

Menu Listing with Traffic Lights

Kim

Menu: SSPPL2022a

Spring Summer 2022 Packed Lunch M W

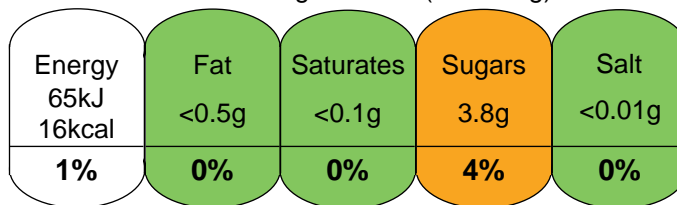
Item	Description	Amount											
SSPPL1	Ham Roll	ptn	<p>Each Ham Roll (75g) contains</p> <table border="1"> <tr> <td>Energy 807kJ 193kcal</td> <td>Fat 4.9g</td> <td>Saturates 1.3g</td> <td>Sugars 1.0g</td> <td>Salt 1.1g</td> </tr> <tr> <td>10%</td> <td>7%</td> <td>6%</td> <td>1%</td> <td>19%</td> </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%									
SSPPL4	Tortilla Chips	Ptn	<p>Each Tortilla Chips (20g) contains</p> <table border="1"> <tr> <td>Energy 405kJ 97kcal</td> <td>Fat 4.0g</td> <td>Saturates 0.3g</td> <td>Sugars <0.5g</td> <td>Salt 0.30g</td> </tr> <tr> <td>5%</td> <td>6%</td> <td>2%</td> <td>0%</td> <td>5%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 2025kJ / 484kcal</p>	Energy 405kJ 97kcal	Fat 4.0g	Saturates 0.3g	Sugars <0.5g	Salt 0.30g	5%	6%	2%	0%	5%
Energy 405kJ 97kcal	Fat 4.0g	Saturates 0.3g	Sugars <0.5g	Salt 0.30g									
5%	6%	2%	0%	5%									
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%
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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.

Menu Listing with Traffic Lights

Kim

Menu: SSPPL2022b

Spring Summer 2022 Packed Lunch T Th

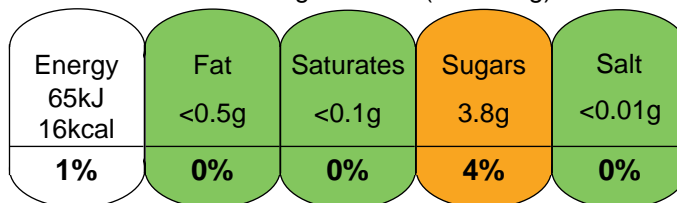
Item	Description	Amount											
SSPPL7	Ham Wrap	ptn	<p>Each Ham Wrap (62g) contains</p> <table border="1"> <tr> <td>Energy 646kJ 154kcal</td> <td>Fat 6.2g</td> <td>Saturates 1.3g</td> <td>Sugars 0.7g</td> <td>Salt 1.4g</td> </tr> <tr> <td>8%</td> <td>9%</td> <td>7%</td> <td>1%</td> <td>23%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1041kJ / 249kcal</p>	Energy 646kJ 154kcal	Fat 6.2g	Saturates 1.3g	Sugars 0.7g	Salt 1.4g	8%	9%	7%	1%	23%
Energy 646kJ 154kcal	Fat 6.2g	Saturates 1.3g	Sugars 0.7g	Salt 1.4g									
8%	9%	7%	1%	23%									
SSPPL8	Cheese Wrap	ptn	<p>Each Cheese Wrap (62g) contains</p> <table border="1"> <tr> <td>Energy 878kJ 210kcal</td> <td>Fat 12g</td> <td>Saturates 5.7g</td> <td>Sugars 0.8g</td> <td>Salt 1.4g</td> </tr> <tr> <td>10%</td> <td>17%</td> <td>28%</td> <td>1%</td> <td>24%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1415kJ / 338kcal</p>	Energy 878kJ 210kcal	Fat 12g	Saturates 5.7g	Sugars 0.8g	Salt 1.4g	10%	17%	28%	1%	24%
Energy 878kJ 210kcal	Fat 12g	Saturates 5.7g	Sugars 0.8g	Salt 1.4g									
10%	17%	28%	1%	24%									
SSPPL9	Tuna Mayo Wrap	ptn	<p>Each Tuna Mayo Wrap (62g) contains</p> <table border="1"> <tr> <td>Energy 556kJ 133kcal</td> <td>Fat 3.4g</td> <td>Saturates 0.3g</td> <td>Sugars 0.8g</td> <td>Salt 1.2g</td> </tr> <tr> <td>7%</td> <td>5%</td> <td>2%</td> <td>1%</td> <td>20%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 898kJ / 215kcal</p>	Energy 556kJ 133kcal	Fat 3.4g	Saturates 0.3g	Sugars 0.8g	Salt 1.2g	7%	5%	2%	1%	20%
Energy 556kJ 133kcal	Fat 3.4g	Saturates 0.3g	Sugars 0.8g	Salt 1.2g									
7%	5%	2%	1%	20%									
SSPPL10	Cheese Straw	Ptn	<p>Each Cheese Straw (34.22g) contains</p> <table border="1"> <tr> <td>Energy 614kJ 144kcal</td> <td>Fat 9.7g</td> <td>Saturates 4.4g</td> <td>Sugars <0.5g</td> <td>Salt 0.49g</td> </tr> <tr> <td>7%</td> <td>14%</td> <td>22%</td> <td>0%</td> <td>8%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1793kJ / 420kcal</p>	Energy 614kJ 144kcal	Fat 9.7g	Saturates 4.4g	Sugars <0.5g	Salt 0.49g	7%	14%	22%	0%	8%
Energy 614kJ 144kcal	Fat 9.7g	Saturates 4.4g	Sugars <0.5g	Salt 0.49g									
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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%
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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.

