

## Bonfire Theme Day- Friday 5<sup>th</sup> November 2021

### Carbohydrate Information.

Menu Item	Carb Count per portion (g)	
	Portion Size	Carb amount
Sticky Honey & Soy Chicken	80g	2.9g
50/50 Rice	35g	26.9g
Jacket Potato with Chilli & Cheese	456g	48.5g
Sausage in Baguette- White (VE) (52122)	135g	47.9g
Sausage in Baguette- White (VE)- (42200) <b>sub baguette</b>	128g	38.5g
Corn on the Cob	63g	5.9g
Baked Beans	71g	9.1g
Toffee Apple Sponge (V)	81g	40.1g
Strawberry Iced Fruit Smoothies	80g	14.7g
Orange & Mango Fruit Smoothies	80g	14.6g
Crackers (95022) with Cheese	34g	11.7g
Crackers (00137) with Cheese	34g	11.7g
Yeo Valley Organic Fruit Yoghurt- Mango & Vanilla	80g	8.5g
Yeo Valley Organic Fruit Yoghurt- Strawberry	80g	8.5g
Yeo Valley Organic Fruit Yoghurt- Raspberry	80g	8.5g