

Upper Primary Carb Report 2026/27

This information is subject to change due to the current climate and affairs affecting our supply chain. Please be advised that there may be changes to our recipes and products at short notice.

Please be advised that this information is provided on a theoretical calculation.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1

20 April
18 May
15 June
13 July
10 August
7 September
5 October
2 November
30 November
28 December
25 January
22 February
22 March

Milkshake (9.60g)
Savoury Sausage Roll (32.40g) with Seasoned Diced Potatoes (24.77g) & Baked Beans (7.80g)
Tomato & Pesto Pasta* (34.91g) with Garlic Bread (15.04g)
Fiesta Bean Pitta (44.16g) with Salad Selection (0.69g)
Sweetcorn (3.65g)
Fruit of the Day (***) with Banana Cake (18.98g)

Lentil Soup (10.71g)
Cheese Finger Roll** (23.03g) with Salad Selection (0.69g)
Crispy Chicken Goujons (15.17g) with Mashed Potatoes (19.34g) & Baked Beans (7.80g)
Traditional Mince (8.94g) with Yorkshire Pudding (11.31g) & Mashed Potatoes (19.34g)
Green Beans (1.40g)
Fruit of the Day (***)

Homestyle Beef Lasagne (32.95g) with Crusty Bread (10.35g)
Breaded Fish Nibbles (14.14g) with Mashed Potatoes (19.34g) & Baked Beans (7.80g)
Baked Bean Baked Potato (55.10g) with Salad Selection (0.69g)
Broccoli & Cauliflower (1.19g)
Fruit of the Day (***) with Sticky Toffee Pudding (20.83g) & Custard (11.30g)

Sliced Melon Medley (3.40g)
Harvest Bake (35.19g)
Sunshine Chicken Curry*^ (18.15g) with Rice (27.30g) & Chapati Bread (14.46g)
Pepperoni Pizza Slice (19.54g) with Seasoned Diced Potatoes (24.77g)
Peas & Carrots (3.77g)
Fruit of the Day (***)

Mild Quorn Curry (7.24g) with Rice (27.30g) & Chapati Bread (14.46g)
Breaded Haddock (20.48g)/Breaded Pollock (21.56g) with Chips (30.00g)
Crispy Chicken Burger (37.35g) with Crunchy Coleslaw (2.35g)
Peas (4.95g)
Fruit of the Day (***) with Chocolate Oatie (18.98g)

Week 2

27 April
25 May
22 June
20 July
17 August
14 September
12 October
9 November
7 December
4 January
1 February
1 March
29 March

Milkshake (9.60g)
Sweet Tomato & Pepper Soup (6.26g)
Lentil Pasta Bolognese (41.24g) with Garlic Bread (15.04g)
Ham & Cheese Sandwich Triangles (29.72g) with Sweet Chilli Pasta (12.13g)
Sweet & Sour Chicken Fillet (10.70g) with Rice (27.30g)
Broccoli (0.81g)
Fruit of the Day (***)

Chicken Sausages in Gravy (10.25g) with Yorkshire Pudding (11.31g) & Seasoned Diced Potatoes (24.77g)
Pasta Carbonara (30.45g) with Crusty Bread (10.35g)
Golden Quorn Dippers (7.64g) with Seasoned Diced Potatoes (24.77g) & Baked Beans (7.80g)
Peas & Carrots (3.77g)
Fruit of the Day (***) with Tiffin (24.15g)

Rainbow Veggie Sticks with Dip (***)
Traditional Steak Pie (17.82g) with Mashed Potatoes (19.34g)
Classic Macaroni Cheese (31.17g) with Garlic Bread (15.04g)
Chicken Mayo Wrap (37.56g) with Sweet Chilli Pasta (12.13g)
Mixed Vegetables (4.05g)
Fruit of the Day (***)

Cheese & Tomato Pizza Slice (19.77g) with Seasoned Diced Potatoes (24.77g)
Quorn Dog Roll** (27.20g) with Seasoned Diced Potatoes (24.77g) & Baked Beans (7.80g)
Mixed Pepper Frittata (7.41g) with Crunchy Coleslaw (2.35g) & Crusty Bread (10.35g)
Broccoli (0.81g)
Fruit of the Day (***) with Butterscotch Cookie (20.23g)

Sweet Potato & Coconut Curry (14.40g) with Rice (27.30g) & Chapati Bread (14.46g)
Golden Fish Fingers (23.40g) with Chips (30.00g) & Baked Beans (7.80g)
Tangy BBQ Chicken Pasta (34.22g) with Crusty Bread (10.35g)
Peas (4.95g)
Fruit of the Day (***) with Ice Cream (***)

Week 3

6 April
4 May
1 June
29 June
27 July
24 August
21 September
19 October
16 November
14 December
11 January
8 February
8 March

Milkshake (9.60g)
Creamy Chicken Pie (15.13g) with Seasoned Diced Potatoes (24.77g)
Mild Quorn Tikka Curry (7.47g) with Rice (27.30g) & Chapati Bread (14.46g)
Beef Burger (26.65g) with Seasoned Diced Potatoes (24.77g)
Broccoli (0.81g)
Fruit of the Day (***) with Chocolate Sponge (40.42g)

