

## Christmas Menu- December 2021

### Carbohydrate Information.

Menu Item	Carb Count per portion (g)	
	Portion Size	Carb amount
Traditional Roast Turkey	50g	0.5g
Festive Sausage Puff (VE)	150g	31.7g
Pork Chipolatas- Bonians	28g	2.2g
Pork Chipolatas- Orchard Farm	28g	2.0g
Chipolata Sausage (VE)	30g	3.3g
Roast Potato – VacPac	130g	19.9g
Roast Potato- Jackets	125g	19.9g
Roast Potato- McCain's	103g	23.7g
Yorkshire Pudding (V)	28g	11.0g
Yorkshire Pudding (VE)	64g	15.2g
Gravy	31g	1.5g
Baby Carrots	50g	3.4g
Broccoli	63g	4.1g
Brussel Sprouts	50g	2.3g
Peas	63g	5.6g
Gingerbread Men (V)	31g	23.5g
Spiced Orange Cookie (VE)	52g	33.8g
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
Staff Options Only...		
Sage & Onion Stuffing	31g	8.8g
Mince Pie (V)	54g	35.5g
Christmas Pudding (VE)	52g	37.6g
Cream (V)	33g	3.3g