

**Pancake Day**  
**Tuesday 1<sup>st</sup> March 2022**  
**Carbohydrate Information.**

Menu Item	Carb Count per portion (g)	
	Portion Size	Carb amount
<b>American Pancake (V)</b>	45g	<b>23.4g</b>
<b>American Pancake (VE)</b>	45g	<b>18.9g</b>