



### Pancake Day Theme Menu 2023

Recipe	Portion Size	Carbohydrate per portion
Pancake (Plain)	40g	16.4g
Pancake (with Lemon)	45g	16.5g
Homemade Pancake (VE)	64g	25.4
Yeo Valley Organic Yoghurt	80g	8.5g
Crackers	16g	10.8g
Crackers with Cheese	34g	11.9g