January Census Day Celebration.
Thursday 20th January 2022
Carbohydrate Information.

Menu Item	Carb Count per portion (g)	
	Portion Size	Carb amount
BBQ Chicken Pizza (Gidea, Mawney, Hylands, St Jos's)	215g	39.7g
BBQ Chicken Pizza	161g	29.8g
BBQ Chicken Pizza (Gluten Free)	153g	36.2g
Omega 3 Fish Fingers	75g	14.6g
Gluten Free Fish Fingers	90g	15.3g
Sausage Roll (VE)	65g	16.9g
Curly Fries	114g	26.1g
Peas	63g	5.6g
Baked Beans	71g	9.1g
Dinky Doughnuts (V)	53g	25.6g
Orange & Mango Iced Smoothies (VE)	80ml	14.6g
Strawberry Iced Smoothie (VE)	80ml	14.7g
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