

# MAYOR OF LONDON

Census Day (13th March 2024)

*Delish!*  
by HES Catering

Recipe	Portion Size	Carbohydrate per portion
Margherita Pizza (V)	137g	25.8g
Jacket Potato with Baked Beans (VE)	329g	67.4g
Jacket Potato with Cheese (V)	304g	57.5g
Jacket Potato with Tuna Mayo	312g	57.5g
Golden Quorn Dippers with BBQ dip	90g	10.6g
Oven Baked Chips	103g	21.7g
Peas	63g	5.6g
Sweetcorn	63g	7.3g
Iced Vanilla Sponge with Sprinkles	71g	34.6g
Iced Chocolate Sponge with Sprinkles	71g	34.7g
Organic Yoghurt	80g	8.5g
Cheese & Crackers	34g	11.9g