

93175977	TUNA MAYO ROLL	93	189	792	4	12	26
		100	205	856	4	13	28
Code	FFL Meat Baguettes, Rolls, Sandwiches and Wraps	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93122029	HAM SANDWICH FFL 50 50 BREAD	135	277	1158	8	18	30
		100	205	858	6	14	23
93175993	HAM ROLL FFL	105	233	975	8	15	25
		100	222	928	7	14	24
93176108	TUNA SWEETCORN SANDWICH 50 50	135	242	1015	4	16	33
		100	180	754	3	12	24
93176109	TUNA SWEETCORN ROLL	105	199	831	4	12	27
		100	190	795	4	12	26
Code	Halal Meat Baguettes, Rolls, Sandwiches and Wraps	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93158593	CHICKEN AND SWEETCORN WRAP HALAL	150	331	1384	12	18	38
		100	221	923	8	12	26
93176003	CHICKEN AND SWEETCOR SAND 5050 HALAL	162	309	1295	9	21	34
		100	191	799	5	13	21
93175976	CHICKEN AND SWEETCORN ROLL HALAL	132	266	1111	9	17	29
		100	201	842	7	13	22
Code	Vegetarian Baguettes, Rolls, Sandwiches and Wraps	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93121871	CHEESE SANDWICH 50/50	113	315	1319	14	15	30
		100	279	1168	12	13	27
93175997	CHEESE WRAP	98	306	1278	14	10	36
		100	312	1304	14	11	36
93175999	CHEESE ROLL	83	271	1136	14	11	25
		100	327	1368	17	14	30
93114859	LAUGH COW CHESE & CUC 50/50 SANDWICH	122	240	1004	6	11	32
		100	198	826	5	9	27
93167819	LAUGHING COW CHESE & CUC WRAP	110	261	1094	10	8	37
		100	239	999	9	8	34
93175978	LAUGH COW CHESE & CUC BAGUETTE	112	234	977	6	9	35
		100	209	877	5	8	31
93175979	LAUGH COW CHESE & CUC ROLL	85	181	758	5	7	27
		100	213	890	6	8	31
Code	Fruit and Vegetable Sides	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93041624	APPLES	104	43	182	0	0	11
		100	42	176	0	0	11
93041625	BANANA	120	97	407	0	1	24
		100	81	339	0	1	20
93065473	MANDARIN	50	19	77	0	1	4
		100	37	155	0	1	9
93232012	CRUDITE POT	59	12	51	0	0	2
		100	21	87	0	1	4
93310775	ORANGE WEDGES 1/2 WEDGES	23	10	41	0	0	2
		100	43	180	0	1	8
Code	Drinks and Desserts	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93158257	YOGHURT FRUBE	40	41	171	1	2	5
		100	102	427	3	5	13
93159399	BANANA & APRICOT FLAPJACK	37	132	552	7	2	15
		100	356	1491	18	5	41
93167870	ORANGE JUICE 50/50 WATER	198	45	188	0	1	10
		100	23	95	0	0	5
93167871	APPLE JUICE 50/50 WATER	198	41	170	0	0	11
		100	21	86	0	0	5
93172001	LOAF BANANA LUNCH BOX 30G	30	98	409	2	2	18
		100	326	1364	5	8	60
93208015	APPLE CRUMBLE	80	195	816	8	3	28
		100	245	1023	10	3	35
93290177	WIBBLE JELLY RASPBERRY	67	0	2	0	0	0
		100	1	3	0	0	0
93290904	FRUITS WITH FOREST FRUIT JELLY	74	3	14	0	0	1
		100	5	19	0	0	1
93291701	LEMON SICILIAN COOKIE	25	100	417	4	1	15
		100	399	1669	15	6	61
93291702	CHOCOLATE COOKIE	25	100	419	4	1	14
		100	401	1678	17	6	58
93303592	FLAPJACK	43	189	792	11	2	19
		100	443	1855	26	6	44
93034685	CUSTARD	69	81	339	1	2	16
		100	117	489	2	2	24
93040542	FRESH FRUIT SLICES	46	21	90	0	0	5
		100	47	197	0	1	10
93090621	BREAD AND BUTTER PUDDING	54	84	353	2	3	13
		100	155	649	4	6	24
93303011	RICE PUDDING WITH JAM OR CHOC SPREAD	113	153	641	3	4	30
		100	136	570	3	3	26
93303597	ORANGE GLAZED STICKY SPONGE PUDDING	63	145	607	4	3	26
		100	229	959	6	5	41
93303634	APPLE AND CINNAMON SPONGE	53	121	508	7	2	15
		100	229	957	12	3	28
93303638	JAM AND COCONUT SPONGE	49	192	801	11	2	21
		100	393	1644	23	5	43
93303652	CHARTWELLS BROWNIE	50	150	626	7	2	18
		100	299	1252	15	5	37
93304314	CHOCOLATE BEET BROWNIE	44	129	538	7	2	15
		100	291	1217	15	5	35