

## Engayne Day Lunch Menu Carbohydrate Chart

Menu Item	Carb Count per Portion (g)	
	Portion size	Carb Amount
Pork Sausage Baguette	132	45.5
Fish Flipper Dippers	75	18.2
Quorn Sausage Baguette (VE)	125	45.3
Potato Dippers	100	22
Corn on the Cob	100	4.8
Space Runner Rocket Lollies	60	11.5
Organic Yoghurt	80	8.5

