

MEAL TYPE	PRODUCT NAME	PORTION SIZE	ENERGY (Kcals)	ENERGY (KJ)	PROTEIN (g)	CARBS (g)	SUGARS (g)	FAT (g)	SAT FAT (g)	SALT (mg)	ALLERGENS
Breakfast	Beef Burrito	-	300	-	34	5	-	16	-	-	Milk, Egg
Breakfast	Chicken Frittata	-	312	-	37	5	-	16	-	-	Egg
Breakfast	Chicken & Mushroom Omelette	-	317	-	38	5	-	16	-	-	Egg
Breakfast	Chocotrient (Chocolate) Pancakes	-	320	-	40	13	-	12	-	-	Egg, Milk, Soya, Nuts
Breakfast	Eggs Benedict	-	340	-	36	15	-	15	-	-	Milk, Egg, Mustard
Breakfast	Egg Muffins	-	313	-	30	10	-	18	-	-	Egg, Milk
Breakfast	Protein Waffles	-	305	-	30	15	-	13	-	-	Egg, Nuts, Milk
Breakfast	Turkey Burrito	-	296	-	33	5	-	16	-	-	Milk, Egg
Breakfast	Whey Protein Sundae	-	302	-	38	15	-	10	-	-	Milk
Low Fat	Cajun Chicken	Small	234	-	30	14	-	6	-	-	n/a
Low Fat	Cajun Chicken	Large	300	-	44	14	-	7	-	-	n/a
Low Fat	Chicken Thai Curry	Small	231	-	27	20	-	5	-	-	Fish
Low Fat	Chicken Thai Curry	Large	302	-	43	20	-	7	-	-	Fish
Low Fat	Fajita Chicken	Small	247	-	28	20	-	8	-	-	n/a
Low Fat	Fajita Chicken	Large	283	-	36	20	-	9	-	-	n/a
Low Fat	Harissa Chicken	Small	232	-	32	20	-	3	-	-	n/a
Low Fat	Harissa Chicken	Large	298	-	45	20	-	5	-	-	n/a
Low Fat	Turkey Burger	Small	234	-	27	17	-	6	-	-	n/a
Low Fat	Turkey Burger	Large	292	-	36	17	-	9	-	-	n/a
Low Fat	Paprika Turkey	Small	253	-	35	26	-	2	-	-	Mustard, Milk
Low Fat	Paprika Turkey	Large	294	-	44	26	-	2	-	-	Mustard, Milk
Low Fat	Peri Peri Turkey	Small	244	-	28	11	-	9	-	-	Mustard, Milk
Low Fat	Peri Peri Turkey	Large	307	-	37	11	-	12	-	-	Mustard, Milk
Low Fat	Stir Fry Chicken	Small	241	-	29	20	-	7	-	-	Soya, Nuts
Low Fat	Stir Fry Chicken	Large	294	-	41	20	-	8	-	-	Soya, Nuts
Low Fat	Tandoori Chicken	Small	271	-	30	13	-	11	-	-	Milk
Low Fat	Tandoori Chicken	Large	291	-	35	13	-	11	-	-	Milk
Low Fat	Turkey Meatballs	Small	275	-	30	17	-	10	-	-	n/a
Low Fat	Turkey Meatballs	Large	299	-	35	18	-	10	-	-	n/a
Low Fat	Turkey Mince	Small	257	-	25	17	-	7	-	-	n/a
Low Fat	Turkey Mince	Large	325	-	35	18	-	8	-	-	n/a
Low Fat	Turkey Sausages	Small	230	-	32	17	-	7	-	-	Milk
Low Fat	Turkey Sausages	Large	313	-	44	17	-	9	-	-	Milk
Gourmet	Beef Burger with Parmesan Fries	Small	405	-	39	19	-	19	-	-	Milk, Nuts
Gourmet	Beef Burger with Parmesan Fries	Large	485	-	53	19	-	22	-	-	Milk, Nuts
Gourmet	Beef Chili	Small	367	-	32	17	-	18	-	-	n/a
Gourmet	Beef Chili	Large	510	-	42	18	-	30	-	-	n/a
Gourmet	Cajun Seabass	Small	405	-	42	17	-	20	-	-	Mustard, Fish
Gourmet	Cajun Seabass	Large	493	-	53	18	-	25	-	-	Mustard, Fish
