

Willingham After School Club Carb Count October 2023

	Portion	Carb		Portion	Carb
Sausage Roll	69g	18.6g	Cheese Baguette	100g	35.6g
Sweet & Sour Chicken	105g	8.6g	Ham Baguette	110g	35.8g
Chicken Burger in a Bun	110g	41g	Tuna Mayo Baguette	110g	36.1g
Chicken Korma	95g	4.5g	Crisps	25g	13.2g
Chicken Nuggets	80g	6.8g	Cucumber Sticks	35g	0.4g
Pork Sausage in a bun	80g	26.1g	Carrot Sticks	35g	2.1g
Fish finger sand	165g	54.8g			
Pepperoni Pizza	75g	21g	Chcololate iced sponge	75g	45.4g
Bacon Bap	90g	23g	Chocolate Brownie	52g	23.7g
			Milk Chocolate Cookie	50g	29.5g
Fish lessfish finger sand	165g	60.8g	White Chocolate Cookie	50g	30g
Macaroni Cheese	212g	56.4g	Lemon Drizzle	65g	32.4g
Margherita Pizza	69g	27g	Jam sponge	56g	25.6g
Veg Sausage roll	64g	17.9g	Fresh Fruit Pot	80g	7.1g
Quorn Sausage in a Bun	100g	27.4g	Fruity Flapjack	39g	21.2g
Quiche	100g	15.2g	Fruit Jelly	85g	11.8g
Southern fried quorn burger in a bun	110g	41g	Iced Sponge	75g	45.4g
Vegetable Nuggets	75g	18.5g	Rice Krispy Cake	50g	29.3g
Veg Korma	73g	5g	Natural Yoghurt & fruit Compote	91g	8g
Sweet & sour vegetable	100g	10.7g	Shortbread	57g	32.8g
			Strawberry Yoghurt	85g	12.5g
			Vanilla Ice-cream	100g	21g
Baked Beans	60g	7.8g			
Cheese	25g	0.4g			
Fresh Mixed Salad	50g	1.5g	Noodles	50g	35g
Garlic Bread	32g	14.4g	Rice	36g	27.3g
Pasta	50g	13g	Chips	100g	21g
Peas	30g	3.3g	Jacket Potatoe	120g	23.5g
Sweetcorn	30g	2.4g	Potato Wedges	100g	20g
Tomato Sauce	15g	3.6g	Sauteed Potato	100g	21g
Tuna Mayo	50g	0.6g	Skinney Fries	100g	20g
			Cubbed Potato	100g	19g