

Menu Listing with Traffic Lights

Nina

Menu: PrimaryPL21

Primary PL Menu 2021

Item	Description	Amount											
MonPL1	Cheese & Cucumber Deli Roll	ptn	<p>Each Cheese & Cucumber Deli Roll (164.4g) contains</p> <table border="1"> <tr> <td>Energy 2115kJ 505kcal</td> <td>Fat 27g</td> <td>Saturates 12g</td> <td>Sugars 4.3g</td> <td>Salt 1.6g</td> </tr> <tr> <td>25%</td> <td>39%</td> <td>59%</td> <td>5%</td> <td>27%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1286kJ / 307kcal</p>	Energy 2115kJ 505kcal	Fat 27g	Saturates 12g	Sugars 4.3g	Salt 1.6g	25%	39%	59%	5%	27%
Energy 2115kJ 505kcal	Fat 27g	Saturates 12g	Sugars 4.3g	Salt 1.6g									
25%	39%	59%	5%	27%									
MonPL2	Ham & Lettuce Deli roll	ptn	<p>Each Ham & Lettuce Deli roll (161.5851g) contains</p> <table border="1"> <tr> <td>Energy 1620kJ 387kcal</td> <td>Fat 14g</td> <td>Saturates 3.6g</td> <td>Sugars 4.4g</td> <td>Salt 1.5g</td> </tr> <tr> <td>19%</td> <td>21%</td> <td>18%</td> <td>5%</td> <td>25%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1003kJ / 240kcal</p>	Energy 1620kJ 387kcal	Fat 14g	Saturates 3.6g	Sugars 4.4g	Salt 1.5g	19%	21%	18%	5%	25%
Energy 1620kJ 387kcal	Fat 14g	Saturates 3.6g	Sugars 4.4g	Salt 1.5g									
19%	21%	18%	5%	25%									
MonPL3	Tortilla chips & Tomato Salsa	Ptn	<p>Each Tortilla chips & Tomato Salsa (70g) contains</p> <table border="1"> <tr> <td>Energy 869kJ 208kcal</td> <td>Fat 8.1g</td> <td>Saturates 0.7g</td> <td>Sugars 1.9g</td> <td>Salt 0.89g</td> </tr> <tr> <td>10%</td> <td>12%</td> <td>4%</td> <td>2%</td> <td>15%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1241kJ / 297kcal</p>	Energy 869kJ 208kcal	Fat 8.1g	Saturates 0.7g	Sugars 1.9g	Salt 0.89g	10%	12%	4%	2%	15%
Energy 869kJ 208kcal	Fat 8.1g	Saturates 0.7g	Sugars 1.9g	Salt 0.89g									
10%	12%	4%	2%	15%									
MonPL4	Strawberry Mousse	ptn	<p>Each Strawberry Mousse (15g) contains</p> <table border="1"> <tr> <td>Energy 267kJ 64kcal</td> <td>Fat 1.5g</td> <td>Saturates 1.1g</td> <td>Sugars 8.2g</td> <td>Salt 0.19g</td> </tr> <tr> <td>3%</td> <td>2%</td> <td>6%</td> <td>9%</td> <td>3%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1778kJ / 425kcal</p>	Energy 267kJ 64kcal	Fat 1.5g	Saturates 1.1g	Sugars 8.2g	Salt 0.19g	3%	2%	6%	9%	3%
Energy 267kJ 64kcal	Fat 1.5g	Saturates 1.1g	Sugars 8.2g	Salt 0.19g									
3%	2%	6%	9%	3%									
ThuPL4	Flapjack	ptn	<p>Each Flapjack (112.5g) contains</p> <table border="1"> <tr> <td>Energy 2012kJ 481kcal</td> <td>Fat 22g</td> <td>Saturates 7.1g</td> <td>Sugars 34g</td> <td>Salt 0.78g</td> </tr> <tr> <td>24%</td> <td>31%</td> <td>35%</td> <td>38%</td> <td>13%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1788kJ / 427kcal</p>	Energy 2012kJ 481kcal	Fat 22g	Saturates 7.1g	Sugars 34g	Salt 0.78g	24%	31%	35%	38%	13%
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24%	31%	35%	38%	13%									

