



Class of 2025

Leavers Lunch Menu 1

Carbohydrate Chart

Menu Item	Carb Count per Portion (g)	
	Portion size	Carb Amount
Crispy Chicken Nuggets	83g	8.3g
Margherita Pizza (V)	137g	30.2g
American Style Hot Dog (VE)	100g	28.1g
Oven Baked Chips	103g	21.7g
Peas	63g	5.6g
Sweetcorn	63g	7.3g
Space Ice Rocket Lollies	60g	11.5g
Cheese & Crackers	36g	10.9g

