

Term 3 Menu Carbohydrate Count **Standard Meals**

Description	Carbohydrates per portion (g)
Beef Bolognaise Sauce with Pasta (RED20459)	42
Rustic Cottage Pie (RED30187)	19
Beef Meatballs, Vegeful Sauce On Pasta (RED20554)	43
Rich Gravy on Beef Rissoles & Potatoes (RED28036)	36
Butter Chicken & Veg on Rice (RED18251)	33
Chicken Burrito Rice Bowl (RED25659)	33
Golden Chicken on Rice/Tomato Chicken Tikka Masala RED28651	30
Cottage Pie Made with a Beef & Soy Protein Blend/Rustic Cottage Pie (Soy) (RED28649)	19
Country-Style Chicken Meatballs & Potatoes (RED25655)	27
Creamy Chicken Meatballs and Potatoes (RED25657)	27
Italian Minced Beef with Rustic Potatoes (RED20553)	31
Cheesy Beef Pasta Bake/Kiwi Style Lasagna Bake (RED28654)	39
Nacho Beef and Beans (RED30179)	42
Super Cheesy Pasta (RED26734)	44
Savoury Minced Beef & Potatoes (RED20461)	29
Teriyaki Chicken Rice & Veg Bowl (RED26730)	40
Wholemeal Pizza Loaf (RED30096)	59

Term 3 Menu Carbohydrate Count **Dietary Meals**

Description	Carbohydrates per portion (g)
Baked Tofu & Rice (RED26332)	38
Butter Bean & Rice (RED26330)	36
Asian Fried Rice Chicken (RED29484)	52
Chicken, Potato and Gravy (RED26334)	20
Cottage Pie (RED26333)	26
Creamy Veggie Stroganoff with Mash (RED29548)	76
Katsu Vegan Curry & Rice (RED20568)	49
Lentil & Tofu Curry and Rice (RED15096)	39
Lentil Curry & Rice (RED19901)	43
Malaccan Veg Curry & Rice (RED29485)	78
Malay Veg & Rice (RED26390)	49
Mex Bean Casserole & Rice (RED26392)	46
Mornay Veg & Mash (RED26393)	42
Savoury Bean Cottage Pie (RED29724)	27
Thai Vege Curry & Rice (RED16874)	55
Vegan Tomato Balti & Rice (RED20569)	49

Term 3 Menu Carbohydrate Count **Snacks**

Description	Carbohydrates per portion (g)
Apple**	11
Cheese Stick	0.2
Chickpea and Pea (Salt & Vinegar)	11
Chickpea Crackers	12
Chickpea Crackers (Sour Cream Chives)	9
Corn Chips	14
Crispy Corn and Chickpea (Salt & Vinegar)	13
Lentil Puffs (Salt & Vinegar)	10
Mandarin**	5
Pea & Lentil Puffs BBQ	9
Pea & Lentil Puffs Salt & Vinegar	9
Plum**	7
Sea Salt Popcorn	10
Shortbread Cookie	23
Sunshine Cake	19
Sweet & Salty Popcorn	11
Vanilla Slurper Yoghurt	5

**Carbohydrate content in fruit may vary depending on the variety and ripeness