



Class of 2023

Leavers Lunch Menu

Carbohydrate Chart

Menu Item	Carb Count per Portion (g)	
	Portion size	Carb Amount
Crispy Chicken in a Bun	110	30.2
Fish Flipper Dippers	75	18.2
Sausage Roll (VE)	65	16.9
Potato Lattice Fries	100	23
Broccoli	63	4.1
Baked Beans	71	9.1
Space Runner Rocket Lollies	60	11.5

