Hero Summer 2026 Menu - Week 1 - INFANT NUTRITION INFORMATION (in g per standard portion)

HCL
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Carbohydrate Information: *The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.*

It is possible that there will always be a certain degree of variation in portion size for any given food, depending on factors including the cooking method, length of cooking time, temperature, amount of water used and surface area of the food.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

The carbohydrate counts should be used as a guide only, for the person responsible for administering insulin. Also, informed by resources such as carbs and cals, with training provided by an appropriate healthcare professional.

INFANT, WEEK 1, MONDAY - 13/04/26, 04/05/26, 01/06/26, 22/06/26, 13/07/26, 31/08/26, 21/09/26, 12/10/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pork Sausages	145	10.2	5	7.3	0.7
Gravy	19	0.1	5	0.3	0.9
Lentil Bolognese (Ve)	133	3.2	17	6.9	0.6
Halal BBQ Chicken	147	2	15	17.2	0.6
BBQ Chicken	119	2.4	14	9.9	0.7
Plant-Based Sausages (Ve)	107	7.5	5	5.9	0.4
Mashed Potatoes	93	4.6	12	1.3	0.1
Pasta Shells (Ve)	120	0.5	25	3.8	0
Peach & Apple Crumble (Ve)	133	6.5	17	1.8	0.1
Ice Cream (Half Portion)	92	4	11	2.5	0.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

INFANT, WEEK 1, TUESDAY - 14/04/26, 05/05/26, 02/06/26, 23/06/26, 14/07/26, 01/09/26, 22/09/26, 13/10/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Beef Lasagne	185	6.8	19	11.1	0.8
Plant-Based Grill (Ve)	119	8.5	5	6.8	0.4
Halal Lamb Lasagne	199	8.6	19	10.7	0.8
Lamb Lasagne	271	9.7	28	16.8	1.2
Beef Bolognese Pasta Bake	185	6.8	19	11.1	0.8
Vegetarian Lasagne (v)	159	3.9	20	10.2	0.8
Halal Lamb Bolognese Pasta Bake	180	6.4	19	11.2	0.8
Herby Garlic Bread	46	1.4	8	1.3	0.1
Potato Wedges	75	0.5	15	2.5	0.1
Potato Wedges (Half Portion)	38	0	8	1.3	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Frube (v)	34	1	4	1.4	0.1

INFANT, WEEK 1, WEDNESDAY - 15/04/26, 06/05/26, 03/06/26, 24/06/26, 15/07/26, 02/09/26, 23/09/26, 14/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Roast Chicken	60	2.4	0	9.6	0.4
Sage & Onion Stuffing	44	0.5	10	1.2	0.5
Gravy	19	0.1	5	0.3	0.9
Cheese & Tomato Puff Pastry Tart (v)	235	16	13	8.6	0.6
Halal Roast Chicken	85	1.9	1	16.2	0.3
Quorn Pieces in Gravy with Yorkshire Pudding (v)	107	2.3	11	9.3	0.9
Roast Potatoes	87	3.9	12	1.3	0
Roast Potatoes (Half Portion)	44	1.9	6	0.7	0
Wholemeal Pasta	112	0.7	21	4	0
Wholemeal Pasta (Half Portion)	56	0.4	11	2	0
Fresh Fruit Jelly (Ve)	57	0.1	14	0.3	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Frube (v)	34	1	4	1.4	0.1
INFANT, WEEK 1, THURSDAY - 16/04/26, 07/05/26, 04/06/26, 25/06/26, 16/07/26, 03/09/26, 24/09/26, 15/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Chicken Burger	60	2.4	0	9.6	0.4
Quorn Pattie (v)	53	2.1	2	5.5	0.5
Plant-Based Grill (Ve)	119	8.5	5	6.8	0.4
Burger Bun	123	0.9	23	4.8	0.5
Butternut & Chickpea Biryani (Ve)	197	3.6	35	5.2	0
Butternut Squash & Quorn Curry (V)	80	1.1	12	5.3	0.4
Potato Wedges	75	0.5	15	2.5	0.1
Potato Wedges (Half Portion)	38	0.3	8	1.3	0
Herby Garlic Bread	46	1.4	8	1.3	0.1
Raspberry & Lemon Square (v)	111	2.8	19	1.9	0.3
Lemon Shortbread (Ve)	198	11.6	21	2.3	0.3
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
INFANT, WEEK 1, FRIDAY - 17/04/26, 08/05/26, 05/06/26, 26/06/26, 17/07/26, 04/09/26, 25/09/26, 16/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Fish Fillet Fingers	104	4.2	10	6	0.2
Margherita Pizza (v)	174	8.3	18	8.5	0.6
Oven Chips	106	2.2	19	1.7	0.1
Oven Chips (Half Portion)	53	1.1	10	0.9	0
Tricolour Pasta	119	0.5	24	3.8	0
Tricolour Pasta (Half Portion)	60	0.3	12	1.9	0
Marble Cookie (Ve)	137	7.1	17	1.4	0.3
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

