

Newcastle High School Menu

Carbohydrate contents for Menu Choices September 2022- July 2023

Week 1	Food Item		Grams of carbs in one portion
Monday	Swedish Style Meatballs		10g
	Katsu Quorn Fillet		25g
	Creamy Mash		21g
	Fluffy Rice		51g
	Broccoli		0g
	Cauliflower		1g
	Chocolate Sponge		21g
	Chocolate Sauce		25g
Tuesday	Italian Style Chicken		4g
	Plant Based Burger		31g
	Garlic Potatoes		21g
	Seasoned Wedges		30g
	Baked Beans		17g
	Turnip		3g
	Green Beans		4g
	Banoffee Cheesecake		40g
	Jacket Potato with Tuna (with skin)		49g
	Jacket Potato with Cheese (with skin)		48g
	Jacket Potato with Baked Beans (with skin)		61g
Wednesday	Chilli Beef		8g
	Vegetable Chow Mein		3g
	Potato Wedges		27g
	Egg Noodles		8g
	Savoy Cabbage		2g
	Carrot Batons		4g
	Iced Cinnamon Cake		44g
	Custard		21g
Thursday	Chicken & Vegetable Pie		23g
	Cheese Pasty		34g

	Roast Potatoes (Frozen)		36g
	Mixed Vegetables		5g
	Sweetcorn		7g
	Berry Crumble Slice		38g
	Oven Roast Potatoes		22g
Friday	Fish Fingers		15g
	Quorn & Vegetable Curry		3g
	Chips		31g
	Steamed Rice		43g
	Baked Beans		17g
	Garden Peas		8g
	Fresh Fruit Salad		9g

Week 2	Food Item	Grams of carbs in one portion
Monday	Crispy Dippers	10g
	Pasta Bake	32g
	Baked Potato	48g
	Garlic Dough Balls	27g
	Sweetcorn	7g
	Coleslaw	5g
	Vanilla & Chocolate Cookie	26g
	Jacket Potato with Cheese (with skin)	48g
	Jacket Potato with Tuna (with skin)	49g
	Jacket Potato with Baked Beans (with skin)	61g
Tuesday	Chicken Korma	13g
	Vegetarian Sausages	5g
	Mashed Potato	21g
	Steamed Rice	43g
	Sliced Green Beans	4g
	Naan Bread	16g
	Apple Strudel	29g
	Custard	21g
Wednesday	Beef Bolognese	41g
	Keema Quorn	17g
	Garlic Bread	11g
	Fluffy Rice	43g
	Roasted Vegetables	4g
	Sweetcorn	7g
	Lemon Shortbread Finger	30g
	Ice Cream	19g
Thursday	Roast Turkey	0g
	Roast Quorn Fillet	2g

	Yorkshire Pudding (Frozen)	8g
	Creamed Potato	21g
	Carrot Batons	4g
	Swede	3g
	Sticky Toffee Pudding	52g
	Custard	21g
Friday	Cod Fishcake	19g
	Turkish Quorn Flatbread	19g
	Pilav Rice	39g
	Mushy peas	11g
	Mixed Salad	2g
	Blackberry Muffin	63g

Week 3	Food Item	Grams of carbs in one portion
Monday	Spicy Chicken Parcel	41g
	Vegetable Pasta Bake	40g
	Vegetable Rice	36g
	Garlic Bread	11g
	Garden Peas	8g
	Sweetcorn	7g
	Chocolate Brownie	30g
	Jacket Potato with Tuna (with skin)	49g
	Jacket Potato with Cheese (with skin)	48g
	Jacket Potato with Baked Beans (with skin)	61g
	Custard	21g
Tuesday	Cumberland Sausage	30g
	Quorn Stir Fry	10g
	Egg Noodles	8g
	Potato Wedges	27g
	Baked Beans	17g
	Carrot Batons	4g
	Sticky Orange Traybake	45g
Wednesday	Creamy Chicken Tikka Curry	6g
	Mac n Cheese	31g
	Steamed Rice	43g
	Hash Browns	43g
	Coleslaw	5g
	Mixed Salad	2g
	Flapjack	53g
	Custard	21g
Thursday	Minced Beef & Potato Pie	57g
	Quorn Sausage Roll	24g
	Mashed Potato	21g
	Turnip	3g

	Savoy Cabbage	
	Carrot Cake Muffin	3g
	Gravy	22g
		4g
Friday	Battered Fish	
	Tomato, Pepper & Bean Ragu	13g
		45g
	Chips	
	Mushy Peas	31g
	Beetroot	11g
	Marble Sponge	8g
	Custard	20g
		21g

Additional items

Pasta King Sauces	Portion size	Carb content per portion
Tomato & Mascarpone	100g	8g
Pomodoro	100g	8g
Basilico	100g	8g
Arabiatta	100g	8g
Amigo Meatballs	100g	9g
Wholewheat Pasta Twists	100g	63g
Pasta Twists	100g	72g
Noodles	100g	69g
Basmati Rice	100g	79g

PrePacked Sandwiches (White Bread)	Carb content per portion
Plain Ham	38g
Plain Cheese	38g
Tuna Mayo	38g
Cheese Savoury	39g
Chicken Mayo	14g
Egg Mayo	38g

Please note:

This information is based on standard recipes and portions only. If the ingredients or number of portions is changed, this will affect the carbohydrate value. Contact Michela Battista for further information on 0191 2783361.

For help with carbohydrate counting education please contact Heather Gates Paediatric Dietician on 0191 2823957/2829950