Menu Listing with Traffic Lights

Kim

Menu: SSPPL2022c

Spring Summer 2022 Packed lunch Friday

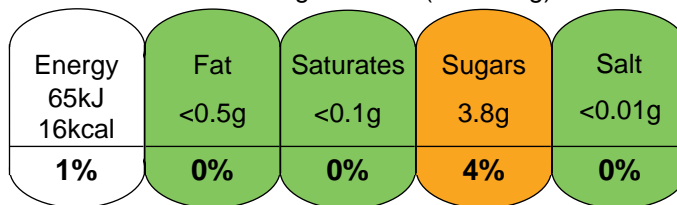
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10%	9%	6%	1%	16%									
SSPPL11	Homemade Margherita Pizza slice	ptn	<p>Each Homemade Margherita Pizza slice (85.8g) contains</p> <table border="1"> <tr> <td>Energy 562kJ 134kcal</td> <td>Fat 5.1g</td> <td>Saturates 2.5g</td> <td>Sugars 1.4g</td> <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%
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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.

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
10%	9%	6%	1%	16%

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
5%	6%	2%	1%	8%

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
4%	1%	2%	13%	2%

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
0%	0%	0%	2%	0%

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											
SSPPL4a	Egg Mayonnaise Sandwich	ptn	<p>Each Egg Mayonnaise Sandwich (105.28g) contains</p> <table border="1"> <tr> <td>Energy 1306kJ 312kcal</td> <td>Fat 12g</td> <td>Saturates 2.1g</td> <td>Sugars 3.1g</td> <td>Salt 0.92g</td> </tr> <tr> <td>16%</td> <td>17%</td> <td>10%</td> <td>3%</td> <td>15%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1240kJ / 296kcal</p>	Energy 1306kJ 312kcal	Fat 12g	Saturates 2.1g	Sugars 3.1g	Salt 0.92g	16%	17%	10%	3%	15%
Energy 1306kJ 312kcal	Fat 12g	Saturates 2.1g	Sugars 3.1g	Salt 0.92g									
16%	17%	10%	3%	15%									
SSPPL5a	Vege Sticks & Mayo	Ptn	<p>Each Vege Sticks & Mayo (60.7g) contains</p> <table border="1"> <tr> <td>Energy 256kJ 61kcal</td> <td>Fat 5.3g</td> <td>Saturates 0.4g</td> <td>Sugars 2.1g</td> <td>Salt 0.27g</td> </tr> <tr> <td>3%</td> <td>8%</td> <td>2%</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 422kJ / 101kcal</p>	Energy 256kJ 61kcal	Fat 5.3g	Saturates 0.4g	Sugars 2.1g	Salt 0.27g	3%	8%	2%	2%	4%
Energy 256kJ 61kcal	Fat 5.3g	Saturates 0.4g	Sugars 2.1g	Salt 0.27g									
3%	8%	2%	2%	4%									
SSPPL6a	Fruit Jelly	ptn	<p>Each Fruit Jelly (108.5g) contains</p> <table border="1"> <tr> <td>Energy 242kJ 58kcal</td> <td>Fat <0.5g</td> <td>Saturates <0.1g</td> <td>Sugars 14g</td> <td>Salt 0.03g</td> </tr> <tr> <td>3%</td> <td>0%</td> <td>0%</td> <td>16%</td> <td>0%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 223kJ / 53kcal</p>	Energy 242kJ 58kcal	Fat <0.5g	Saturates <0.1g	Sugars 14g	Salt 0.03g	3%	0%	0%	16%	0%