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Hero Summer 2026 Menu - Week 2 - INFANT NUTRITION INFORMATION (in g per standard portion)

Carbohydrate Information: ***The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.***

It is possible that there will always be a certain degree of variation in portion size for any given food, depending on factors including the cooking method, length of cooking time, temperature, amount of water used and surface area of the food.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

The carbohydrate counts should be used as a guide only, for the person responsible for administering insulin. Also, informed by resources such as carbs and cals, with training provided by an appropriate healthcare professional.

INFANT, WEEK 2, MONDAY - 20/04/26, 11/05/26, 08/06/26, 29/06/26, 20/07/26, 07/09/26, 28/09/26, 19/10/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Curry	92	4.4	3	9.2	0.2
Plant-Based Sausages (Ve)	107	7.5	5	6	0.4
Gravy	19	0.1	5	0.3	0.9
Halal Chicken Curry	84	1.5	3	14.4	0.6
Mild Sweet Potato & Chickpea Curry (Ve)	77	1.1	13	3.1	0.4
Plant-Based Grill (Ve)	119	8.5	5	6.8	0.4
Vegan Sausage Roll (Ve)	246	11.1	29	6.5	0.8
Potato Wedges	75	0.5	15	2.5	0.1
Brown & White Rice	117	0.6	26	2.5	0
Apple Tart (Ve)	95	4.2	13	0.9	0.1
Ice Cream (Half Portion)	92	4	11	2.5	0.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

INFANT, WEEK 2, TUESDAY - 21/04/26, 12/05/26, 09/06/26, 30/06/26, 21/07/26, 08/09/26, 29/09/26, 20/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Plant-Based Meatballs (Ve)	94	5.3	5	7.4	0.5
Tomato Sauce (Ve)	32	1	4	1.2	0.5
Mac 'n' Cheese (v)	233	9.8	27	9.2	0.9
Cheese Slice (v)	237	14.7	20	5.9	0.4
Beef Bolognese	121	4.9	8	9.9	0.6
Pasta Penne	120	0.5	25	3.8	0
Pasta Penne (Half Portion)	60	0.2	9	1.5	0
Herby Garlic Bread	46	1.4	8	1.3	0.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube (v)	34	1	4	1.4	0.1
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
INFANT, WEEK 2, WEDNESDAY - 22/04/26, 13/05/26, 10/06/26, 01/07/26, 22/07/26, 09/09/26, 30/09/26, 21/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Roast Beef	49	2	0	7.6	0.6
Yorkshire Pudding	45	1.4	7	0.9	0.1
Gravy	19	0.1	5	0.3	0.9
Roast Quorn Fillet (Ve)	64	1.7	0	9.9	0.3
Sage & Onion Stuffing	44	0.5	10	1.2	0.5
Halal Roast Chicken	85	1.9	1	16.2	0.3
Roast Chicken	60	2.4	0	9.6	0.4
Tuna Sweetcorn Pasta Bake	256	8.2	28	15.9	1
Plain Omelette (v)	83	6.5	1	5	0.3
Roast Potatoes	87	3.9	12	1.3	0
Wholemeal Pasta	112	0.7	21	4	0
Fresh Fruit Jelly (Ve)	57	0.1	14	0.3	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Frube (v)	34	1	4	1.4	0.1

