



Carbohydrate content of school meals

Note:

- Weights are cooked weight where appropriate e.g. pasta, rice
- We have chosen foods and meals which are commonly found on school menus – if a specific food or meal isn't on here, you can look in the 'Carbs + Cals' book or app (www.carbsandcals.com)
- KS1 = Key stage 1; KS2 = Key stage 2

Main meals

Food	Carbohydrate g/100g	Portion size (g)		Carbohydrate (g)	
		KS1	KS2	KS1	KS2
Roast meat + gravy	0	85	105	0	0
Bolognaise sauce	0	84	126	0	0
Cheese	0	40	40	0	0
Meat pie	22	130	160	29	35
Quiche	20	80	95	16	19
Salad meal	0	240	260	0	0
Shepherds pie	11	180	220	20	24
Cottage pie	11	180	220	20	24
Lasagne	15	180	200	27	30
Lentil and potato curry	10	100	150	10	15
Fish fingers	22	50	75	11	17
Breaded fish	19	50	100	10	19
Battered fish	20	50	100	10	20
Chicken goujons	20	50	100	10	20
Sausage	10	40	80	4	8
Quorn sausage	10	40	80	4	8
Fish cake	23	50	100	12	23
Pasta bake	15	150	180	23	27
Macaroni cheese	20	150	180	30	36
Pizza	40	50	70	20	28
Sausage roll	28	60	80	17	22
Stuffing	19	30	30	6	6
Yorkshire pudding	26	20	20	5	5
Spaghetti hoops	10	50	70	5	7

Potatoes, rice and pasta

Food	Carbohydrate g/100g	Portion size (g)		Carbohydrate (g)	
		KS1	KS2	KS1	KS2
Roast potato	26	100	120	26	31
Chips	30	70	100	21	30
Mashed potato	16	100	120	16	19
Boiled potatoes	15	100	120	15	18
Jacket potato	21	150	180	32	38
Potato waffles	24	50	100	12	24
Potato wedges	31	100	120	31	37
Hash browns	27	45	90	12	24
Boiled rice	31	100	120	31	37
Spaghetti	32	100	120	32	38
Pasta shapes	34	100	120	34	41
Noodles	36	100	120	36	43

Bread and bread products

Food	Carbohydrate g/100g	Portion size (g)		Carbohydrate (g)	
		KS1	KS2	KS1	KS2
Naan bread	50	60	60	30	30
Panini	47	50	70	24	33
Wrap	54	65	65	35	35
Bread	46	30	30	14	14
Garlic bread	45	22	22	10	10

Vegetables

Food	Carbohydrate g/100g	Portion size (g)		Carbohydrate (g)	
		KS1	KS2	KS1	KS2
Peas	10	50	70	5	7
Sweetcorn	14	50	70	7	10
Baked beans	15	50	70	8	11
Cauliflower cheese	5	50	70	3	4
Veg/salad	0	50	70	0	0

Drinks

Food	Carbohydrate g/100g	Portion size (g)		Carbohydrate (g)	
		KS1	KS2	KS1	KS2
Milk	4.5	150	200	7	9
Fruit juice	8	150	150	12	12

Fruit

Food	Carbohydrate g/100g	Portion size (g)		Carbohydrate (g)	
		KS1	KS2	KS1	KS2
Apple	15	75	100	11	15
Satsuma	6	50	100	3	6
Melon	6	50	100	3	6
Berries	5	40	60	2	3
Fruit salad	11	65	100	7	11
Grapes	15	40	60	6	9
Banana	15	75	100	11	15
Raisins	69	40	60	27	41

Desserts

Food	Carbohydrate g/100g	Portion size (g)		Carbohydrate (g)	
		KS1	KS2	KS1	KS2
Fruit crumble	35	60	60	21	21
Custard	16	60	60	10	10
Flapjack	62	65	80	40	50
Fruit muffin	49	50	50	25	25
Cake	56	65	65	36	36
Ice cream	17	60	60	10	10
Arctic roll	37	50	50	19	19
Mousse	20	50	50	10	10
Jelly	16	80	100	13	16
Biscuit	70	15	15	11	11
Yoghurt	13.5	80	125	11	17
Cheesecake	35	50	70	18	25
Fruit ice smoothie	19	80	80	15	15

Extras

Food	Carbohydrate g/100g	Portion size (g)		Carbohydrate (g)	
		KS1	KS2	KS1	KS2
Ketchup	26	10	10	3	3
Cranberry sauce	40	10	10	4	4
Apple sauce	28	10	10	3	3
Jam	70	20	20	14	14