



Nutritional Analysis of Menus  
Summer 2022

**Horizon Multi Academy Trust**



Proposal prepared for  
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## Horizon Menu Spring Summer 2022

	Week 1		Week 2		Week 3	
Monday	<b>Pork meatballs in a rich</b> Rich tomato sauce served with wholemeal spaghetti & mixed vegetables	<b>Homemade vegetarian lasagne</b> served with a summer salad	<b>Chicken enchiladas(wraps)</b> served with savoury rice and side salad	<b>All day veggie Brunch</b> Quorn sausage, scrambled egg, Roasted tomato, beans & potato waffle	<b>Chicken tikka masala</b> served with rice, seasonal veg & naan	<b>Battered Quorn dippers</b> served with pasta, beans or sweetcorn
	<b>Refreshing frozen yogurt or fruit(milk)</b>		<b>100% fruit lolly</b> , fresh fruit or yogurt(milk)		<b>Frozen mango yogurt</b> or Fresh fruit(milk)	
Tuesday	<b>Cheesy wheels</b> served with pasta and a choice of beans or sweetcorn, ketchup(	<b>Butternut squash curry</b> served with savoury rice & naan bread	<b>Macaroni cheese</b> with mixed vegetables & crusty bread(	<b>Five bean chilli-con-carne</b> served with rice, side salad & tortilla chips(egg,wheat)	<b>Cheese &amp; tomato French bread pizza</b> served with pasta & sweetcorn	<b>Teriyaki spring greens &amp;</b> savoury rice
	<b>Chocolate cake</b> , fresh fruit or yogurt		<b>Jammie dodger</b> , fresh fruit or yogurt		<b>Chocolate crispy cakes</b> , fresh fruit or yogurt	
Wednesday	<b>Roast chicken &amp; stuffing</b> with crispy roast potatoes, fresh carrots, broccoli, Yorkshire pudding & gravy	<b>Crispy topped vegetarian pie</b> with roasted vegetables, yorkshire pudding & gravy	<b>Roast gammon &amp; pineapple</b> served with crispy potatoes, fresh carrots, peas, Yorkshire pudding & gravy	<b>Cauliflower &amp; broccoli cheese</b> served with crispy potatoes, fresh carrots, peas, Yorkshire pudding & gravy	<b>Roasted pork loin &amp; apple sauce</b> served with crispy roast potatoes, fresh carrots, broccoli, yorkshire pudding & gravy	<b>Quorn roast fillet &amp; stuffing</b> served with crispy potatoes, carrots, broccoli, Yorkshire pudding & gravy
	<b>Orange fruit jelly</b> or yogurt		<b>Fruit cocktail &amp; ice-cream</b> , fresh fruit or yogurt		<b>Fresh fruit platter</b> or yogurt	
Thursday	<b>American hotdog</b> served with seasoned wedges & sweetcorn, ketchup	<b>Sweet Singapore Quorn</b> & vegetables with fried noodles & spring onion	<b>Italian spaghetti Bolognese</b> served with a side of seasonal vegetables and garlic bread(	<b>Chinese Chow Mein</b> Stir fried Quorn pieces, vegetables & noodles in a rich plum sauce	<b>British all day brunch</b> Sausage, bacon, scrambled egg, beans & potato waffle	<b>Mexican Quesadillas</b> (wraps) served with savoury rice & salad
	<b>Banana muffin</b> , fresh fruit or yogurt		<b>Chocolate brownie</b> , fresh fruit or yogurt		<b>Apple &amp; banana cake</b> , fresh fruit or yogurt	
Friday	<b>Battered fish</b> served with chips and a choice of peas or beans & ketchup	<b>Vegetable fajitas</b> with a choice of chips or side salad	<b>Harry Ramsdens fish &amp; chips</b> with beans or sweetcorn & ketchup	<b>Roasted vegetable crustless quiche</b> served with chips	<b>Breaded fish fingers</b> served with chips, peas or beans & ketchup	<b>Roasted tomato &amp; onion omelette</b> served with chips
	<b>Custard cookie</b> , fresh fruit or yogurt(		<b>Lemon drop cookies</b> , fresh fruit or yogurt(		<b>Shortbread fingers</b> , fresh fruit or yogurt	