INFANT, WEEK 2, THURSDAY - 23/04/26, 14/05/26, 11/06/26, 02/07/26, 23/07/26, 10/09/26, 01/10/26, 22/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Chicken Pie	261	12.3	23	13.1	0.7
Gravy	19	0.1	5	0.3	0.9
Mild Bean Chilli (Ve)	99	2.2	12	5.6	0.6
Halal Chicken Pie	269	12.8	23	14.7	0.8
Creamy Quorn Pie (v)	244	12.3	22	8.9	0.7
Brown & White Rice	117	0.6	26	2.5	0
Brown & White Rice (Half Portion)	59	0.3	13	1.3	0
New Potatoes (Ve)	58	0.2	13	1.6	0
New Potatoes (Ve) (Half Portion)	29	0.1	7	0.8	0
Strawberry Mousse (v)	7	0.2	1	0.3	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
INFANT, WEEK 2, FRIDAY - 24/04/26, 15/05/26, 12/06/26, 03/07/26, 24/07/26, 11/09/26, 02/10/26, 23/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Battered Fish Fillet	119	6.4	10	5.3	0.5
Margherita Pizza (v)	174	8.3	18	8.5	0.6
Fish Fillet Fingers	104	4.2	10	5.9	0.2
Oven Chips	106	2.2	19	1.7	0.1
Oven Chips (Half Portion)	53	1.1	10	0.9	0
Tricolour Pasta	119	0.5	24	3.8	0
Tricolour Pasta (Half Portion)	60	0.3	12	1.9	0
Chocolate Muffin	193	9.1	25	2.2	0.4
Chocolate Shortbread (Ve)	219	11.8	25	2.5	0.3
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

Hero Summer 2026 Menu - Week 3 - INFANT NUTRITION INFORMATION (in g per standard portion)

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INFANT, WEEK 3, MONDAY - 27/04/26, 18/05/26, 15/06/26, 06/07/26, 14/09/26, 05/10/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pulled Paprika Chicken Flatbread	171	3.5	20	13.4	1
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Halal Spanish Paprika Chicken	101	2.1	3	17.4	0.4
Pasta Carbonara	194	4.6	27	10.2	1.1
Bean & Cheese Slice (v)	220	11.6	21	6.6	0.6
Brown & White Rice	117	0.6	26	2.5	0
Brown & White Rice (Half Portion)	59	0.3	13	1.3	0
Pasta Penne	120	0.5	25	3.8	0
Pasta Penne (Half Portion)	60	0.2	9	1.5	0
Pancake with Blueberries (v)	93	1	18	1.8	0.2
EF Blueberry Sponge (v)	139	5	21	1.9	0.4
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

INFANT, WEEK 3, TUESDAY - 28/04/26, 19/05/26, 16/06/26, 07/07/26, 15/09/26, 06/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Beef Burger (Pattie)	106	5.2	5	9.1	0.5
Plant-Based Grill (Ve)	119	8.5	5	6.8	0.4
Burger Bun	123	0.9	23	4.8	0.5
BBQ Bean Loaded Hash Browns (Ve)	190	6.6	26	4.7	0.9
Baked Bean Loaded Hash Browns (Ve)	167	5.1	23	4.7	0.7
Pork Sausage (2)	144	4	5	7.3	0.7
Hot Dog Roll (Ve)	131	1.9	24	4.4	0.4
Halal Lamb Slice	306	20.7	18	10.4	0.6
Lamb Slice	314	19.1	22	13.3	0.7
Potato Wedges	75	0.5	15	2.5	0.1
Potato Wedges (Half Portion)	38	0.3	8	1.3	0
Ice Cream with Chocolate Cookie Crumb (v)	126	5.8	15	2.9	0.2
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
INFANT, WEEK 3, WEDNESDAY - 29/04/26, 20/05/26, 17/06/26, 08/07/26, 16/09/26, 07/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Roast Chicken	60	2.4	0	9.6	0.4
Gravy	19	0.1	5	0.3	0.9
Sage & Onion Stuffing	44	0.5	10	1.2	0.5
Roasted Summer Veg Quiche (v)	191	12.3	13	6.9	0.4
Italian Pasta Bake (Ve)	197	4.3	26	11.3	0.9
Halal Roast Chicken	85	1.9	1	16.2	0.3
Roast Quorn Fillet (Ve)	64	1.7	0	9.9	0.3
Roast Potatoes	87	3.9	12	1.3	0
Roast Potatoes (Half Portion)	44	1.9	6	0.7	0
Wholemeal Pasta	112	0.7	21	4	0
Wholemeal Pasta (Half Portion)	56	0.4	11	2	0
Fresh Fruit Jelly (Ve)	57	0.1	14	0.3	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Frube (v)	34	1	4	1.4	0.1