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PLFF Fresh Fruit ptn

Each Fresh Fruit (200g) contains

Energy 339kJ 81kcal	Fat <0.5g	Saturates <0.1g	Sugars 20g	Salt 0.02g
4%	0%	0%	22%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 169kJ / 41kcal

TuePL1 Tomato & Cheddar Pizza Wheel ptn

Each Tomato & Cheddar Pizza Wheel (132g) contains

Energy 1392kJ 333kcal	Fat 15g	Saturates 8.0g	Sugars 1.9g	Salt 0.90g
17%	21%	40%	2%	15%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1055kJ / 252kcal

TuePL2 Carrot/Cucumber Batons & Mayo Ptn

Each Carrot/Cucumber Batons & Mayo (94.8g) contains

Energy 277kJ 66kcal	Fat 5.3g	Saturates 0.4g	Sugars 2.9g	Salt 0.29g
3%	8%	2%	3%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 292kJ / 70kcal

PL21chbr Chocolate brownie Ptn

Each Chocolate brownie (Ptn) contains

Energy 177.9	Energy kJ 744.4	Carbohydrate 19.2	Fat 9.7	NME Sugar 13.3
9%	9%	0%	14%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

JellyPL fruit Jelly ptn

Each fruit Jelly (75g) contains

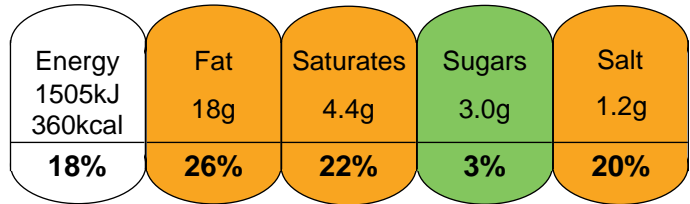
Energy 156kJ 37kcal	Fat <0.5g	Saturates <0.1g	Sugars 9.2g	Salt 0.02g
2%	0%	0%	10%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 209kJ / 50kcal

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WedPL1 Chicken Mayonnaise Lettuce wrap ptn Each Chicken Mayonnaise Lettuce wrap (161.5984g) contains

