

**Chinese New Year.  
Tuesday 1<sup>st</sup> February 2022  
Carbohydrate Information.**

Menu Item	Carb Count per portion (g)	
	Portion Size	Carb amount
Chinese Sticky Chicken	79g	3.8g
Sweet Chilli Golden Dipper (V)	90g	18.7g
Hong Kong Sweet & Sour (VE) – Uncle Ben’s Professional 91135	103g	11.7g
Hong Kong Sweet & Sour (VE) –Ben’s Original 08984	103g	17.7g
50/50 Rice	35g	26.9g
Vegetable Spring Rolls (VE)	20g	5.5g
Corn on the Cob	63g	5.9g
Stir Fried Vegetables	59g	4.2g
Coconut Muffin (VE)	70g	33.9g
Vanilla Muffin (V)	57g	30.0g
Yeo Valley Organic Yoghurt- Mango & Vanilla (V)	80g	8.5g
Yeo Valley Organic Yoghurt- Raspberry (V)	80g	8.5g
Yeo Valley Organic Yoghurt- Strawberry (V)	80g	8.5g
Cheese & Crackers (95022)	34g	11.7g
Cheese & Crackers (00137)	34g	11.7g