INFANT, WEEK 3, THURSDAY - 30/04/26, 21/05/26, 18/06/26, 09/07/26, 17/09/26, 08/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Beef Slice	364	22.4	25	13.8	0.7
Quorn Frankfurter (v) (1)	103	7.7	2	6.3	0.5
Plant-Based Sausage (Ve) (2)	107	7.5	5	6	0.4
Hot Dog Roll (Ve)	131	1.9	24	4.4	0.4
Cauliflower Cheese Pasta Bake (v)	224	9.8	24	9.1	0.9
Chicken Pasta Bake	233	4.5	28	18.3	0.8
Fish Finger Sub	261	8.4	35	10.4	0.7
New Potatoes (Ve)	58	0.2	13	1.6	0
New Potatoes (Ve) (Half Portion)	29	0.1	7	0.8	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube (v)	34	1	4	1.4	0.1
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
INFANT, WEEK 3, FRIDAY - 01/05/26, 22/05/26, 19/06/26, 10/07/26, 18/09/26, 09/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Fish Fillet Fingers	104	4.2	10	6	0.2
Margherita Pizza (v)	174	8.3	18	8.5	0.6
Battered Fish Fillet	119	6.4	10	5.3	0.5
Potato Wedges	75	0.5	15	2.5	0.1
Potato Wedges (Half Portion)	38	0.3	8	1.3	0
Tricolour Pasta	119	0.5	24	3.8	0
Tricolour Pasta (Half Portion)	60	0.3	12	1.9	0
Orange Shortbread (Ve)	198	11.6	21	2.3	0.3
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

Hero Summer 2026 Menu - Extra Options
NUTRITION INFORMATION
(in g per standard portion)

Carbohydrate Information: ***The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in t preparation for this menu.***

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All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

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Pasta Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)
Cheesy Pasta (v)	233	9.8	27	9.2
Herby Tomato Pasta with Cheese (v)	206	8.8	22	9
Pesto Pasta (v)	237	14.3	20	6.5

Jacket Potato Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)
Jacket Potato Plain (Ve)	188	0.5	43	5.3
JP Tuna Filling	55	0.5	0	12.5
JP Baked Beans Filling (Ve)	57	0.3	9	3.4
JP Cheese Filling (v)	125	10.3	0	7.5
JP Tuna Mayo Filling	95	4.5	1	12.5
JP Cheese & Baked Beans Filling (v)	91	5.3	5	5.5
JP Salmon Mayo Filling	110	6.4	1	11.9
JP Tuna Mayo Filling (Vegan Mayo)	110	6.4	1	11.9
JP Salmon Mayo Filling (Vegan Mayo)	161	12.4	0.6	11.8

Cold Roll Options				
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**
Bread Roll with Spread	318	9.8	46	9.6
Bread Roll without Spread	246	1.8	46	9.6
Baguette with Spread	205	4.8	34	5.8
Baguette without Spread	169	0.8	33	5.8
CO Egg Filling (v)	66	4.5	0	6.3
CO Tuna Filling	55	0.5	0	12.5
CO Chicken Filling	34	0.4	0	7.8
CO Salmon Filling	69	2.4	0	11.8
CO Egg Mayo Filling (v) (Vegan Mayo)	145	13.2	1	6.3
CO Tuna Mayo Filling (Vegan Mayo)	135	9.3	1	12.5
CO Chicken Filling (Vegan Mayo)	126	10.4	1	7.8
CO Salmon Mayo Filling (Vegan Mayo)	149	11.2	1	11.8
CO Egg Mayo Filling (v)	101	8	1	6.3
CO Tuna Mayo Filling	90	4	1	12.5
CO Chicken Mayo Filling	75	4.4	1	7.9
CO Ham Filling	38	0.6	1	7.9
CO Cheese Filling (v)	125	10.3	0	7.5
CO Salmon Mayo Filling	105	5.9	1	11.8

