

Renfrewshire Council Nursery Menu August 2019

Carbohydrate Count

Dish name	Carbohydrate per 100g	Item portion size	Carbohydrate per portion
Soup			
Lentil soup	13.1	100	13.1
Tomato soup	3.3	100	3.3
Vegetable soup	3.9	100	3.9
Main meals			
Fish Goujons wrap	59.7	80	48
Mac & cheese	13.8	100	13.8
Chicken stir fry	4.1	90	3.7
Veggie Nuggets	22.5	60	13.5
Steak pie	9.2	130	12
Cheesy Omelette	2.8	100	2.8
Brown burger bun	34.4	29	10
Baked potato	31.1	120	37.3
Pasta bolognese	25.2	150	37.8
Cheese sandwich	8.9	82	7.3
Chicken goujons	24.2	60	14.5
Veggie curry	24.2	70	16.9
Tomato pasta with meatballs	21.1	140	29.5
Quorn chilli	8.1	100	8.1
Mince	8.3	150	12.5
Cheese panini	56.1	100	56.1
Salmon Fish fingers	13.7	90	12.3
Tomato & mozzarella pasta	14.9	130	19.4
Hot dog	29.1	119	34.6
Chicken curry	3.1	100	3.1
Tomato & basil pasta	14.9	150	22.4
Sausage	18.5	57	10.5
Egg mayo roll	51.1	90	46
Fish	19	56	10.6
Roast turkey	2.8	60	1.7
Quorn burger	25.5	155	39.5
Chicken tikka pitta pocket	55	135	74
Margherita pizza	30.3	60	18.2
Potato/pasta/Rice			
Diced potato	18	100	18
Potato wedges	18	100	18
Chips	29.8	100	29.8
Mashed potato	17	80	13.6
Roast potato	25.9	100	25.9
Sweet potato wedges	20.5	80	16.4
Rice	30.9	80	24.7

Garlic bread	45	30	13.5
Naan bread	49	25	12.3
Petite pain	50.4	48	24.2
Pitta bread	55	30	16.5
Crusty bread	50.4	48	24.2
Brown bread	38.1	25	9.5
Yorkshire pudding	23.4	30	7
Vegetables			
Peas	9.7	40	3.8
Corn on the cob	26.6	40	10.3
Carrot	4.9	40	2
Turnip	2.3	40	1
Baby corn	26.6	40	10.3
Green beans	4.7	40	3.8
Broccoli	1.1	40	0.5
Beans	12.9	40	12.9
Coleslaw	5.4	30	1.6
Sweetcorn	26.6	40	10.3
Deserts/Drinks			
Strawberry yoghurt	15.8	100	15.8
Frozen yoghurt	17.7	90	15.9
Frozen smoothies	18.8	80	15
Ice cream & fruit	16.5	135	22.2
Greek yoghurt	4.8	125	6
Milk	4.7	125	5.8
Fruit			
Apple	11.8	65	7.7
Banana	23.8	70	16.6
Orange	8.5	50	4.25
Melon	6	60	3.6
Fruit cocktail in juice	14.8	50	7.4
Strawberries	6	50	0.5
Pineapple	12.2	50	6.1
Pear	10	50	5
Plum	9	50	4.5
Gluten free products			
Gluten free tortillas	40.6	42	17.1
Gluten free pizza base	26.7	46	12.3
Gluten free pasta	74.9	80	60
Gluten free roll	49.5	42	21
Gluten free fish	17	85	14.5
Gluten free salmon fish fingers	22	90	19.8
Gluten free burger bun	49.5	42	21
Gluten free bread	47	25	11.8
Gluten free sub roll	49.5	100	49.5
Gluten free chicken strips	24.2	60	14.5
Dairy free products			
Alpro dairy free fruit yoghurt	21	100	21

Alpro soya milk	3	120	3.6
Violife cheese slices	20	30	6
Violife grated cheese	21	30	6.3