

Christmas Lunch 2024

FOOD OPTION	Primary Portion Size	Carb Guide	
Turkey & Sausage	70g	4.1g	
Quorn Fillet & vegan Sausage	94g	5.4g	
Sprouts	20g	0.5g	
Stuffing	20g	3.5g	
Gravy	20g	0.9g	
Roast Potatoes	82g	14.3g	
Carrot & Swede	50g	3.1g	
Broccoli	50g	1.2g	
Frosted Chocolate Cake	50g	23.3g	