- INFANT

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nount of water used and

ppropriate healthcare

Salt (g)
0.9
0.7
0.4

Salt (g)
0
0.5
0.4
0.5
0.6
0.5
0.6
0.6
0.6

Salt (g)
1.1
0.9
0.6
0.5
0.2
0.5
0.2
0.4
0.3
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0.4
0.6
0.3
0.6
0.4
0.6
0.5
0.6

Hero Summer 2026 Menu - Special Diet Menu Items - INFANT NUTRITION INFORMATION (in g per standard portion)

Carbohydrate Information: *The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.*

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Allergy/Lifestyle Menu Items

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Vegetable Sausages (Ve)	68	0.2	14	1.9	0.4
Vegetable Fingers (Ve)	155	6.8	20	2.8	0.7
Quorn Nuggets (Ve)	129	2	16	7.8	1
Vegetarian Bolognese Sauce (Ve)	75	1.2	8	7.3	0.5
Lamb Bolognese Sauce	97	3.7	7	8.4	0.5
Beef Bolognese Sauce	101	4.1	7	8.3	0.5
Halal Lamb Bolognese Sauce	114	5.8	7	7.8	0.5
Halal Beef Bolognese Sauce	101	4.2	7	8.3	0.5
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Margherita Pizza no Egg or Garlic (v)	173	8.3	17	8.4	0.6
Tomato Only Sauce (Ve)	25	0.9	3	0.9	0.1
Tomato Only Sauce with Cheese (v)	111	8.1	3	6.1	0.4
Tomato Sauce (Ve)	24	1.1	3	0.6	0.3
Tomato Sauce with Cheese (v)	122	8.8	4	6	0.8
CO Plant-Based Sausage Filling (Ve)	107	7.5	5	6	0.4
CO Quorn Mayo Filling (Ve)	147	10.7	1	9.9	0.5
CO Chickpea & Sweetcorn Mayo Filling (Ve)	166	10.5	12	4.8	0.2
Modern Sponge - Plain (v)	95	2.6	17	1.7	0.3
Shortbread (Ve)	197	11.6	21	2.3	0.3

Dairy Free Menu Items					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
DF Chicken Gravy Pie	173	6.7	14	13.7	1
DF Halal Chicken Gravy Pie	184	7.2	14	15.6	1.2
DF Herby Tomato Pasta (Ve)	120	1.6	22	3.8	0.3
Egg Free Menu Items					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
EF Chocolate Sponge	134	5.1	19	2	0.4
EF Sponge (V)	135	5	20	1.8	0.4
Gluten Free Menu Items					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
GF Fish Fillet Fingers	119	5.4	10	7.8	0.5
GF Mac 'n' Cheese (v)	219	7.7	27	9.9	0.5
GF Fishcake	148	7.5	14	5.8	0.4
Pulled Paprika Chicken (No Flatbread)	98	3.9	7	11.3	0.8
GF Cauliflower Cheese Pasta Bake (v)	219	7.7	27	9.9	0.5
GF Italian Pasta Bake (Ve)	173	2.2	26	10.4	0.5
GF Margherita Pizza (v)	229	12.1	21	7.5	0.8
GF Hot Dog Roll (Ve)	118	3.5	20	0.9	0.4
Quorn Frankfurter (v) (1)	103	7.7	2	6.3	0.5
Plant-Based Sausage (Ve) (2)	107	7.5	5	6	0.4
GF Burger Bun	118	3.5	20	0.9	0.4
GF Beef Burger (Pattie)	106	5.2	5	9.1	0.5
Chicken Breast Fillet	59	2.4	0	9.6	0.4
Plant-Based Grill (Ve)	119	8.5	5	6.8	0.4
GF Garlic Bread (Ve)	132	8.8	11	1.4	0.4
GF Pasta (Ve)	116	0.5	25	2.4	0
GF Herby Tomato Pasta with Cheese (v)	116	0.5	25	2.4	0
GF Cheesy Pasta (v)	219	7.7	27	9.9	0.5
GF Pesto Pasta (v)	235	14.4	20	5.5	0.4
GF Roll with Spread (Ve)	309	15	39	1.8	0.9
GF Roll without Spread (Ve)	237	7	39	1.8	0.7
GF Basic Cookie (Ve)	137	7.1	18	0.7	0.4
GF Sponge (V)	110	5.5	14	1.6	0.3
GF Banana & Raisin Cookie (v)	157	6.2	24	1.3	0.3
GF Chocolate Shortbread (Ve)	240	13.7	27	1.8	0.3
GF Peach & Apple Crumble (Ve)	158	7.6	21	1.1	0.2
GF Ice Cream with Chocolate Cookie Crumb (v)	127	5.8	16	2.7	0.2
GF Shortbread (Ve)	199	11.6	23	1.1	0.3

