



Hero Summer 2026 Menu - Week 1 - 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 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 calcs, 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)

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 calcs, with training provided by an appropriate healthcare professional.

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) | 196 | 6.5 | 27 | 4.7 | 0.7 |
| 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 - 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 calcs, with training provided by an appropriate healthcare professional.

Pasta Options

| Menu Item | Energy (kcal) | Fat (g) | Carbohydrate (g) | Protein (g) | Salt (g) |
|------------------------------------|---------------|---------|------------------|-------------|----------|
| Cheesy Pasta (v) | 233 | 9.8 | 27 | 9.2 | 0.9 |
| Herby Tomato Pasta with Cheese (v) | 206 | 8.8 | 22 | 9 | 0.7 |
| Pesto Pasta (v) | 237 | 14.3 | 20 | 6.5 | 0.4 |

Jacket Potato Options

| Menu Item | Energy (kcal) | Fat (g) | Carbohydrate (g) | Protein (g) | Salt (g) |
|-------------------------------------|---------------|---------|------------------|-------------|----------|
| Jacket Potato Plain (Ve) | 188 | 0.5 | 43 | 5.3 | 0 |
| JP Tuna Filling | 55 | 0.5 | 0 | 12.5 | 0.5 |
| JP Baked Beans Filling (Ve) | 57 | 0.3 | 9 | 3.4 | 0.4 |
| JP Cheese Filling (v) | 125 | 10.3 | 0 | 7.5 | 0.5 |
| JP Tuna Mayo Filling | 95 | 4.5 | 1 | 12.5 | 0.6 |
| JP Cheese & Baked Beans Filling (v) | 91 | 5.3 | 5 | 5.5 | 0.5 |
| JP Salmon Mayo Filling | 110 | 6.4 | 1 | 11.9 | 0.6 |
| JP Tuna Mayo Filling (Vegan Mayo) | 110 | 6.4 | 1 | 11.9 | 0.6 |
| JP Salmon Mayo Filling (Vegan Mayo) | 161 | 12.4 | 0.6 | 11.8 | 0.6 |

| Cold Roll Options | | | | | |
|--------------------------------------|----------------------|----------------|-------------------------|--------------------|-----------------|
| Menu Item | Energy (kcal) | Fat (g) | Carbohydrate (g) | Protein (g) | Salt (g) |
| Bread Roll with Spread | 318 | 9.8 | 46 | 9.6 | 1.1 |
| Bread Roll without Spread | 246 | 1.8 | 46 | 9.6 | 0.9 |
| Baguette with Spread | 205 | 4.8 | 34 | 5.8 | 0.6 |
| Baguette without Spread | 169 | 0.8 | 33 | 5.8 | 0.5 |
| CO Egg Filling (v) | 66 | 4.5 | 0 | 6.3 | 0.2 |
| CO Tuna Filling | 55 | 0.5 | 0 | 12.5 | 0.5 |
| CO Chicken Filling | 34 | 0.4 | 0 | 7.8 | 0.2 |
| CO Salmon Filling | 69 | 2.4 | 0 | 11.8 | 0.4 |
| CO Egg Mayo Filling (v) (Vegan Mayo) | 145 | 13.2 | 1 | 6.3 | 0.3 |
| CO Tuna Mayo Filling (Vegan Mayo) | 135 | 9.3 | 1 | 12.5 | 0.6 |
| CO Chicken Filling (Vegan Mayo) | 126 | 10.4 | 1 | 7.8 | 0.4 |
| CO Salmon Mayo Filling (Vegan Mayo) | 149 | 11.2 | 1 | 11.8 | 0.6 |
| CO Egg Mayo Filling (v) | 101 | 8 | 1 | 6.3 | 0.3 |
| CO Tuna Mayo Filling | 90 | 4 | 1 | 12.5 | 0.6 |
| CO Chicken Mayo Filling | 75 | 4.4 | 1 | 7.9 | 0.4 |
| CO Ham Filling | 38 | 0.6 | 1 | 7.9 | 0.6 |
| CO Cheese Filling (v) | 125 | 10.3 | 0 | 7.5 | 0.5 |
| CO Salmon Mayo Filling | 105 | 5.9 | 1 | 11.8 | 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.

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.

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) | 224 | 11.4 | 22 | 7.4 | 0.7 |
| GF Hot Dog Roll (Ve) | 114 | 2.8 | 20 | 0.8 | 0.3 |
| 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 | 114 | 2.8 | 20 | 0.8 | 0.3 |
| 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) | 131 | 9.3 | 11 | 0.6 | 0.3 |
| 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) | 150 | 6.8 | 20 | 0.8 | 0.4 |
| GF Roll without Spread (Ve) | 114 | 2.8 | 20 | 0.8 | 0.3 |
| 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 |



Meal Additional - 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 calcs, 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.