

October Census Day: Thursday 7th October 2021 Carbohydrate Information.

Menu Item	Carb Count per portion (g)	
	Portion Size	Carb amount
Organic Beef Burger in a Bun	106g	25.0g
Beef Burger in a Bun (Corbets Tey)	162g	27.0g
Margherita Pizza (V)	209g	47.6g
Margherita Pizza (V) - Crowlands, Gidea, Hylands, Mawney, St Josephs.	278g	63.5g
Margherita Pizza (V)- Gluten Free	109g	29.3g
Sausage Roll (VE)	65g	16.9g
Curly Fries	114g	26.1g
Peas	71g	6.4g
Baked Bean	87g	11.2g
Iced Chocolate Sponge with Sprinkles	69g	35.3g
Iced Vanilla Sponge with Sprinkles	69g	41.2g
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
Strawberry Iced Fruit Smoothies	80g	14.6g
Orange & Mango Fruit Smoothies	80g	14.7g