

Christmas Menu - December 2023 Carbohydrate Information



Menu Item	Carb Count per portion (g)	
	Portion Size	Carb amount
Traditional Roast Turkey	50g	0.4g
Festive Sausage Puff (VE)	114g	28.9g
Pork Chipolatas- Bonians	28g	2.2g
Chipolata Sausage (VE)	25g	2.0g
Roast Potato – Vac Pac	130g	19.6g
Roast Potato- McCain's	100g	22.1g
Sage & Onion Stuffing	31g	8.2g
Yorkshire Pudding (V) 5cm	9g	3.2g
Yorkshire Pudding (V) 7.5cm	28g	11.8g
Gravy	67g	3.3g
Baby Carrots	50g	3.4g
Broccoli	63g	4.1g
Cauliflower (Fresh)	63g	3.9g
Brussel Sprouts	50g	2.3g
Peas	63g	5.6g
Chocolate/ Vanilla Christmas Ice Cream tub	80g	13.7g
Strawberry/ Vanilla Christmas Ice Cream tub	80g	14.5g
Strawberry Iced Fruit Smoothies	80g	14.7g
Orange & Mango Fruit Smoothies	80g	14.6g
Crackers (95022) with Cheese	34g	11.9g
Crackers (00137) with Cheese	34g	11.9g
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
Staff Options Only...		
Mince Pie (V)	56g	36.8g
Christmas Pudding (VE)	52g	37.6g
Cream (V)	33g	3.3g