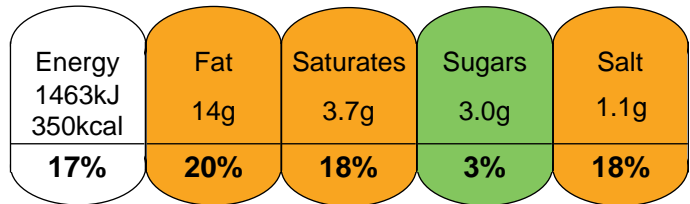


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 931kJ / 223kcal

WedPL2 Breaded Vegetable Finger & Lettuce Wrap ptn

Each Breaded Vegetable Finger & Lettuce Wrap (147.6g) contains

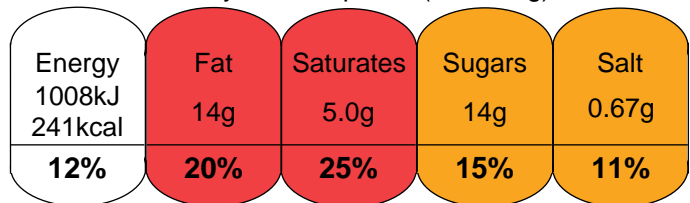


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 991kJ / 237kcal

TuePL3 Strawberry Swirl Cupcake Ptn

Each Strawberry Swirl Cupcake (67.1667g) contains

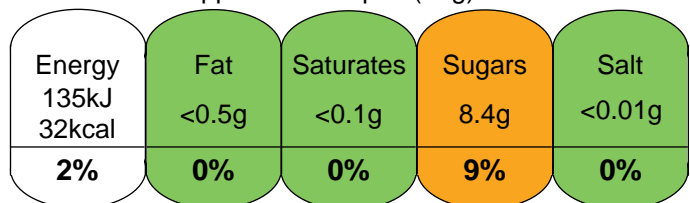


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1501kJ / 359kcal

FriPL5 Apple Juice Cuplet Ptn

Each Apple Juice Cuplet (85g) contains

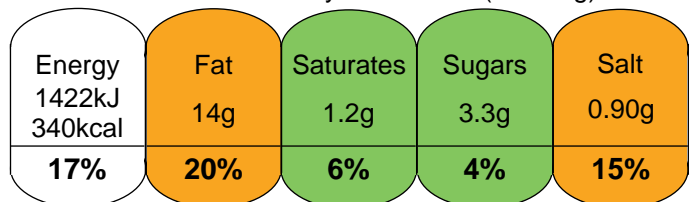


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 159kJ / 38kcal

ThuPL1 Tuna & Sweetcorn Mayo Pasta Pot ptn

Each Tuna & Sweetcorn Mayo Pasta Pot (138.75g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1025kJ / 245kcal

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ThuPL2 Cheese & Tomato Pasta Pot ptn

Each Cheese & Tomato Pasta Pot (125g) contains

Energy 1290kJ 308kcal	Fat 11g	Saturates 6.1g	Sugars 4.3g	Salt 1.1g
15%	16%	31%	5%	19%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1032kJ / 247kcal

ThuPL3 carrot/Cucumber/pepper batons Ptn

Each carrot/Cucumber/pepper batons (108g) contains

Energy 105kJ 25kcal	Fat <0.5g	Saturates <0.1g	Sugars 4.5g	Salt 0.04g
1%	0%	0%	5%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 97kJ / 23kcal

MonPL5 Shortbread Biscuit Ptn

Each Shortbread Biscuit (37.3611g) contains

Energy 739kJ 177kcal	Fat 10g	Saturates 3.8g	Sugars 8.3g	Salt 0.37g
9%	15%	19%	9%	6%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1979kJ / 473kcal

FriPL BLT Deli roll ptn

Each BLT Deli roll (185.44g) contains

Energy 1905kJ 455kcal	Fat 22g	Saturates 6.5g	Sugars 4.7g	Salt 2.9g
23%	31%	32%	5%	48%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1027kJ / 245kcal

FriPL2 BBQ Quorn Sausage & Lettuce Deli Roll ptn

Each BBQ Quorn Sausage & Lettuce Deli Roll (201.59g) contains

Energy 1912kJ 457kcal	Fat 15g	Saturates 3.4g	Sugars 18g	Salt 1.6g
23%	21%	17%	19%	27%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 949kJ / 227kcal

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FriPL3 Tortilla Chips with Mayonnaise Ptn

Each Tortilla Chips with Mayonnaise (70g) contains

Energy 1135kJ 271kcal	Fat 16g	Saturates 1.2g	Sugars 1.0g	Salt 0.98g
14%	22%	6%	1%	16%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1622kJ / 388kcal

SSP2053 Iced Sponge Cake Ptn

Each Iced Sponge Cake (67.75g) contains

Energy 1042kJ 249kcal	Fat 14g	Saturates 5.2g	Sugars 14g	Salt 0.68g
12%	20%	26%	16%	11%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1538kJ / 367kcal

SSP0004 Raspberry yoghurt organic Ptn

Each Raspberry yoghurt organic (Ptn) contains

Energy 76.0	Energy kJ 318.0	Carbohydrate 8.5	Fat 3.2	NME Sugar 4.0
4%	4%	0%	5%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

The values for each nutrient above are per serving.