

Menu Listing with Traffic Lights

Kim

Menu: **SSPPL2022Mon** Spring Summer 2022 packed Lunch option 2 Monday

Item	Description	Amount
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SSPPL1a Tuna & Sweetcorn Roll ptn

Each Tuna & Sweetcorn Roll (73.8g) contains

Energy 869kJ 208kcal	Fat 6.1g	Saturates 1.2g	Sugars 1.2g	Salt 0.99g
<b>10%</b>	<b>9%</b>	<b>6%</b>	<b>1%</b>	<b>16%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1177kJ / 281kcal

SSPPL2a Tortilla Chips & Salsa Ptn

Each Tortilla Chips & Salsa (40g) contains

Energy 444kJ 106kcal	Fat 4.1g	Saturates 0.4g	Sugars 1.2g	Salt 0.49g
<b>5%</b>	<b>6%</b>	<b>2%</b>	<b>1%</b>	<b>8%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1111kJ / 266kcal

SSPPL3a Yoghurts Ptn

Each Yoghurts (124.9875g) contains

Energy 329kJ 79kcal	Fat 1.0g	Saturates 0.5g	Sugars 12g	Salt 0.13g
<b>4%</b>	<b>1%</b>	<b>2%</b>	<b>13%</b>	<b>2%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 264kJ / 63kcal

SSPPL5 Vege Sticks Ptn

Each Vege Sticks (40.7g) contains

Energy 39kJ 9kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.7g	Salt 0.02g
<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>2%</b>	<b>0%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 96kJ / 23kcal

The values for each nutrient above are per serving.

Menu Listing with Traffic Lights

Kim

Menu: SSPPL2022Tue Spring Summer 2022 Packed Lunch option 2 Tuesday

Item	Description	Amount
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SSPPL4a Egg Mayonnaise Sandwich ptn

Each Egg Mayonnaise Sandwich (105.28g) contains

Energy 1306kJ 312kcal	Fat 12g	Saturates 2.1g	Sugars 3.1g	Salt 0.92g
<b>16%</b>	<b>17%</b>	<b>10%</b>	<b>3%</b>	<b>15%</b>

**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 1240kJ / 296kcal

SSPPL5a Vege Sticks & Mayo Ptn

Each Vege Sticks & Mayo (60.7g) contains

Energy 256kJ 61kcal	Fat 5.3g	Saturates 0.4g	Sugars 2.1g	Salt 0.27g
<b>3%</b>	<b>8%</b>	<b>2%</b>	<b>2%</b>	<b>4%</b>

**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 422kJ / 101kcal

SSPPL6a Fruit Jelly ptn

Each Fruit Jelly (108.5g) contains

Energy 242kJ 58kcal	Fat <0.5g	Saturates <0.1g	Sugars 14g	Salt 0.03g
<b>3%</b>	<b>0%</b>	<b>0%</b>	<b>16%</b>	<b>0%</b>

**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 223kJ / 53kcal

SSPPL6 Fresh Fruit Wedge Portion Ptn

Each Fresh Fruit Wedge Portion (32.2493g) contains

Energy 65kJ 16kcal	Fat <0.5g	Saturates <0.1g	Sugars 3.8g	Salt <0.01g
<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>4%</b>	<b>0%</b>

**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 202kJ / 48kcal

The values for each nutrient above are per serving.