Lentil & Tomato Soup (12.29g)
Beef Pasta Bolognese (30.11g) with Garlic Bread (15.04g)
Crispy Chicken Goujons (15.17g) with Potato Wedges (23.12g)
Tangy BBQ Pizza Slice (21.35g) with Sweet Chilli Pasta (12.13g)
Mixed Vegetables (4.05g)
Fruit of the Day (***)

Savoury Sausage Roll (32.40g) with Chips (30.00g) & Baked Beans (7.80g)
Creamy Tomato Pasta (32.77g) with Crusty Bread (10.35g)
Coronation Chickpea Pitta (40.60g) with Pasta Salad (6.53g)
Carrots & Green Beans (1.96g)
Fruit of the Day (***) with Shortbread (23.06g)

Pitta Strips with Dip (***)
Meatball Marinara Sub** (32.95g) with Salad Selection (0.69g)
Cheese Sandwich Triangles (29.72g) with Crunchy Coleslaw (2.35g)
Breaded Fish Nibbles (14.14g) with Mashed Potatoes (19.34g) & Baked Beans (7.80g)
Sweetcorn (3.65g)
Fruit of the Day (***)

Tomato & Pepper Lasagne (16.60g) with Salad Selection (0.69g)
Breaded Haddock (20.48g)/Breaded Pollock (21.56g) with Chips (30.00g)
Beef Chilli Con Carne (9.34g) with Rice (27.30g)
Peas (4.95g)
Fruit of the Day (***) with Lemon Drizzle Cake (21.01g)

Week 4

13 April
11 May
8 June
6 July
3 August
31 August
28 September
26 October
23 November
21 December
18 January
15 February
15 March

Milkshake (9.60g)
Carrot & Coriander Soup (6.43g)
Classic Macaroni Cheese (31.17g) with Tomato Bread (10.94g)
Country Veg Casserole (7.42g) with Yorkshire Pudding (11.31g) & Seasoned Diced Potatoes (24.77g)
Golden Quorn Dippers (7.64g) with Seasoned Diced Potatoes (24.77g) & Baked Beans (7.80g)
Peas (4.95g)
Fruit of the Day (***)

Crispy Chicken Burger (37.35g) with Potato Wedges (23.12g)
Zingy Tomato Pasta (30.57g) with Crusty Bread (10.35g)
Tex Mex Beef Taco (16.05g) with Potato Wedges (23.12g)
Mixed Vegetables (4.05g)
Fruit of the Day (***) with Chocolate Cookie (17.92g)

Cheesy Garlic Bread (15.44g)
Quorn Dog Roll** (27.20g) with Sweet Chilli Pasta (12.13g)
Ham & Cheese Pizza Slice (19.47g) with Sweet Chilli Pasta (12.13g)
Mild Chicken Korma (9.50g) with Rice (27.30g) & Chapati Bread (14.46g)
Broccoli & Cauliflower (1.19g)
Fruit of the Day (***)

Pork Sausages (8.64g) with Mashed Potatoes (19.34g) & Baked Beans (7.80g)
Cajun Vegetable Burger (42.33g) with Pasta Salad (6.53g)
Italian Style Chicken Fillet (8.15g) with Pasta (25.06g) & Crusty Bread (10.35g)
Sweetcorn (3.65g)
Fruit of the Day (***) with Strawberry Sponge (19.87g)

Mild Lentil Curry (13.31g) with Rice (27.30g) & Chapati Bread (14.46g)
Breaded Haddock (20.48g)/Breaded Pollock (21.56g) with Chips (30.00g) & Baked Beans (7.80g)
Sliced Chicken Roll (23.99g) with Rice Salad (7.18g)
Peas (4.95g)
Fruit of the Day (***) with Jelly (***)

Balanced food fuelling your school days!



(***) Ice Cream:
Vanilla (6.80g)
Chocolate (9.60g)
Strawberry (10.00g)

Jelly:
Lime (13.20g)
Raspberry (12.96g)
Strawberry (12.82g)
Orange (12.88g)

Fruit of the Day (per 40g serving):
Apple (7.90g)
Banana (8.12g)
Pear (4.36g)
Orange (3.28g)
Pear Halves in Juice (3.40g)
Mandarins in Grape Juice (3.08g)
Peaches in Juice (3.88g)

Yoghurt (per serving):
Muller Healthy Balance Peach/Strawberry (12.1g)
Muller Light Strawberry (7g)
Muller Light Mango & Passionfruit (7.2g)
Ubley Natural (11.7g)
Golden Acre (7.6g)

Rainbow Sticks & Sweet Chilli (5.35g)
Rainbow Sticks & Mayo (2.07g)
Rainbow Sticks & Sweet Chilli Mayo (3.71g)

Pitta Strips & Sweet Chilli (34.56g)
Pitta Strips & Mayo (31.28g)
Pitta Strips & Sweet Chilli Mayo (32.92g)

(V) Vegetarian
(Ve) Vegan
(Ve*) May contain egg/milk
*May contain nuts
**May contain sesame
^ May contain peanuts

Scan the QR code to view nutrition and allergen information

