



Nutritional Analysis of Menus
Autumn / Winter 2022

Horizon Multi Academy Trust



Proposal prepared for
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Horizon Menu Autumn / Winter 2022

	Week one			Week two			Week three	
Monday	Bangers & Creamy Mash in a Rich Gravy with Seasonal Vegetables	Veggie Banger & Creamy Mash in a Gravy with Seasonal Vegetables		Sweet Potato Cottage Pie with Winter Roasted Vegetables	Quorn Dippers with Sauté Potatoes, Sweetcorn or Beans		Gourmet Burger with Herby Potatoes, Beans or Sweetcorn & Ketchup	Veggie Meatballs in Tomato Sauce with Pasta & Vegetables
	Melon & Pineapple Medley			Warm Waffles with Ice Cream			Toffee Apple Pancakes	
Tuesday	Cheesy Wheels with Pasta, Beans or Sweetcorn & Ketchup	Mediterranean Pasta Pot with Crusty Bread & Sweetcorn		Cheese & Tomato French Bread Pizza with Pasta, Sweetcorn & Beans	Vegan Jackfruit in BBQ Sauce with Rice & Baby Corns		Macaroni Cheese with Vegetables & Chunky Bread	Spinach & Chickpea Curry with Rice, Green Beans & Naan
	Courgette Lemon Drizzle Cake			Vegan Strawberry Jelly			Fresh Fruit Medley	
Wednesday	Roast Gammon & Pineapple, Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding & Gravy	Cauliflower Cheese with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding & Gravy		Roast Beef, Crispy Potatoes, Carrots, Broccoli, Yorkshire Pudding & Gravy	Caribbean Stew with Dumplings, Crispy Potatoes, Carrots, Peas, & Gravy		Roast Chicken Thigh, Stuffing, Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding & Gravy	Homity Pie, Roast Potatoes, Carrots, Broccoli & Gravy
	Raspberry Swirl Mini Muffin			Chocolate Orange Mini Muffin			Carrot Cake Mini Muffins with Icing	
Thursday	Beef Meatballs & Pasta with a Tomato Sauce & Vegetables	Veggie Bolognese with Spaghetti & Crusty Bread		British All-Day Brunch	All Day Vegetarian Brunch		Italian Lasagne with Baby Carrots, Green Beans & Crusty Bread	Mexican Chilli Boats with Savoury Rice & Mixed Vegetables
	Vegan Mandarin Jelly			Fresh Fruit Medley			Snowy Chocolate Crackle Cake	
Friday	Birdseye Fish Fingers, Chips or Pasta, Sweetcorn or Beans, Ketchup	Roasted Pepper, Tomato & Basil Tartlet with Chips or Pasta, Sweetcorn or Beans, Ketchup		Batter crisp Fish & Chips or Pasta with Beans or Sweetcorn & Ketchup	Veggie Beanie Burger in a Soft Roll with Chips or Pasta, Sweetcorn or Beans & Ketchup		Fish Goujons with Chips or Pasta, Peas or Beans, Ketchup	Cheese & Bean Pastie with Chips or Pasta, Beans or Peas
	Chocolate Fingers (1 finger)			Custard Cookie			Shortbread Rounds	

Average Carbohydrate Values Horizon October Menu

CHO = Carbohydrate

WEEK 1				
Monday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Bangers & Creamy Mash in a Rich Gravy with Seasonal Vegetables	Sausage	47.2g	4.15	8.8
	Veggie Banger	50g	4.05	8.1
	Creamy Mash	120g	19.2	16
	Gravy	30ml	2.43	8.1
	Seasonal Vegetables – see table 4			
Melon & Pineapple Medley – see table 1				
Tuesday				
Cheesy Wheels with Pasta, Beans or Sweetcorn & Ketchup	Cheesy Wheels	110g	20.73	18.84
	Pasta (white penne, shells or bows)	120g (cooked)	44.64	37.2
	Beans	70g	10.71	15.3
	Sweetcorn	60g	10.68	17.8
	ketchup	10g	3.38	33.8
Mediterranean Pasta Pot with Crusty Bread & Sweetcorn	Mediterranean Pasta Pot	140g	19.56	13.97
	Crusty Bread	40g	20	50
	Sweetcorn	60g	10.68	17.8
Courgette Lemon Drizzle Cake		80g	27.57	34.46
Wednesday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Roast Gammon & Pineapple, Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding & Gravy	Roast Gammon	60g	0	0
	Pineapple	40g	4.88	12.2
	Roast Potatoes	100g	26.4	26.4
	Carrots	60g	3.54	5.9
	Broccoli	60g	1.86	3.1
	Yorkshire Pudding	15g	5.85	39
	Gravy	30ml	2.43	8.1
Cauliflower Cheese with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding & Gravy	Cauliflower Cheese	220g	13.3	6
	Roast Potatoes	100g	26.4	26.4
	Carrots	60g	3.54	5.9
	Broccoli	60g	1.86	3.1
	Yorkshire Pudding	15g	5.85	39
	Gravy	30ml	2.43	8.1
Raspberry Swirl Mini Muffin		80g	27.45	34.3

