

Menu Listing with Traffic Lights

Kim

Menu: SSPPL2022c

Spring Summer 2022 Packed lunch Friday

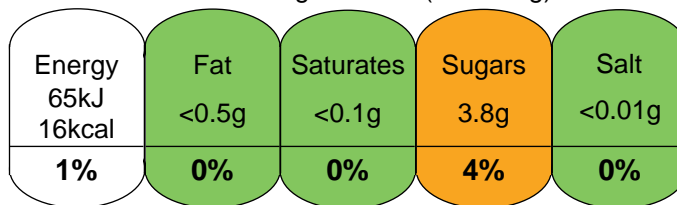
Item	Description	Amount											
SSPPL1	Ham Roll	ptn	<p>Each Ham Roll (75g) contains</p> <table border="1"> <tr> <td>Energy 807kJ 193kcal</td> <td>Fat 4.9g</td> <td>Saturates 1.3g</td> <td>Sugars 1.0g</td> <td>Salt 1.1g</td> </tr> <tr> <td>10%</td> <td>7%</td> <td>6%</td> <td>1%</td> <td>19%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1076kJ / 257kcal</p>	Energy 807kJ 193kcal	Fat 4.9g	Saturates 1.3g	Sugars 1.0g	Salt 1.1g	10%	7%	6%	1%	19%
Energy 807kJ 193kcal	Fat 4.9g	Saturates 1.3g	Sugars 1.0g	Salt 1.1g									
10%	7%	6%	1%	19%									
SSPPL2	Cheese Roll	ptn	<p>Each Cheese Roll (70g) contains</p> <table border="1"> <tr> <td>Energy 1030kJ 246kcal</td> <td>Fat 11g</td> <td>Saturates 5.3g</td> <td>Sugars 1.0g</td> <td>Salt 1.1g</td> </tr> <tr> <td>12%</td> <td>16%</td> <td>27%</td> <td>1%</td> <td>18%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1471kJ / 352kcal</p>	Energy 1030kJ 246kcal	Fat 11g	Saturates 5.3g	Sugars 1.0g	Salt 1.1g	12%	16%	27%	1%	18%
Energy 1030kJ 246kcal	Fat 11g	Saturates 5.3g	Sugars 1.0g	Salt 1.1g									
12%	16%	27%	1%	18%									
SSPPL3	Tuna Mayo Roll	ptn	<p>Each Tuna Mayo Roll (77g) contains</p> <table border="1"> <tr> <td>Energy 849kJ 203kcal</td> <td>Fat 6.0g</td> <td>Saturates 1.2g</td> <td>Sugars 1.1g</td> <td>Salt 0.99g</td> </tr> <tr> <td>10%</td> <td>9%</td> <td>6%</td> <td>1%</td> <td>16%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1102kJ / 263kcal</p>	Energy 849kJ 203kcal	Fat 6.0g	Saturates 1.2g	Sugars 1.1g	Salt 0.99g	10%	9%	6%	1%	16%
Energy 849kJ 203kcal	Fat 6.0g	Saturates 1.2g	Sugars 1.1g	Salt 0.99g									
10%	9%	6%	1%	16%									
SSPPL11	Homemade Margherita Pizza slice	ptn	<p>Each Homemade Margherita Pizza slice (85.8g) contains</p> <table border="1"> <tr> <td>Energy 562kJ 134kcal</td> <td>Fat 5.1g</td> <td>Saturates 2.5g</td> <td>Sugars 1.4g</td> <td>Salt 0.26g</td> </tr> <tr> <td>7%</td> <td>7%</td> <td>13%</td> <td>2%</td> <td>4%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 655kJ / 156kcal</p>	Energy 562kJ 134kcal	Fat 5.1g	Saturates 2.5g	Sugars 1.4g	Salt 0.26g	7%	7%	13%	2%	4%
Energy 562kJ 134kcal	Fat 5.1g	Saturates 2.5g	Sugars 1.4g	Salt 0.26g									
7%	7%	13%	2%	4%									
SSPPL5	Vege Sticks	Ptn	<p>Each Vege Sticks (40.7g) contains</p> <table border="1"> <tr> <td>Energy 39kJ 9kcal</td> <td>Fat <0.5g</td> <td>Saturates <0.1g</td> <td>Sugars 1.7g</td> <td>Salt 0.02g</td> </tr> <tr> <td>0%</td> <td>0%</td> <td>0%</td> <td>2%</td> <td>0%</td> </tr> </table> <p>of an adult's Reference Intake</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	0%	0%	0%	2%	0%
Energy 39kJ 9kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.7g	Salt 0.02g									
0%	0%	0%	2%	0%									

Menu Listing with Traffic Lights

Kim

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.