



### Pancake Day Theme Menu 2024

Recipe	Portion Size	Carbohydrate per portion
Pancake (V) Plain	40g	16.4g
Pancake (V) with Lemon	45g	16.5g
Pancake (V) with Honey	50g	24.6g
Homemade Pancake (VE) plain	66g	22.9g
Yeo Valley Organic Yoghurt	80g	8.5g
Crackers	16g	10.8g
Crackers with Cheese	34g	11.9g