (Week 1)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Cream Of Vegetable Soup (average portion 200g)	8g	4g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Sausage Roll (average portion 64g)	16g	25g
Cheese & Potato Pie (average portion 246g)	37g	15g
Tuna Sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Tuna Sandwich (Wholemeal bread) (2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Baked Beans (average portion 175g)	7g (only count 50% i.e. 3g carbs)	4g
Mashed potatoes (1 scoop = 120g)	18g	15g
Mini Pot Of Salad	0g	0g
<u>Dessert</u>		
Ground Rice pudding (average portion 60g)	27g	19.5g
Creamy Butterscotch Delight (average portion 113g)	17g	15g
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 127g)	19g	15g

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Monday Lunch Menu (Week 2)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Mince Beef Casserole (average portion 150g)	9g	6g
Somerset Pork (average portion 391g)	37g	9.7g
Bean & Mediterranean Vegetable bake (average portion 173g)	8.6g	4.9g
Egg & Cress Salad	0g	0g
<u>Side</u>		
Green beans	0g	0g
Cauliflower	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
<u>Dessert</u>		
Apple & Blackberry Crumble (average portion 146g)	49g	34g
Custard (average portion 40g)	7g	17g
Tinned Fruit (average portion is 129g)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Monday Evening Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Green Pea soup (average portion is 132g)	4g	3g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Baked White Fish & Parsley Sauce	4g (parsley sauce)	9g (parsley sauce)
Cheese & tomato pizza (half 9" pizza)	33g	47g
Cheese & pickle Sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Cheese & pickle Sandwich (Wholemeal bread) (2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Baked Beans (average portion 175g)	7g (only count 50% i.e. 3g carbs)	4g
Peas (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
<u>Dessert</u>		
Rice Pudding (average portion 60g)	27g	19.5g
Baked Egg Custard Tart (average portion 127g)	37g	29g
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 127g)	19g	15g

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Tuesday Lunch Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Beef Hot Pot (average portion 100g)	10g	10g
Mince Lamb	0g	0g
Cheese & Potatoe Pie (average portion 246g)	37g	15g
Broccoli Quiche Salad (average portion 151g)	35g	23.1g
<u>Side</u>		
Baked Beans (average portion 175g)	7g (only count 50% i.e. 3g carbs)	4g
Mixed Peas & Swede (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
<u>Dessert</u>		
Sultana Sponge (average portion 85g)	45g	53g
Custard (average portion 40g)	7g	17g
Tinned Fruit (average portion 129g)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Tuesday Evening Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Tomato Soup (average portion 142g)	10g	7g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Cottage Pie (average portion 300g)	37g	7.4g
Vegetable & lentil Lasagne (average portion 200g)	25.8g	12.8g
Salmon Sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Salmon Sandwich (Wholemeal bread) (2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Carrots (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Mini Pot Of Salad	0g	0g
<u>Dessert</u>		
Ground Rice pudding (average portion 60g)	27g	19.5g
Tinned Fruit (average portion 128g)	Use Carbs & Cals for guidance	
Jelly (average portion 70g)	16g	23g

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Wednesday Lunch Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Chicken Casserole (average portion 257g)	3.7g	9.5g
Minced Pork (average portion 187g)	15g	8g
Cauliflower Cheese (average portion 229g)	16g	7g
Cheese Salad	0g	0g
<u>Side</u>		
Swede	0g	0g
Cabbage	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
<u>Dessert</u>		
Bread & Butter Pudding (average portion 263g)	84g	32g
Custard (average portion 40g)	7g	17g
Tinned Fruit (average portion 129g)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Wednesday Evening Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Lentil Soup (average portion 389g)	17.3g	4.5g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Cheese & Tomato Quiche (average portion 155g)	23.7g	15.3g
Bean & Mediterranean Vegetable bake (average portion 173g)	8.6g	4.9g
Egg Sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Egg Sandwich (Wholemeal bread) (2 slices 72g)	14g per 1 slice of bread	42g
<u>Side</u>		
Peas (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Baked Beans (average portion 175g)	7g (only count 50% i.e. 3g carbs)	4g
<u>Dessert</u>		
Rice pudding (average portion 60g)	27g	19.5g
Cheese & biscuits (2 biscuits 16g)	10g	63g
Vanilla ice cream (x 1 pot = 80ml)	8	20
Jelly (average portion 127g)	19g	15g

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Thursday Lunch Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Beef & Vegetable Pie (average portion 294g)	46g	16g
Shepherd's Pie (average portion 300g)	30g	10g
Pasta & Vegetable Bake (average portion 200g)	30g	15g
Ham Salad	0g	0g
<u>Side</u>		
Brussels Sprouts	0g	0g
Mixed Vegetable	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
<u>Dessert</u>		
Chocolate Pudding (average portion 70g)	37g	53g
Chocolate Sauce (average portion 80g)	27.6g	34.5g
Tinned Fruit (average portion 129g)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Thursday Evening Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Potato & Chive Soup (average portion 155g)	17g	11g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Minced Beef Bolognese Bake (average portion 164g)	23g	14g
Jacket Potato (average portion 178g)	57g	32g
Pot of Cheese	0g	0g
Pot Of Tuna	0g	0g
Ham Sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Ham Sandwich (Wholemeal bread) (2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Baked Beans (average portion 175g)	7g (only count 50% i.e. 3g carbs)	4g
Mashed potatoes (1 scoop = 120g)	18g	15g
Mini Pot Of salad	0g	0g
<u>Dessert</u>		
Ground Rice pudding (average portion 60g)	27g	19.5g
Piece of Fresh Fruit	See Carbs & Cals book	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 127g)	19g	15g

