

**Renfrewshire Council Primary School Menu (Spring Tea Party)****Carbohydrates Counting**

<b>Dish Name</b>	<b>Carbohydrate per 100g</b>	<b>Item Portion Size</b>	<b>Carbohydrate per Portion</b>
Sausage Roll	27g	69g	18.6g
Vegetarian Sausage Roll	28g	64g	17.9g
Chicken Nuggets	19g	54g (3)	10.2g
Gluten Free Chicken Goujons	11.1g	70g (2)	7.7g
Veggie Bites (Falafel)	19g	75g (3)	14.2g
Side Salad	1.6g	49g	0.8g
Pop Oats (Salt & Vinegar)	74.3g	20g	14.8g
Jam Tarts	63g	27g	17g
Gluten Free Chocolate Chip Shortbread	63.5g	30g	19g
OMJ Apple	5.7g	288ml	16.4g
OMJ Very Berry	5.4g	288ml	15.5g