Thursday				
Beef Meatballs & Pasta with a Tomato Sauce & Vegetables	Beef Meatballs in Tomato Sauce	KS1 = 160g	11.41	7.13
		KS2 = 180g	13.39	7.44
	Pasta (white penne, shells or bows)	120g (cooked)	44.64	37.2
	Vegetables – see table 4			
Veggie Bolognese with Spaghetti & Crusty Bread	Veggie Bolognese	100g	7.22	7.22
	Wholemeal Spaghetti	120g (cooked)	33	27.5
	White Spaghetti		37.8	31.5
	Crusty Bread	40g	20	50
Vegan Mandarin Jelly		160g	19.87	12.42
Friday				
Birdseye Fish Fingers, Chips or Pasta, Sweetcorn or Beans, Ketchup	Fish Finger (2 fish fingers)	56g	11.2	20
	Chips (code 73136)	100g	25.1	25.1
	Pasta (white penne, shells or bows)	120g (cooked)	44.64	37.2
	Sweetcorn	60g	10.68	17.8
	Beans	70g	10.71	15.3
	ketchup	10g	3.38	33.8
Roasted Pepper, Tomato & Basil Tartlet with Chips or Pasta, Sweetcorn or Beans, Ketchup	Roasted Pepper, Tomato, Basil Tartlet	130g	13.96	10.74
	Chips	100g	25.1	25.1
	Pasta (white penne, shells or bows)	120g (cooked)	44.64	37.2
	Sweetcorn	60g	10.68	17.8
	Beans	70g	10.71	15.3
	ketchup	10g	3.38	33.8
Chocolate Fingers (1 finger)		20g	14.97	74.85

Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Fruit Yoghurt		100g	19.6	19.6
Fresh Fruit – see table 1				

WEEK 2				
Monday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Sweet Potato Cottage Pie with Winter Roasted Vegetables	Sweet Potato Cottage Pie	160g	11.52	7.2
	Winter Roasted Vegetables	60g	7.68	12.8
Quorn Dippers with Sauté Potatoes, Sweetcorn or Beans	Quorn Dippers	KS1 = 57g	6.84	12
		KS2 = 76g	9.12	
	Sauté Potatoes	100g	26.4	26.4
	Sweetcorn	60g	10.68	17.8
Warm Waffles with Ice Cream	Beans	70g	10.71	15.3
	Waffle	90g	46.26	51.4
Ice Cream – see table 3				
Tuesday				
Cheese & Tomato French Bread Pizza with Pasta, Sweetcorn & Beans	Cheese & Tomato Pizza	75g	19.2	25.6
	Pasta (white penne, shells or bows)	120g (cooked)	44.64	37.2
	Sweetcorn	60g	10.68	17.8
	Beans	70g	10.71	15.3
Vegan Jackfruit in BBQ Sauce with Rice & Baby Corns	Vegan Jackfruit in BBQ Sauce	70g	19.53	27.9
	Rice	120g (cooked)	37.32	31.1
	Baby Corns	60g	1.56	2.6
Vegan Strawberry Jelly		160g	19.87	12.42
Wednesday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Roast Beef, Crispy Potatoes, Carrots, Broccoli, Yorkshire Pudding & Gravy	Beef	85g	0	0
	Carrots	60g	3.54	5.9
	Broccoli	60g	1.86	3.1
	Roast Potatoes	100g	26.4	26.4
	Yorkshire Pudding	15g	5.85	39
	Gravy	30ml	2.43	8.1
Caribbean Stew with Dumplings, Crispy Potatoes, Carrots, Peas, & Gravy	Caribbean Stew	100g	14	14
	Dumpling	50g	21.78	43.56
	Roast Potatoes	100g	26.4	26.4
	Carrots	60g	3.54	5.9
	Broccoli	60g	1.86	3.1
Chocolate Orange Mini Muffin	Gravy	30ml	2.43	8.1
		80g	40.5	50.63