## Average Carbohydrate Values Horizon April Menu

CHO = Carbohydrate

<b>WEEK 1</b>				
<b>Monday</b>				
<b>Meal</b>	<b>Ingredients</b>	<b>Average Portion</b>	<b>CHO (g) per average portion</b>	<b>CHO (g) per 100g</b>
Pork Meatballs in Tomato Sauce with Wholemeal Spaghetti & Mixed Vegetables	Pork Meatballs in Tomato Sauce (65g sauce)	KS1 = 113g	8.23	7.2
		KS2 = 125g	9.01	7.2
	Wholemeal Spaghetti	120g (cooked)	33	27.5
	White Spaghetti		37.8	31.5
	Mixed Vegetables	60g	4.86	8.1
Vegetable Lasagne with Summer Salad	Vegetable Lasagne	244.3g	28.3	11.6
	Summer Salad – see table 2			
Frozen Strawberry Yoghurt		80ml	17.68	22.1
<b>Tuesday</b>				
<b>Meal</b>	<b>Ingredients</b>	<b>Average Portion</b>	<b>CHO (g) per average portion</b>	<b>CHO (g) per 100g</b>
Cheesy Wheels with Pasta, Beans or Sweetcorn	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
Butternut Squash Curry with Rice & Naan Bread	Butternut Squash Curry	200g	18.35	9.1
	Savoury Rice	140g (cooked)	37.66	26.9
	Naan Bread (mini)	35g	18.97	54.2
Chocolate Cake		70g	30.68	43.83
Fruit Yoghurt		100g	19.6	19.6
Fresh Fruit – see table 1				

<b>Wednesday</b>				
<b>Meal</b>	<b>Ingredients</b>	<b>Average Portion</b>	<b>CHO (g) per average portion</b>	<b>CHO (g) per 100g</b>
Roast Chicken & Stuffing, Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding & Gravy	Roast Chicken	60g	0	0
	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
	Stuffing	15g	9.46	63.1
	Gravy	30ml	2.43	8.1
Crispy Topped Vegetable Pie with Roast Vegetables, Yorkshire Pudding & Gravy	Crispy Topped Vegetable Pie	350g	38.9	11.1
	Roast Vegetables	60g	7.68	12.8
	Yorkshire Pudding	15g	5.85	39
	Gravy	30ml	2.43	8.1
Orange Fruit Jelly		160g	19.87	12.42
<b>Thursday</b>				
<b>Meal</b>	<b>Ingredients</b>	<b>Average Portion</b>	<b>CHO (g) per average portion</b>	<b>CHO (g) per 100g</b>
American Hotdog, Seasoned Wedges, Sweetcorn & Ketchup	American Hotdog	107.2	36	n/a
	Seasoned Wedges	100g	26.5	26.5
	Sweetcorn	60g	10.68	17.8
	Ketchup	10g	3.38	33.8
Sweet Singapore Quorn & Vegetables with Noodles & Spring Onion		160g	19.5	12.19
Banana Muffin		50g	17.2	34.4
<b>Friday</b>				
<b>Meal</b>	<b>Ingredients</b>	<b>Average Portion</b>	<b>CHO (g) per average portion</b>	<b>CHO (g) per 100g</b>
Battered Fish, Chips, Peas or Beans, Ketchup	Battered Fish (code 38736)	50g	15.6	31.2
	Chips (code 73136)	100g	25.1	25.1
	Peas	60g	6.24	10.4
	Beans	70g	10.71	15.3
	ketchup	10g	3.38	33.8
	Vegetable Fajita	160g	41.5	25.94
Vegetable Fajitas, Chips or Salad	Chips	100g	25.1	25.1
	Salad – see table 2			
Custard Cookie		40g	23.12	57.8

## WEEK 2

### Monday

Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Chicken Enchilada with Savoury Rice & Side Salad	Chicken Enchilada	KS1 = 115g	22.65	19.69
		KS2 = 230g	45.3	
	Savoury Rice	140g (cooked)	37.66	26.9
	Side Salad – see table 2			
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
	Hash Round	42.5g	9.56	22.5
	Beans	70g	10.71	15.3
Fruit Lolly	Fruits of Forest	55ml	10.94	19.9
	Rocket	60ml	11.52	19.2
	Twin Cool	60ml	10.2	17

### Tuesday

Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Macaroni Cheese with Mixed Vegetables & Crusty Bread	Macaroni Cheese	260g	48.1	18.5
	Mixed Vegetables	60g	4.86	8.1
	Crusty Bread	30g	15	50
Five Bean Chilli con Carne with Rice, Side Salad & Tortilla Chips	Five Bean Chilli	115g	8.42	7.33
	Rice 50:50	120g (cooked)	37.32	30.15
	Side Salad – see table 2			
	Tortilla Chips	25g	17.3	69.2
Jammy Dodger		40g	23.12	57.8