## Menu Listing with Traffic Lights

Kim

Menu: SSPPL2022Wed

Spring Summer 2022 Packed Lunch Option 2 Wednesday

Item	Description	Amount											
SSPPL7a	Ham & Lettuce Wrap	ptn	<p>Each Ham &amp; Lettuce Wrap (47.5851g) contains</p> <table border="1"> <tr> <td>Energy 266kJ 67kcal</td> <td>Fat 4.5g</td> <td>Saturates 1.2g</td> <td>Sugars &lt;0.5g</td> <td>Salt 0.50g</td> </tr> <tr> <td><b>3%</b></td> <td><b>6%</b></td> <td><b>6%</b></td> <td><b>0%</b></td> <td><b>8%</b></td> </tr> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 560kJ / 140kcal</p>	Energy 266kJ 67kcal	Fat 4.5g	Saturates 1.2g	Sugars <0.5g	Salt 0.50g	<b>3%</b>	<b>6%</b>	<b>6%</b>	<b>0%</b>	<b>8%</b>
Energy 266kJ 67kcal	Fat 4.5g	Saturates 1.2g	Sugars <0.5g	Salt 0.50g									
<b>3%</b>	<b>6%</b>	<b>6%</b>	<b>0%</b>	<b>8%</b>									
SSPPL2a	Tortilla Chips & Salsa	Ptn	<p>Each Tortilla Chips &amp; Salsa (40g) contains</p> <table border="1"> <tr> <td>Energy 444kJ 106kcal</td> <td>Fat 4.1g</td> <td>Saturates 0.4g</td> <td>Sugars 1.2g</td> <td>Salt 0.49g</td> </tr> <tr> <td><b>5%</b></td> <td><b>6%</b></td> <td><b>2%</b></td> <td><b>1%</b></td> <td><b>8%</b></td> </tr> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 1111kJ / 266kcal</p>	Energy 444kJ 106kcal	Fat 4.1g	Saturates 0.4g	Sugars 1.2g	Salt 0.49g	<b>5%</b>	<b>6%</b>	<b>2%</b>	<b>1%</b>	<b>8%</b>
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<b>5%</b>	<b>6%</b>	<b>2%</b>	<b>1%</b>	<b>8%</b>									
SSPPL3a	Yoghurts	Ptn	<p>Each Yoghurts (124.9875g) contains</p> <table border="1"> <tr> <td>Energy 329kJ 79kcal</td> <td>Fat 1.0g</td> <td>Saturates 0.5g</td> <td>Sugars 12g</td> <td>Salt 0.13g</td> </tr> <tr> <td><b>4%</b></td> <td><b>1%</b></td> <td><b>2%</b></td> <td><b>13%</b></td> <td><b>2%</b></td> </tr> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 264kJ / 63kcal</p>	Energy 329kJ 79kcal	Fat 1.0g	Saturates 0.5g	Sugars 12g	Salt 0.13g	<b>4%</b>	<b>1%</b>	<b>2%</b>	<b>13%</b>	<b>2%</b>
Energy 329kJ 79kcal	Fat 1.0g	Saturates 0.5g	Sugars 12g	Salt 0.13g									
<b>4%</b>	<b>1%</b>	<b>2%</b>	<b>13%</b>	<b>2%</b>									
SSPPL5	Vege Sticks	Ptn	<p>Each Vege Sticks (40.7g) contains</p> <table border="1"> <tr> <td>Energy 39kJ 9kcal</td> <td>Fat &lt;0.5g</td> <td>Saturates &lt;0.1g</td> <td>Sugars 1.7g</td> <td>Salt 0.02g</td> </tr> <tr> <td><b>0%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> <td><b>2%</b></td> <td><b>0%</b></td> </tr> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 96kJ / 23kcal</p>	Energy 39kJ 9kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.7g	Salt 0.02g	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>2%</b>	<b>0%</b>
Energy 39kJ 9kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.7g	Salt 0.02g									
<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>2%</b>	<b>0%</b>									

The values for each nutrient above are per serving.

Menu Listing with Traffic Lights

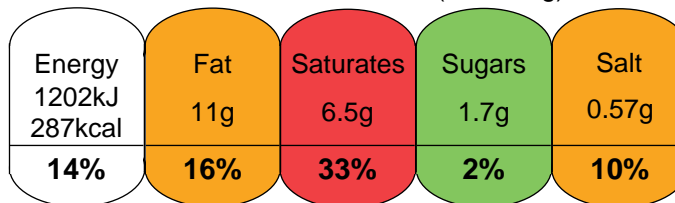
Kim

Menu: SSPPL2022xThu Spring Summer 2022 packed Lunch option 2 Thursday

Item	Description	Amount
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SSPPL8a Cheese & Tomato Pasta Pot ptn