Thursday				
British All-Day Brunch	Sausage (Lincolnshire, cooked)	47.2g	4.15	8.8
	Bacon	25g	0	0
	Scrambled Egg (milk added)	70g	0.94	1.34
	Potato Smiles	100g	20	20
	Beans	70g	10.71	15.3
All Day Vegetarian Brunch	Quorn Sausage	50g	4.05	8.1
	Scrambled Egg (milk added)	70g	0.94	1.34
	Roasted Tomato	40g	2.82	7.05
	Potato Smiles	100g	20	20
	Beans	70g	10.71	15.3
Fresh Fruit Medley – see table 1				
Friday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Batter crisp Fish & Chips or Pasta with Beans or Sweetcorn & Ketchup	Batter crisp Fish (code 38736)	50g	7.8	15.6
	Chips (code 73136)	100g	25.1	25.1
	Pasta (white penne, shells or bows)	120g (cooked)	44.64	37.2
	Sweetcorn	60g	10.68	17.8
	Beans	70g	10.71	15.3
	ketchup	10g	3.38	33.8
Veggie Beanie Burger in a Soft Roll with Chips or Pasta, Sweetcorn or Beans & Ketchup	Veggie Burger (no roll)	45g	10.76	23.9
	Veggie Burger in a Roll	115g	39.46	34.3
	Chips (code 73136)	100g	25.1	25.1
	Pasta (white penne, shells or bows)	120g (cooked)	44.64	37.2
	Sweetcorn	60g	10.68	17.8
	Beans	70g	10.71	15.3
	ketchup	10g	3.38	33.8
Custard Cookie		40g	23.12	57.8

WEEK 3				
Monday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Gourmet Burger with Herby Potatoes, Beans or Sweetcorn & Ketchup	Beef Burger	57g	1.6	2.8
	Beef Burger in a Bun	117g	31.84	27.2
	Herby Potatoes	100g	22.78	22.78
	Sweetcorn	60g	10.68	17.8
	Beans	70g	10.71	15.3
	ketchup	10g	3.38	33.8
Veggie Meatballs in Tomato Sauce with Pasta & Vegetables	Veggie Meatballs in Tomato Sauce	KS1 = 3 veggie balls + 50g sauce	9.15	9.15
		KS2 = 4 veggie balls + 65g sauce	11.69	10.44
	Pasta (white penne, shells or bows)	120g (cooked)	44.64	37.2
	Vegetables – see table 4			
Toffee Apple Pancakes		100g	39.34	39.34
Tuesday				
Macaroni Cheese with Vegetables & Chunky Bread	Macaroni Cheese	260g	48.1	18.5
	Vegetables – see table 4			
	Chunky Bread	30g	15	50
Spinach & Chickpea Curry with Rice, Green Beans & Naan	Spinach & Chickpea Curry	245g	24.85	10.14
	Rice	120g (cooked)	37.32	31.1
	Green Beans	60g	1.86	3.1
	Naan Bread (mini)	35g	18.97	54.2
Fresh Fruit Medley - see table 1				

