



**THE HARMONY TRUST**

BELIEVE • ACHIEVE • SUCCEED

### **Carbohydrate values for use by children with diabetes who require a carbohydrate count**

All carbohydrate values are based on standard recipes provided by The Harmony Trust for academies preparing their own meals and assume standard serving sizes set by the Government for 4–10-year-olds. If a school is following national guidelines, an average school lunch will contain 40 - 70g carbohydrate.

**Divide (÷) the amount of carbohydrate per 100g by 100 then multiply (x) by the weight of food = carbohydrate in grams**

#### **Example:**

A serving of cooked pasta 70g. Cooked pasta has 35g carbohydrate per 100g.  
Using the equation above:

**The amount of carbohydrate in the serving =  $35 \div 100 \times 70\text{g} = 25\text{g}$  carbohydrate**

Carb values may be listed both as carbs per 100g weight of food or as carbs per portion size. Where carbs are listed per portion, these have been calculated based on the serving size according to the recipe provided.

However, if no serving size has been provided then the carbohydrate is listed as carbs per 100g so that the carbohydrate can be calculated according to a weighed portion size.

Where carb values per 100g weight of penne pasta or spaghetti are given, these are based on weight of cooked pasta before sauce or meatballs added.

The Harmony Trust uses portion control at the higher end of the recommended portion to ensure the children in our demographics are well fed

Example:

A serving of cooked pasta is recommended at 50-70g Portion, we calculate at 70g.

#### **Note:**

The following pages detail the carbohydrate count using the Trust recipe cards. We like to encourage our kitchen teams to use their own knowledge and skills or a tried and trusted recipe they used previously. In this case the carbohydrate content will need to be recalculated, using the above formula, considering changes to the original recipe.

Disclaimer:

*Serving sizes may vary between schools and may not be the weight indicated in the menu. If foods are cut into more portions than indicated in the recipe, the carbohydrate content will be less. If foods are cut into less portions than indicated in the recipe the carbohydrate content will be more.*

*Please use food weight provided on table for a more accurate carbohydrate value.*

*Information provided is taken from the Carb & Calorie Counter 6th Edition (2016).. Please note that this information is a guide only. You may want to consider purchasing the 'carbs & cals' book as a pictorial guide. If you notice blood sugars consistently drop or rise after a particular meal, please contact parents or staff. Please check the portion size with school as this may vary between Infant and Junior. If using shop-bought bread, please read label.*

The following items appear on the menu every day:

**Jacket potato/ Sandwich with various fillings:**

Jacket potato = 40g carbs

½ Jacket potato = 20g carbs

Cheese = 0g carbs

Ham = 0g carbs

Tuna = 0g carbs

Baked beans = 5g carbs (30g Ptn)

**Salad bar:**

Most items are carbohydrate free with exception of bread which is served as ½ slices

½ slice of bread = 6g carbs

**Fruit:**

1 small banana (approx. 63g weighed without skin or 97g weighed with skin) = 13g carbs

1 medium banana (approx. 85g weighed without skin or 130g weighed with skin) = 17g carbs

150g melon = 10g carbs

1 small apple = 15g carbs

1 orange = 7g carbs

1 satsuma = 5g carbs

1 small pear = 10g carbs

Fruit salad = approximate value of 10g carbs based on serving size but may vary slightly according to fruit used

**Yoghurt:**

Yoghurts = 13.3g carbs per pot – check total carbohydrates listed on side of pot as supplier product can change

**Most common used vegetables: Cooked**

Vegetable	Portion Size	Carbs
Broccoli	80g	2g
Sweetcorn	80g	12g
Garden Peas	80g	8g
Savoy cabbage	80g	2g
Carrots	80g	4g
Green Beans	80g	4g
Cauliflower	80g	2g



## Summer - Week 1

Menu Item	Calculated grams of carbs per portion - cooked	Carbs per 100g - cooked
Greek Meatballs in Sweet Pepper Sauce Steamed Rice	<b>6g</b> (75g Ptn) <b>1g</b> (40g Ptn) <b>25g</b> (70g Ptn)	100g = 8g 100g = 35g
Plant Chilli Steamed Rice	<b>12g</b> (65g Ptn) <b>25g</b> (70g Ptn)	100g = 18g 100g = 35g
Pepperoni Pizza Cheese & Tomato Pizza Diced Sauté Potatoes	<b>24g</b> (85g Ptn) <b>24g</b> (85g Ptn) <b>36g</b> (100g Ptn)	100g = 36g
Roast Chicken Yorkshire Puddings G/F Gravy Mashed Potato	<b>0g</b> <b>10g</b> (40g Ptn) <b>2g</b> (30g Ptn) <b>6g</b> 1x scoop)	100g = 25g 100 = 16g
Braised Plant Fillet	<b>3g</b> (70g Ptn)	100 = 4g
Vegetarian Shepherd's Pie & Gravy	<b>8g</b> (70g Ptn) <b>2g</b> (30g Ptn)	100g = 11g
Turkey Mince Bolognese Spaghetti	<b>10g</b> (65g Ptn) <b>24g</b> (70g Ptn)	100g = 27g
Breaded Fish Fillet Chips Ketchup	<b>17g</b> (90g Ptn) <b>36g</b> (100g Ptn) <b>3g</b> (10g Ptn)	100g = 19g 100g = 36g 100g = 30g
Vegetable Nuggets & Ketchup	<b>14g</b> (100g Ptn) <b>3g</b> (10g Ptn)	100g = 14g 100g = 30g
Carrot Cake tray bake	<b>23g</b> (50g Ptn)	100g = 46g
Mandarin Flapjack	<b>28g</b> (50g Ptn)	100g = 56g