Wednesday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Roast Gammon & Pineapple, Crispy Potatoes, Carrots, Peas, Yorkshire Pudding & Gravy	Gammon	85g	0	0
	Pineapple	40g	4.88	12.2
	Carrots	60g	3.54	5.9
	Peas	60g	6.24	10.4
	Roast Potatoes	100g	26.4	26.4
	Yorkshire Pudding	15g	5.85	39
	Gravy	30ml	2.43	8.1
Cauliflower & Broccoli Cheese, Crispy Potatoes, Carrots, Peas, Yorkshire Pudding & Gravy	Cauliflower & Broccoli Bake	220g	13.3	6
	Roast Potatoes	100g	26.4	26.4
	Carrots	60g	3.54	5.9
	Peas	60g	6.24	10.4
	Yorkshire Pudding	15g	5.85	39
	Gravy	30ml	2.43	8.1
Fruit Cocktail & Ice Cream	Fruit Cocktail	80g	9.36	11.7
	Ice Cream – see table 3			
Thursday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Italian Spaghetti Bolognese with Seasonal Vegetables & Garlic Bread	Bolognese	105g	6.41	6.1
	Spaghetti (white)	120g (cooked)	37.8	31.5
	Seasonal Vegetables	tbc		
	Garlic Bread	30g	12.3	41
Chinese Chow Mein		200g	39.4	19.7
Chocolate Brownie		50g	23.3	46.6
Friday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Harry Ramsden Fish & Chips with Beans or Sweetcorn & Ketchup	Harry Ramsden Fish	50g	15.6	31.2
	Chips (code 73136)	100g	25.1	25.1
	Sweetcorn	60g	10.68	17.8
	Beans	70g	10.71	15.3
	ketchup	10g	3.38	33.8
Roasted Vegetable Crustless Quiche with Chips	Roasted Vegetable Crustless Quiche	100g	3.54	3.54
	Chips (code 73136)	100g	25.1	25.1
Lemon Drop Cookie		50g	27.57	55.14

## WEEK 3

### Monday

Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Chicken Tikka Masala with Rice, Seasonal Vegetables & Naan	Chicken Tikka Masala	tbc		
	Rice	120g (cooked)	37.32	31.1
	Naan Bread (mini)	35g	18.97	54.2
	Seasonal Vegetables	tbc		
Quorn Dippers with Pasta, Beans or Sweetcorn Quorn Dippers with Pasta, Beans or Sweetcorn	Quorn Dippers	KS1 = 57g	6.84	12
		KS2 = 76g	9.12	
	Pasta (white penne, shells or bows)	120g (cooked)	44.64	37.2
	Beans	70g	10.71	15.3
	Sweetcorn	60g	10.68	17.8
Frozen Raspberry Yoghurt		80ml	17.68	22.1

### Tuesday

Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Cheese & Tomato French Bread Pizza, Pasta & Sweetcorn	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
Teriyaki Spring Greens with Savoury Rice	Teriyaki Spring Greens	145g	15.5	10.69
	Savoury Rice	140g (cooked)	37.66	26.9
Chocolate Crispy Cake		60g	38	64

Wednesday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Roast Pork Loin & Apple Sauce, Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding & Gravy	Roast Pork	60g	0	0
	Apple Sauce	10g	1.84	18.4
	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
Quorn Fillet & Stuffing, Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding & Gravy	Quorn Vegan Fillet	69g	3.38	4.9
	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
Fresh Fruit Platter – see table 1				
Thursday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
British All-Day Brunch	Sausage (Old English, cooked)	47.2g	4.15	8.8
	Bacon	25g	0	0
	Scrambled Egg (milk added)	70g	0.94	1.34
	Hash Round	42.5g	9.56	22.5
	Beans	70g	10.71	15.3
Mexican Quesadilla with Savoury Rice & Salad	Mexican Quesadilla	155g	45	29
	Savoury Rice	140g (cooked)	37.66	26.9
	Salad – see table 2			
Apple & Banana Cake		40g	14.36	35.9
Friday				
Meal	Ingredients	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Fish Fingers with Chips, Peas or Beans, Ketchup	Fish Fingers (code 1501)	56g (two fish fingers)	11.2	20
	Chips (code 85729 as per recipe)	100g	18.2	18.2
	Peas	60g	6.24	10.4
	Beans	70g	10.71	15.3
	ketchup	10g	3.38	33.8
Tomato & Onion Omelette	Omelette	95g	3.36	3.54
	Chips (code 85729)	100g	18.2	18.2
Shortbread Fingers		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
<b>Filling</b>			
Cheese	30g	0	0
Beans	70g	10.71	15.3
Cheese & Beans	70g	7.65	15.3
Tuna Mayo	80g	0.79	7.9
Salmon Mayo	80g	0.79	7.9

### Light Options

Day	Meal	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Monday	Ham Wrap	150g (1 wrap & 80g ham)	37.5	n/a
	Mixed Summer Salad	tbc		
	Coleslaw	50g	2.95	5.9
Tuesday	Cheese Wrap	100g (1 wrap & 30g cheese)	37.1	n/a
	Roasted Vegetable Couscous Salad	130g	34.41	26.47
Wednesday	Ham & Cheese Wrap	150g	37.4	n/a
	Summer Pasta Salad	130g	32.43	24.95
Thursday	Ham Wrap	150g	37.5	n/a
	Greek Pasta Salad	130g	30.4	23.38
Friday	Tuna Wrap	150g (1 wrap & 80g tuna mayo)	37.89	n/a
	Mixed Salad – see table 2			
	Coleslaw	50g	2.95	5.9

**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
Pear	80g	7.36	9.2

**Table 2: Salad**

Salad Item	Average Portion	CHO (g) per average portion	CHO (g) per 100g
Lettuce	60g	0.84	1.4
Cucumber	60g	1.2	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

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

**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.