WEEK 3				
Wednesday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Roast Chicken Thigh, Stuffing, Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding & Gravy	Roast Chicken Thigh	60g	0	0
	Stuffing	15g	9.46	63.1
	Roast Potatoes	100g	26.4	26.4
	Carrots	60g	3.54	5.9
	Broccoli	60g	1.86	3.1
	Yorkshire Pudding	15g	5.85	39
	Gravy	30ml	2.43	8.1
Homity Pie, Roast Potatoes, Carrots, Broccoli & Gravy	Homity Pie	145g	24.44	16.86
	Roast Potatoes	100g	26.4	26.4
	Carrots	60g	3.54	5.9
	Broccoli	60g	1.86	3.1
	Gravy	30ml	2.43	8.1
Carrot Cake Mini Muffins with Icing		100g	43.24	43.24
Carrot Cake Mini Muffins no icing		70g	23	32.86
Thursday				
Italian Lasagne with Baby Carrots, Green Beans & Crusty Bread	Italian Lasagne	280g	43.5	15.54
	Baby Carrots	60g	3.54	5.9
	Green Beans	60g	1.86	3.1
	Crusty Bread	30g	15	50
Mexican Chilli Boats with Savoury Rice & Mixed Vegetables	Mexican Chilli Boats	240g	22.92	9.55
	Savoury Rice	140g (cooked)	37.66	26.9
	Mixed Vegetables	60g	4.86	8.1
Snowy Chocolate Crackle Cake (crispy cake with icing sugar)		60g	43	71.67
Friday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Fish Goujons with Chips or Pasta, Peas or Beans, Ketchup	Fish Goujons	KS1 = 56g	12.88	23
		KS2 = 84g	19.32	
	Chips (code 85729)	100g	18.2	18.2
	Pasta (white penne, shells or bows)	120g (cooked)	44.64	37.2
	Peas	60g	6.24	10.4
	Beans	70g	10.71	15.3
	ketchup	10g	3.38	33.8
Vegan Sausage Roll		165g	40.92	24.8
Cheese & Bean Pastie with Chips or Pasta, Beans or Peas	Cheese & Bean Pastie	115g	20.79	18.07
	Chips (code 85729)	100g	18.2	18.2
	Peas	60g	6.24	10.4
	Beans	70g	10.71	15.3
Shortbread Rounds		35g	19.37	55.34

Daily Jacket Potatoes:

Check weight of cooked jacket potato and adjust average CHO, accordingly, add the carbohydrate of chosen filling.

Jacket / Filling	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Jacket Potato (cooked, plain)	170g	38.42	22.6
Filling			
Cheese	30g	0	0
Beans	70g	10.71	15.3
Cheese & Beans	70g	7.65	15.3
Tuna Mayo	80g	0.79	0.99
Salmon Mayo	80g	0.79	0.99

Light Options

Please note calculations based on a full panini being served (panini bread = 135g)

Day	Meal	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Monday	Ham Panini	195g	66.45	n/a
Tuesday	Cheese Panini	165g	66.15	n/a
Wednesday	Ham & Cheese Panini	195g	66.3	n/a
Thursday	Cheese Panini	165g	66.15	n/a
Friday	Tuna Melt	205g	66.65	n/a
Daily Accompaniments:				
	Mixed Salad – see table 2			
	Coleslaw	50g	2.95	5.9
	Mixed Peppers	60g	2.82	4.7
	Sweetcorn	60g	10.68	17.8
	Pasta (white penne, shells or bows)	120g (cooked)	44.64	37.2

Table 1: Fruit

Fruit	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Apple	80g	8	10
Banana (flesh only)	80g	16.24	20.3
Orange (flesh only)	100g	8.2	8.2
Grapes	60g	9.66	16.1
Strawberries	60g	3.66	6.1
Honeydew Melon (flesh only)	100g	6.8	6.8
Pineapple	100g	11.4	11.4
Pear	80g	7.36	9.2

Table 2: Salad

*Coleslaw recipe based on 400g cabbage, 400g carrot & 200ml light mayo

Salad Item	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Lettuce	60g	0.84	1.4
Cucumber	60g	0.72	1.2
Tomatoes	60g	1.8	3
Peppers	60g	2.67	4.45
Sweetcorn Kernels	60g	10.74	17.9
Homemade Coleslaw	50g*	2.95	5.9
Spinach	60g	0.12	0.2
Raisins	30g	20.79	69.3

Table 3: Ice Creams

Ice Cream / Code	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Vanilla 4lt / 5000	80ml	14.8	18.5
Chocolate 4lt / 5003	80ml	16.24	20.3
Raspberry 4lt / 88028	80ml	16.96	21.2
Strawberry 4lt / 5001	80ml	14.88	18.6
Strawberry 80ml tub / 4404	80ml	14.48	18.1
Vanilla 80ml tub / 4255	80ml	14.48	18.1
Chocolate 80ml tub / 97665	80ml	14.1	17.6

Note

Analysis has been based upon values provided by the supplier information or where applicable McCance and Widdowson's Composition of Foods Integrated Dataset 2021

Average servings have been based on recipe yield or where applicable the School Food Standard portion size guidance.