



## PRIMARY MENU

### World Book Day Special Theme Day Carbohydrate Chart

ITEM	Carb Count per portion (g)	
	Portion Size	Carb amount
Hunters Chicken	90g	2.7g
Hot Cheesy Quesadillas (V)	143g	26.7g
Sausage Roll (VE)	65g	16.9g
Rice 50/50	35g	26.9g
Diced Potatoes	114g	18.6g
Carrots	71g	5.9g
Peas	63g	5.6g
Iced Sprinkle Sponge	71g	34.6g
Fresh Fruit	-	-
Organic Yeo Valley Yoghurt	80g	8.5g
Cheese & Crackers	34g	11.9g

*Delish!*  
by HES Catering