

Term 1 Menu Carbohydrate Count **Standard Meals**

Description	Carbohydrates per portion (g)
Beef Bolognaise Sauce with Pasta	39
Beef Meatballs, Vegeful Sauce & Pasta	43
Butter Chicken & Veg on Rice	32
Chicken Burrito Rice Bowl	34
Chicken Pesto Pasta	34
Country Chicken Meatballs and Potatoes	27
Creamy Chicken Meatballs and Potatoes	27
Italian Minced Beef with Rustic Potatoes	28
Italian Tomato Pasta	36
Jungle Chicken Curry with Rice	33
Savoury Minced Beef & Potatoes	29
Teriyaki Chicken Rice Bowl with Vegetables	41
Tex Mex Beef with Rice	34

Term 1 Menu Carbohydrate Count **Dietary Meals**

Description	Carbohydrates per portion (g)
Baked Tofu & Rice	38
Butter Bean and Rice	36
Chicken Potato Gravy	20
Cottage Pie	26
Indian Veg Curry & Rice	46
Katsu Vegan Curry & Rice	50
Lentil & Tofu Curry & Rice	38
Lentil Curry & Rice	32
Malay Veg & Rice	47
Mex Bean Casserole & Rice	45
Mexican Beans & Rice	43
Morney Veg & Mash	42
Mumbai Chickpea & Rice Pilaf	44
Thai Veg Curry & Rice	54
Tomato Balti & Rice	50

Term 1 Menu Carbohydrate Count **Snacks**

Description	Carbohydrates per portion (g)
Anzac Cookie	25
Apple	11
Carrot Cake Slice	16
Cassava Chips	5
Chickpea and Pea (Salt & Vinegar)	11
Chickpea Crackers	12
Corn Chips Lightly Salted	12
Crispy Corn and Chickpea (Salt & Vinegar)	13
Lentil Puffs (Salt & Vinegar)	10
Mandarin	5
No Nut Bhujia Mix	10
Pea Crisps Original Salted	8
Pea Crisps Salt & Vinegar	8
Plain Dinner Roll	19
Plum	7
Sea Salt Popcorn	10
Sweet & Salty Popcorn	11
Vanilla Slurper Yoghurt	5