Each Cheese & Tomato Pasta Pot (65.8443g) contains

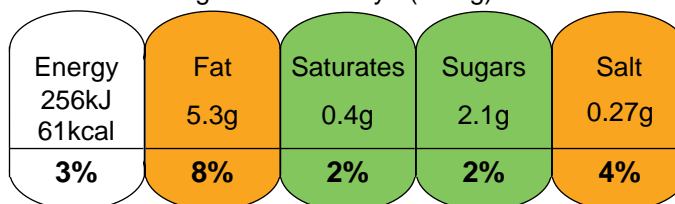


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1825kJ / 436kcal

SSPPL5a Vege Sticks & Mayo Ptn

Each Vege Sticks & Mayo (60.7g) contains

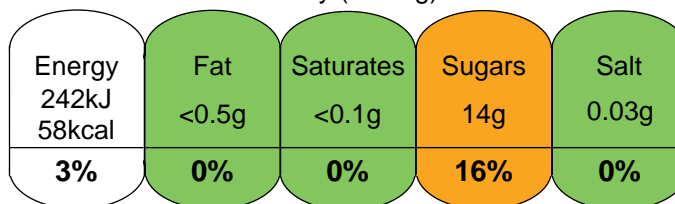


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 422kJ / 101kcal

SSPPL6a Fruit Jelly ptn

Each Fruit Jelly (108.5g) contains

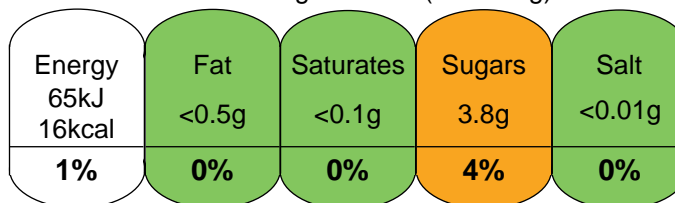


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 223kJ / 53kcal

SSPPL6 Fresh Fruit Wedge Portion Ptn

Each Fresh Fruit Wedge Portion (32.2493g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 202kJ / 48kcal

The values for each nutrient above are per serving.

**Menu Listing with Traffic Lights**

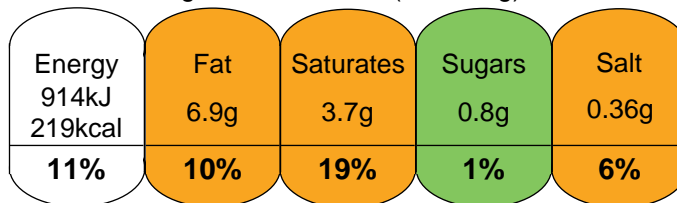
Kim

**Menu: SSPPL2022yFri Spring Summer 2022 packed Lunch option 2 Friday**

**Item Description Amount**

SSPPL9a Margarita Pizza Slice ptn

Each Margarita Pizza Slice (80.3159g) contains

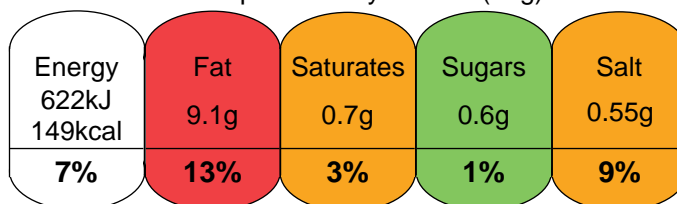


**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 1138kJ / 272kcal

SSPPL10a Tortilla Chips with Mayonnaise Ptn

Each Tortilla Chips with Mayonnaise (40g) contains

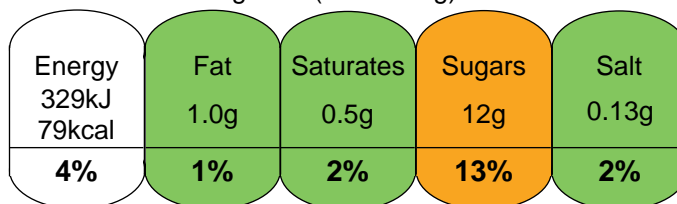


**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 1554kJ / 372kcal

SSPPL3a Yoghurts Ptn

Each Yoghurts (124.9875g) contains

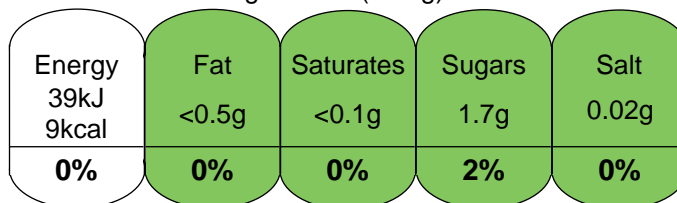


**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 264kJ / 63kcal

SSPPL5 Vege Sticks Ptn

Each Vege Sticks (40.7g) contains



**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 96kJ / 23kcal

**The values for each nutrient above are per serving.**