

Census Day- January 2023

Recipe	Portion Size	Carbohydrate per portion
Golden Chicken Nuggets	80g	9g
Breaded Fish Fingers	75g	13.4g
Margherita Pizza (V)	137g	26.3
Curly Fries	114g	26.1g
Baked Beans	71g	9.1g
Corn on the Cob	63g	5.9g
Iced Vanilla Sponge with Sprinkles	69g	41.4g