Energy 242kJ 58kcal	Fat <0.5g	Saturates <0.1g	Sugars 14g	Salt 0.03g									
3%	0%	0%	16%	0%									
SSPPL6	Fresh Fruit Wedge Portion	Ptn	<p>Each Fresh Fruit Wedge Portion (32.2493g) contains</p> <table border="1"> <tr> <td>Energy 65kJ 16kcal</td> <td>Fat <0.5g</td> <td>Saturates <0.1g</td> <td>Sugars 3.8g</td> <td>Salt <0.01g</td> </tr> <tr> <td>1%</td> <td>0%</td> <td>0%</td> <td>4%</td> <td>0%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 202kJ / 48kcal</p>	Energy 65kJ 16kcal	Fat <0.5g	Saturates <0.1g	Sugars 3.8g	Salt <0.01g	1%	0%	0%	4%	0%
Energy 65kJ 16kcal	Fat <0.5g	Saturates <0.1g	Sugars 3.8g	Salt <0.01g									
1%	0%	0%	4%	0%									

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 & Lettuce Wrap (78.5851g) contains</p> <table border="1"> <tr> <td>Energy 655kJ 156kcal</td> <td>Fat 6.3g</td> <td>Saturates 1.3g</td> <td>Sugars 1.0g</td> <td>Salt 1.4g</td> </tr> <tr> <td>8%</td> <td>9%</td> <td>7%</td> <td>1%</td> <td>23%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 833kJ / 199kcal</p>	Energy 655kJ 156kcal	Fat 6.3g	Saturates 1.3g	Sugars 1.0g	Salt 1.4g	8%	9%	7%	1%	23%
Energy 655kJ 156kcal	Fat 6.3g	Saturates 1.3g	Sugars 1.0g	Salt 1.4g									
8%	9%	7%	1%	23%									
SSPPL2a	Tortilla Chips & Salsa	Ptn	<p>Each Tortilla Chips & 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>5%</td> <td>6%</td> <td>2%</td> <td>1%</td> <td>8%</td> </tr> </table> <p>of an adult's Reference Intake</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	5%	6%	2%	1%	8%
Energy 444kJ 106kcal	Fat 4.1g	Saturates 0.4g	Sugars 1.2g	Salt 0.49g									
5%	6%	2%	1%	8%									
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>4%</td> <td>1%</td> <td>2%</td> <td>13%</td> <td>2%</td> </tr> </table> <p>of an adult's Reference Intake</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	4%	1%	2%	13%	2%
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4%	1%	2%	13%	2%									
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%									

The values for each nutrient above are per serving.

