

Nutritional Guide 11 July 2023



Kids Meals

Prepared Dinner only	Meal	Ingredients	WHEAT	GLUTEN	GLUTEN FREE	EGGS	DAIRY & MILK PRODUCTS	SOY	FISH	MOLLUSCS	CRUSTACEA	PEANUTS	TREE NUTS	FREE NUTS SEEDS	SESAME	LUPINS	SULPHITES	LACTOSE FREE	Serving Size (g)	Energy kJ	Protein (g)	Fat Total (g)	Sat Fat (g)	Carbohydrate (g)	Fibre (g)	Sodium (mg)	Sodium Salt (mg)	Energy (kJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrate (g / 100g)	Fibre (g / 100g)	Sodium (g / 100g)	Sodium (g / 100g)	Column 38
<input type="checkbox"/>	<input type="checkbox"/>	Kids Meals																																		
<input type="checkbox"/>	<input type="checkbox"/>	0 Mugged Kids Meal & Water	Y	Y	WHEAT	N	N	N	Y	N	N	N	N		N	N	N		421	1700	10.1	18.4	2.5	52.2	10.5	892	100	405	2.4	4.4	4.8	12.1	2.5	210		
<input type="checkbox"/>	<input type="checkbox"/>	0 Mugged Kids Meal & Water	Y	Y	WHEAT	N	N	N	Y	N	N	N	N		N	N	N		472	2330	17.1	24.9	3.5	65.4	10.9	1100	100	460	3.6	5.3	6.7	13.9	2.3	230		
<input type="checkbox"/>	<input type="checkbox"/>	Cheeseburger Kids Meal & Water	Y	Y	WHEAT	N	Y	Y	N	N	N	N			Y	N	N		458	2300	19.3	25.6	7.7	64.1	4.8	1090	100	515	4.2	5.6	1.7	14.8	1.1	227		