

Primary Christmas 2022

Recipe	Portion Size	Carbohydrate per portion
Roast Turkey	50g	0.3g
Festive Sausage Puff (VE)	152g	30.6g
Sausage Roll (VE)	65g	16.9g
Pork Chipolatas-Orchard Farm	28g	2g
Pork Chipolatas-Bonians	28g	2.2g
Chipolata Sausages (VE)	25g	2g
Sage & Onion Stuffing (V)	31g	8.8g
Yorkshire Pudding	28g	11g
Yorkshire Pudding (VE)	58g	17.6g
McCains Roast Potatoes	100g	22.1g
Roast Potatoes (Vac Pack)	130g	19.9g
Roast Potatoes (Jackets)	125g	19.9g
Gravy	31g	1.5g
Baby Carrots	50g	3.4g
Peas	63g	5.6g
Broccoli	63g	4.1g
Brussel Sprouts	50g	2.3g
Sweetcorn	63g	7.3g
Chocolate Vanilla Ice-Cream Christmas Tub	80g	13.7g
Strawberry Vanilla Ice-Cream Christmas Tub	80g	14.5g
Christmas Pudding (VE) - Staff Only	52g	37.6g
Mince Pie (V) - Staff Only	56g	36.8g
Strawberry Iced Fruit Smoothie (VE)	80g	14.7g
Chocolate Shortbread Tree (VE)	58g	33.8g