

Roast Turkey with Festive Vegetables, Roast Potatoes, Chipolata & Gravy

Total Carbohydrate (g)	Total Fats (g)
23.23	13.76

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Turkey	50g	0.34	1.22
Chipolata	25g	1.86	2.02
Vegetables	50g	9.05	0.27
Potatoes	85g	11.62	10.25
Gravy	50ml	0.36	0.00



Christmas Veggie Roast with Festive Vegetables, Roast Potatoes & Gravy

Total Carbohydrate (g)	Total Fats (g)
89.83	14.49

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Veggie Roast	90g	68.80	3.97
Vegetables	50g	9.05	0.27
Potatoes	85g	11.62	10.25
Gravy	50ml	0.36	0.00



Jacket Potato with Cheddar Cheese

Total Carbohydrate (g)	Total Fats (g)
28.98	7.32

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Potato	160	28.62	0.48
Cheese	25	0.36	6.84



Jacket Potato with Baked Beans

Total Carbohydrate (g)	Total Fats (g)
37.38	1.60

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Potato	160	28.62	0.48
Baked Beans	70	8.75	1.12



Coconut, Orange and Cinnamon Biscuit

Total Carbohydrate (g)	Total Fats (g)
13.89	2.06

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Biscuit	30g	13.89	2.06



Chocolate Ice Cream Sponge Roll

Total Carbohydrate (g)	Total Fats (g)
18.53	4.22

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Ice Cream Roll	57g	18.53	4.22