\*Please check the portion size with school as this may vary between Infant and Junior. If using shop-bought bread, please read label.



## Summer - Week 2

Menu Item	Calculated grams of carbs per portion - cooked	Carbs per 100g - cooked
Crispy Fish Goujon Roll Diced Sauté Potatoes	<b>13g</b> (90g Ptn) <b>36g</b> (100g Ptn)	100g = 8g 100g = 36g
G/F Mac & Vegan Cheese Tray Bake	<b>22g</b> (70g Ptn)	100g = 32g
Beef Mince & Vegetable Pie	<b>18g</b> (90g Ptn)	100g = 20g
Plant Meatballs in G/F Gravy	<b>6g</b> (75g Ptn) <b>2g</b> (30g Ptn)	100g = 60g
Roast Chicken Yorkshire Puddings G/F Gravy New Potato	<b>0g</b> <b>10g</b> (40g Ptn) <b>2g</b> (30g Ptn) <b>11g</b> (3 x each)	100g = 25g 100 = 15g
Braised Plant Fillet	<b>3g</b> (70g Ptn)	100 = 4g
Grilled Sausage Mash	<b>4g</b> (36g Ptn) <b>6g</b> (1x scoop)	100g = 11.11g 100 = 16g
Vegetable Lasagne	<b>14g</b> (90g Ptn)	100 = 15.15g
Breaded Fish Fingers Chips Ketchup	<b>16g</b> (40g Ptn) <b>36g</b> (100g Ptn) <b>3g</b> (10g Ptn)	100g = 36g 100g = 30g
Vegetable Nuggets & Ketchup	<b>14g</b> (100g Ptn) <b>3g</b> (10g Ptn)	100g = 20g 100g = 30g
Banana Cake Tray Bake	<b>23g</b> (50g Ptn)	100g = 46g
Mini Jam Doughnuts	<b>35g</b> (50g Ptn)	100g = 70g

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## Summer - Week 3

Menu Item	Calculated grams of carbs per portion - Cooked	Carbs per 100g - Cooked
BBQ Meatball Sub	<b>32g</b> (75g Ptn) <b>27g</b> (1 Each)	100g = 42g 100g = 54g
Ham Carbonara Penne Pasta	<b>4g</b> (75g Ptn) <b>25g</b> (70g Ptn)	100g = 5g 100g = 35g
Veg & Bean Burrito	<b>21g</b> (70g Ptn)	100g = 30g
Veggie Hotdog Diced Sauté Potatoes	<b>36g</b> (100g Ptn)	100g = 36g
Roast Chicken Yorkshire Puddings G/F Gravy Roast Potato	<b>0g</b> <b>10g</b> (40g Ptn) <b>2g</b> (30g Ptn) <b>11g</b> (40g Ptn)	100g = 25g 100 = 26g
Braised Plant Fillet	<b>3g</b> (70g Portion)	100 = 4g
Beef Lasagne	<b>14g</b> (90g Ptn)	100 = 15.15g
Veggie Tandoori Chunks Steamed Basmati Rice	<b>13g</b> (90g Ptn) <b>12g</b> (70g Ptn)	100g = 14g 100g = 16g
Breaded Fish Cake Chips Ketchup	<b>17g</b> (90g Ptn) <b>36g</b> (100g Ptn) <b>3g</b> (10g Ptn)	100g = 19g 100g = 36g 100g = 30g
Vegetable Nuggets & Ketchup	<b>14g</b> (100g Ptn) <b>3g</b> (10g Ptn)	100g = 14g 100g = 30g
Choc & Coconut Crunch	<b>28g</b> (1 each)	
Rice Pudding & Jam	<b>23g</b> (80g Ptn + 10g jam - 1tbsp)	100g = 16g

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## Carbohydrate portions of fruit



1 apple  
20g  
1/2 apple  
10g



1 banana  
20g  
1/2 banana  
10g



3 dried apricots  
10g



5 cherries  
10g



10 grapes  
10g



7 mango  
chunks  
10g



3 honeydew  
melon chunks 5g



1 small orange  
4g



1 small peach  
10g



1 small pear  
10g



tinned pear  
(2 halves)  
10g



1 pineapple  
ring



1 small  
plum  
5g



1 heaped dessert  
spoon raisins  
10g



5 medium strawberries 5g



2 large handfuls  
raspberries  
5g



1 satsuma  
5g