

**World Book Day
Thursday 3rd March 2022
Carbohydrate Information.**

Menu Item	Carb Count per portion (g)	
	Portion Size	Carb amount
Sausage Baguette (White)	32g	45.5g
Sausage Baguette (White) (Temp Code- 42200)	96g	34g
Sausage Baguette (Malted Wheat)	120g	36.1g
Hunter Chicken	90g	3.1g
50/50 Rice	35g	26.9g
Meatball Linguine (VE)	200g	48.1g
Corn on the Cob	63g	5.9g
Broccoli	63g	4.1g
Chocolate Sponge	58g	24.2g
Chocolate Custard	93g	11.5g
Vanilla Sponge	57g	23.9g
Milk Custard	78g	9.8g
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