



Census Day (3rd October 2024)



Recipe	Portion Size	Carbohydrate per portion
Pork Bangers	114g	8.7g
Chicken Bangers (Halal)	112g	7.6g
Asteroid Chicken Burger	110g	30.2g
Asteroid Chicken Burger (Halal)	115g	28.5g
Crispy Quorn Dippers	90g	10.6g
Lattice Fries	100g	23.0g
Broccoli	63g	4.1g
Cauliflower	63g	3.9g
Iced Sprinkled Spong Vanilla	71g	34.6g
Iced Sprinkled Spong Chocolate	71g	34.7g
Organic Yoghurt	80g	8.5g
Cheese & Crackers	34g	11.9g