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Friday Lunch Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Fried Fillet Of Fish In Batter (average portion 133g)	16g	12g
Oven Baked White Fish in breadcrumbs (average portion 107g)	16g	15g
Macaroni Cheese (average portion 200g)	35g	17.5g
Roast Vegetable Quiche Salad (average portion 208g)	36.2g	17.4g
<u>Side</u>		
Peas (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Chips (average portion 150g)	54g	36g
Mini Salad Pot	0g	0g
<u>Dessert</u>		
Rhubarb Charlotte (average portion 114g)	61.6g	54g
Custard (average portion 40g)	7g	17g
Tinned Fruit (average portion 129g)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Friday Evening Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Mushroom soup	0g	0g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Two Sausages In onion Gravy	4g per sausage	9g
Vegetable Pasta bake (average portion 180g)	26.4g	14.6g
Cheese Sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Cheese Sandwich (Wholemeal bread)(2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Mixed Vegetable	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Mini Pot Of Salad	0g	0g
<u>Dessert</u>		
Rice pudding (average portion 60g)	27g	19.5g
Fruit Trifle (average portion 129g)	9g	7g
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 127g)	19g	15g

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Saturday Lunch Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Beef casserole (average portion 150g)	9g	6g
Diced Chicken With Mild mustard & Tarragon Sauce (average portion 177g)	23g	13g
Veggie Mince Lasagne (average portion 218g)	34g	17g
Tuna Fish Salad	0g	0g
<u>Side</u>		
Swede	0g	0g
Green Beans	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
<u>Dessert</u>		
Apple Crumble (average portion 132g)	70g	53g
Custard (average portion 40g)	7g	17g
Tinned Fruit (average portion 129g)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Saturday Evening Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Cream of Chicken Soup (average portion 443g)	5.3g	1.2g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Two Home Made Fish Cakes (each fish cake is 57g)	15g	26g
Tomato Sauce	0g	0g
Cheese omelette	0g	0g
Corned beef Sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Corned beef Sandwich (Wholemeal bread) (2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Peas & Sweet Corn Mix (average portion 80g)	g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Baked Beans (average portion 175g)	7g (only count 50% i.e. 3g carbs)	4g
<u>Dessert</u>		
Ground Rice pudding (average portion 60g)	27g	19.5g
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 80g)	19g	15g

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Sunday Lunch Menu (Week2)

Food	Carbs per average portion	Carbs per 100g
<u>Main</u>		
Roast pork & apple sauce (average portion 10g)	5g	50g
Minced beef Casserole (average portion 150g)	9g	6g
Leek & Red Onion Quiche (average portion 120g)	36g	30g
Cottage Cheese Salad	0g	0g
<u>Side</u>		
Cabbage	0g	0g
Carrots (average portion 80g)	0g	0g
Mashed potatoes (1 scoop = 120g)	18g	15g
Roast Potatoes (average portion 97g)	25g	26g
<u>Dessert</u>		
Raspberry Jam Sponge (average portion 98g)	44g	45g
Custard (average portion 40g)	7g	17g
Tinned Fruit (average portion 129g)	Use Carbs & Cals for guidance	
Vanilla ice cream (x 1 pot = 80ml)	8g	20g

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Sunday Evening Menu (Week 2)

Food	Carbs per average portion	Carbs per 100g
<u>Starter</u>		
Cream Of Vegetable Soup (average portion 200g)	8g	4g
White bread (1 slice bread 33g)	15g	45g
Wholemeal bread (1 slice bread 36g)	15g	42g
Butter	0g	0g
Low fat spread	0g	0g
<u>Main</u>		
Cornish pasty (average portion 162g)	41g	16g
Macaroni Cheese (average portion 306g)	55g	18g
Tuna Sandwich (white bread) (2 slices 66g)	15g per 1 slice of bread	45g
Tuna Sandwich (Wholemeal bread) (2 slices 72g)	15g per 1 slice of bread	42g
<u>Side</u>		
Baked Beans (average portion 175g)	7g (only count 50% i.e. 3g carbs)	4g
Mashed potatoes (1 scoop = 120g)	18g	15g
Mini Pot Of Salad	0g	0g
<u>Dessert</u>		
Rice pudding (average portion 60g)	27g	19.5g
Creamy Butterscotch Delight (average portion 113g)	17g	15g
Vanilla ice cream (x 1 pot = 80ml)	8g	20g
Jelly (average portion 127g)	19g	15g

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Everyday snack choices

Food	Carbs per average portion	Carbs per 100g
Gingernut biscuit (x 1)	7g	73g
Digestive biscuit (x 1)	6g	62g
Fruit shortcake biscuit (x 1)	5g	65g
Rich shortie biscuit (x 1)	7g	65g
Custard cream biscuit (x 1)	8g	67g
Bourbon cream (x 1)	9g	66g
Yoghurt	Read nutrition label on pot	
Crackers (x 2)	10g	63g
Cheese	0g	0g
Fresh fruit	Use Carbs & Cals book to estimate	
Milk		3g (100ml)
Toast/bread (1 slice)	15g	45g
Vegetable sticks (carrots)	0g	0g

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