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Meal Additionals - CARBOHYDRATE INFORMATION (in g per standard portion)

Carbohydrate Information: ***The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.***

It is possible that there will always be a certain degree of variation in portion size for any given food, depending on factors including the cooking method, length of cooking time, temperature, amount of water used and surface area of the food.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

The carbohydrate counts should be used as a guide only, for the person responsible for administering insulin. Also, informed by resources such as carbs and cals, with training provided by an appropriate healthcare professional.

Bread	**Carbohydrate (g) per portion (on average)**
50/50 Bread	6g
Bread	4g
Fresh Fruit	**Carbohydrate (g)/ 50g portion (on average)**
Apple	5g
Banana	12g
Blueberries	5g
Grapes	8g
Mango	7g
Orange	4g
Papaya	4g
Pear	5g
Pineapple	5g
Watermelon	4g

Starchy Side Vegetables	**Carbohydrate (g)/ 50g portion (on average)**
Sweetcorn	8g
Baked Beans	5g
Peas	4g
Parsnips	6g
Carrots	4g
Beetroot	5g
Please note that side vegetable offerings vary from school to school, and only “starchy” side vegetables have been listed.	

Hero Summer 2026 Menu - Street Food - INFANT NUTRITION INFORMATION (in g per standard portion)

Carbohydrate Information: *The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.*

It is possible that there will always be a certain degree of variation in portion size for any given food, depending on factors including the cooking method, length of cooking time, temperature, amount of water used and surface area of the food.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

The carbohydrate counts should be used as a guide only, for the person responsible for administering insulin. Also, informed by resources such as carbs and cals, with training provided by an appropriate healthcare professional.

Street Food

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
BBQ Chicken & Cheese Bagel	274	7.3	37	14	1
Loaded Cajun Wedges (v)	154	6.5	17	6.8	0.9
Bacon Baguette	298	10.7	34	15.7	2.5
Margherita Quesadilla (v)	130	5.7	15	4.9	0.4
Plant-Based Meat Ball & Tomato Pasta Pot (Ve)	220	6.7	29	11.1	0.8
Fish Finger Sub	261	8.4	35	10.4	0.7
Cheese & Bacon Loaded Fries	223	10.2	23	8.7	1.1
Bangers & Mash with Gravy	366	21.4	30	13.2	2.1
Pasta Carbonara	194	4.6	27	10.2	1.1
Cheese & Pesto Panini (v)	420	16	52	16.1	1.5
Cheesy Pasta (v)	233	9.8	27	9.2	0.9
Chicken Tikka Rice Pot	208	3	30	14.8	0.3
Pepperoni & Cheese Panini	329	17.7	26	14.2	1.5
Pesto Pasta (v)	237	14.3	20	6.5	0.4
Tuna Melt Bagel	289	9	30	21.5	1.2