



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.



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

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Summer - Week 2

Menu Item	Calculated grams of carbs per portion - cooked	Carbs per 100g - cooked
Crispy Fish Goujon Roll Diced Sauté Potatoes	13g (90g Ptn) 36g (100g Ptn)	100g = 8g 100g = 36g
G/F Mac & Vegan Cheese Tray Bake	22g (70g Ptn)	100g = 32g
Beef Mince & Vegetable Pie	18g (90g Ptn)	100g = 20g
Plant Meatballs in G/F Gravy	6g (75g Ptn) 2g (30g Ptn)	100g = 60g
Roast Chicken Yorkshire Puddings G/F Gravy New Potato	0g 10g (40g Ptn) 2g (30g Ptn) 11g (3 x each)	100g = 25g 100 = 15g
Braised Plant Fillet	3g (70g Ptn)	100 = 4g
Grilled Sausage Mash	4g (36g Ptn) 6g (1x scoop)	100g = 11.11g 100 = 16g
Vegetable Lasagne	14g (90g Ptn)	100 = 15.15g
Breaded Fish Fingers Chips Ketchup	16g (40g Ptn) 36g (100g Ptn) 3g (10g Ptn)	100g = 36g 100g = 30g
Vegetable Nuggets & Ketchup	14g (100g Ptn) 3g (10g Ptn)	100g = 20g 100g = 30g
Banana Cake Tray Bake	23g (50g Ptn)	100g = 46g
Mini Jam Doughnuts	35g (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	32g (75g Ptn) 27g (1 Each)	100g = 42g 100g = 54g
Ham Carbonara Penne Pasta	4g (75g Ptn) 25g (70g Ptn)	100g = 5g 100g = 35g
Veg & Bean Burrito	21g (70g Ptn)	100g = 30g
Veggie Hotdog Diced Sauté Potatoes	36g (100g Ptn)	100g = 36g
Roast Chicken Yorkshire Puddings G/F Gravy Roast Potato	0g 10g (40g Ptn) 2g (30g Ptn) 11g (40g Ptn)	100g = 25g 100 = 26g
Braised Plant Fillet	3g (70g Portion)	100 = 4g
Beef Lasagne	14g (90g Ptn)	100 = 15.15g
Veggie Tandoori Chunks Steamed Basmati Rice	13g (90g Ptn) 12g (70g Ptn)	100g = 14g 100g = 16g
Breaded Fish Cake Chips Ketchup	17g (90g Ptn) 36g (100g Ptn) 3g (10g Ptn)	100g = 19g 100g = 36g 100g = 30g
Vegetable Nuggets & Ketchup	14g (100g Ptn) 3g (10g Ptn)	100g = 14g 100g = 30g
Choc & Coconut Crunch	28g (1 each)	
Rice Pudding & Jam	23g (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