Menu Listing with Traffic Lights

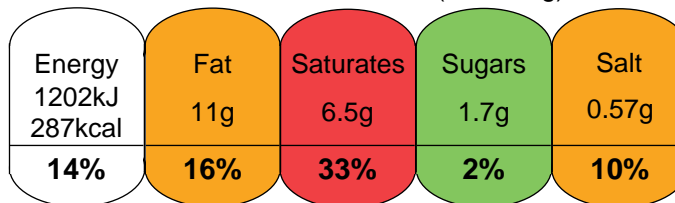
Kim

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

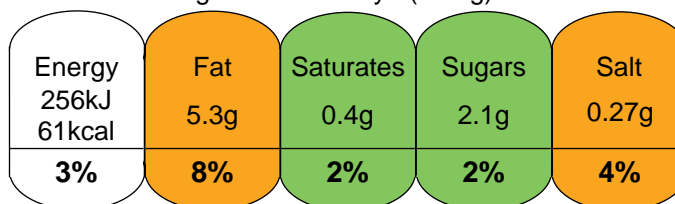


of an adult's Reference Intake

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

SSPPL5a Vege Sticks & Mayo Ptn

Each Vege Sticks & Mayo (60.7g) contains

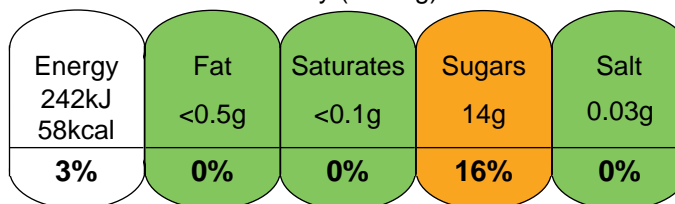


of an adult's Reference Intake

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

SSPPL6a Fruit Jelly ptn

Each Fruit Jelly (108.5g) contains

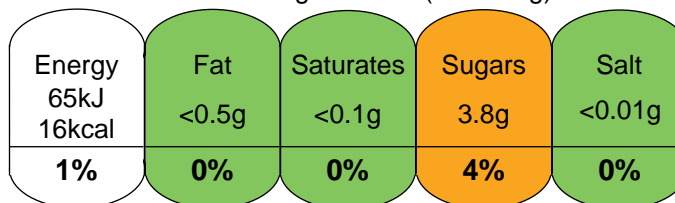


of an adult's Reference Intake

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

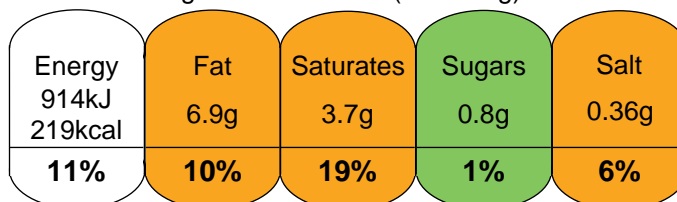
Kim

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

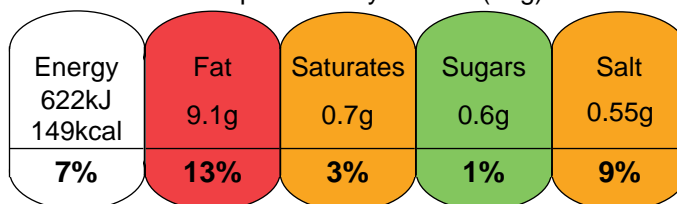


of an adult's Reference Intake

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

SSPPL10a Tortilla Chips with Mayonnaise Ptn

Each Tortilla Chips with Mayonnaise (40g) contains

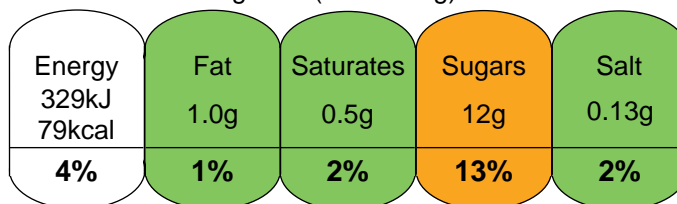


of an adult's Reference Intake

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

SSPPL3a Yoghurts Ptn

Each Yoghurts (124.9875g) contains

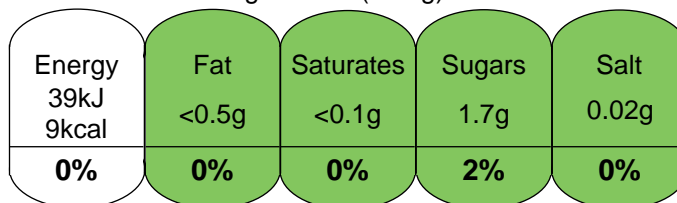


of an adult's Reference Intake

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.