Gourmet	Chicken Satay	Small	393	-	42	27	-	16	-	-	Peanuts, Soy
Gourmet	Chicken Satay	Large	482	-	53	28	-	21	-	-	Peanuts, Soy
Gourmet	Chimichurri Steak	Small	363	-	36	26	-	16	-	-	n/a
Gourmet	Chimichurri Steak	Large	496	-	49	27	-	24	-	-	n/a
Gourmet	Citrus Salmon	Small	408	-	35	19	-	20	-	-	Milk, Nuts, Fish
Gourmet	Citrus Salmon	Large	523	-	47	20	-	28	-	-	Milk, Nuts, Fish
Gourmet	Chicken Katsu Curry	Small	385	-	35	22	-	18	-	-	Nuts
Gourmet	Chicken Katsu Curry	Large	519	-	50	25	-	24	-	-	Nuts
Gourmet	Prawn Stir Fry	Small	393	-	37	24	-	19	-	-	Crustaceans, Nuts, Soya
Gourmet	Prawn Stir Fry	Large	484	-	51	28	-	22	-	-	Crustaceans, Nuts, Soya
Gourmet	Spanish Chicken	Small	410	-	35	20	-	23	-	-	n/a
Gourmet	Spanish Chicken	Large	490	-	45	20	-	28	-	-	n/a
Gourmet	Spanish Meatballs	Small	381	-	41	27	-	15	-	-	Nuts
Gourmet	Spanish Meatballs	Large	508	-	53	28	-	23	-	-	Nuts
Gourmet	Steak & Ratatouille	Small	363	-	36	19	-	16	-	-	n/a
Gourmet	Steak & Ratatouille	Large	504	-	50	20	-	25	-	-	n/a
Gourmet	Teriyaki Salmon	Small	383	-	34	19	-	19	-	-	Sesame, Soy, Fish
Gourmet	Teriyaki Salmon	Large	514	-	49	21	-	26	-	-	Sesame, Soy, Fish

MEAL TYPE	PRODUCT NAME	PORTION SIZE	ENERGY (Kcals)	ENERGY (Kj)	PROTEIN (g)	CARBS (g)	SUGARS (g)	FAT (g)	SAT FAT (g)	SALT (mg)	ALLERGENS
Carb	Root Veg Mash	Small	136	-	2	32	-	0	-	-	<b>Mustard</b>
Carb	Root Veg Mash	Large	204	-	4	50	-	1	-	-	<b>Mustard</b>
Carb	Sauteed Sweet Potato	Small	128	-	2	30	-	0	-	-	<b>n/a</b>
Carb	Sauteed Sweet Potato	Large	215	-	4	50	-	0	-	-	<b>n/a</b>
Carb	Basmati Rice	Small	148	-	3	34	-	0	-	-	<b>n/a</b>
Carb	Basmati Rice	Large	236	-	5	54	-	0	-	-	<b>n/a</b>
Carb	Mexican Rice	Small	152	-	3	35	-	0	-	-	<b>n/a</b>
Carb	Mexican Rice	Large	268	-	5	62	-	0	-	-	<b>n/a</b>
Fat	Feta	-	118	-	7	0	-	10	-	-	<b>Milk</b>
Fat	Satay	-	167	-	5	12	-	11	-	-	<b>Nuts, Soy</b>
Fat	Salsa	-	150	-	1	5	-	14	-	-	<b>n/a</b>
Fat	Tzatziki	-	186	-	11	4	-	14	-	-	<b>Milk</b>
Snack	Medium Egg	2	140	-	11	0.6	0.6	9	3	130	<b>Egg</b>
Snack	Spinach	50	12	-	1	2	0.2	0.2	0	40	<b>n/a</b>
Snack	Sunflower Seeds	10	58	-	2	2	0.3	5	0.5	0.9	<b>n/a</b>
Snack	Peri Peri Almonds	15	87	-	3	3	0.7	8	0.6	0.2	<b>Nuts</b>
Snack	Peri Peri Cashews	15	83	-	3	5	0.9	7	1.2	-	<b>Nuts</b>
Snack	Peri Peri Sunflower Seeds	10	58	-	2	2	0.3	5	0.5	0.9	<b>n/a</b>
Snack	Blueberries	50	26	-	0.2	6	4.3	2	0	0.5	<b>n/a</b>
Snack	Dark Chocolate	15	91	-	1	7	3.6	6	3.7	0.2	<b>n/a</b>
Snack	Almonds	15	87	-	3	3	-	8	-	-	<b>n/a</b>