



**Delish!**  
by HES Catering



## V.E. Day Hot 2025 (Carb Chart)

| Recipe                           | Portion Size | Carbohydrate per portion |
|----------------------------------|--------------|--------------------------|
| Beef Cottage Pie                 | 174g         | 17.8g                    |
| Breaded Fish steak               | 85g          | 16.7g                    |
| Quorn Sausages (VE)              | 100g         | 8.1g                     |
| Oven Baked Chips                 | 103g         | 21.7g                    |
| Peas                             | 63g          | 5.6g                     |
| Mini Ring Doughnuts (based on 3) | 41g          | 19.7g                    |
| Cheese & Crackers                | 36g          | 10.9g                    |