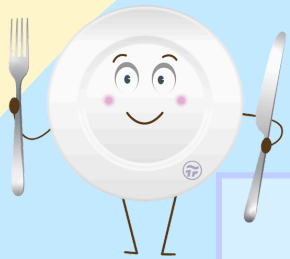

Upper Primary Carb Report 2026/27

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.

Tayside contracts

Dundee CHANGING FOR THE FUTURE

Perth & Kinross Council

Angus Council

Week		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 (32.92g) 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*^ (16.00g) 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 (30.38g) 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 (29.86g) 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 (30.38g) 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 (40.76g) 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 (***)

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

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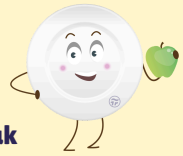

(***)

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

Jelly:
Lime (8.25g)
Raspberry (8.10g)
Strawberry (8.01g)
Orange (8.05g)

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)