

Secondary 'Global Adventures' Menu

Nutrient Counts

Autumn/Winter 2019

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Secondary Global Adventures Menu Nutrient Counts – Autumn/Winter 2019

Source Code	MEAT MAINS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
CHICKEN & TURKEY						
93165346	ASIAN TURKEY NOODLES	208	207	9	16	16
		100	99	4	8	8
93165391	CHICKEN & BEAN CHILLI	201	174	7	13	11
		100	87	3	6	6
93165393	CHICKEN BROWN RICE N BEANS	453	409	9	18	63
		100	90	2	4	14
93042708	CHICKEN CHIVE AND MUSHROOM PIE	286	527	28	20	45
		100	184	10	7	16
93162890	CHICKEN GYROS	227	440	13	29	50
		100	194	6	13	22
93098920	CHICKEN IN TOMATO AND BASIL SAUCE	106	181	9	21	0
		100	171	9	20	0
93142170	CHICKEN KATSU CURRY	225	367	24	16	17
		100	163	11	7	7
93127657	CHICKEN KORMA	214	182	8	15	9
		100	85	4	7	4
93156759	CHICKEN MOLAY	223	186	7	16	12
		100	84	3	7	5
93153426	CHICKEN SAUSAGE	65	101	3	13	4
		100	156	5	20	6
93162898	CHICKEN SHAWARMA FLATBREAD	178	337	8	28	36
		100	189	4	16	20
93147285	CHICKEN THIGH SWEET AND SOUR SAUCE	207	225	7	16	20
		100	108	3	8	9
93128001	CHICKEN TIKKA MASALA	224	197	8	17	11
		100	88	3	7	5
93153736	CHINESE KICKIN CHICKEN	156	191	7	15	11
		100	122	5	10	7
93147109	CREAMY CHICKEN & MUSHROOM POT	202	174	9	15	0
		100	86	4	7	0
93165400	CREAMY CHICKEN COBBLER	257	443	22	22	37
		100	173	9	8	14
93165339	GARLIC & SOY CHICKEN	129	172	8	14	6
		100	134	6	11	5
93097791	HONEY AND MUSTARD CHICKEN	97	186	9	21	6
		100	193	9	22	6
93165404	MAPLE & MUSTARD GLAZED CHICKEN MELT	162	423	14	27	46
		100	261	9	17	28
93130941	MARINATED ROAST CHICKEN DRUMSTICKS	123	229	14	20	5
		100	186	12	16	0
93154842	MOROCCAN CHICKEN STEW	149	163	6	14	10
		100	110	4	9	6
93162906	PULLED BBQ CHICKEN MAC N CHEESE	361	401	17	22	42
		100	111	5	6	11

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Source Code	MEAT MAINS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
CHICKEN & TURKEY (Continued)						
93108713	ROAST TURKEY BREAST	62	106	3	20	0
		100	172	4	33	0
93086620	SPANISH CHICKEN PAELLA	263	375	10	19	51
		100	143	4	7	19
93148007	SWEET & SOUR CHICKEN	195	187	5	15	16
		100	96	3	7	8
93128109	TERIYAKI GLAZED CHICKEN THIGH	92	174	8	21	0
		100	189	9	22	0
93131191	TEXAS BBQ CHICKEN	183	193	7	16	10
		100	106	4	9	5
93162846	TRINIDAD CHICKEN RICE	367	513	23	20	54
		100	140	6	5	15
HALAL CHICKEN (HALAL specific recipes or where nutrition differs from standard)						
93165347	ASIAN CHICKEN NOODLES (Halal)	209	209	9	15	16
		100	100	5	7	8
93147291	CAJUN PULLED CHICKEN & BEAN PITTA (Halal)	223	338	9	22	41
		100	152	4	10	18
93154010	CHICKEN SAUSAGES (Halal)	61	140	10	8	0
		100	230	17	13	6
93165521	GREEK CHICKEN WRAP (Halal)	156	332	13	19	29
		100	213	8	12	18
93163196	PULLED PIRI PRI CHICKEN BURGER (Halal)	202	322	14	21	27
		100	160	7	10	13

Source Code	MEAT MAINS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
BEEF						
93165390	BAGEL CHEESEBURGER	254	767	30	33	61
		100	303	12	13	24
93165389	BEEF BARBEOA BURRITO	336	347	9	12	54
		100	103	3	4	16
93129200	BEEF BURGER	264	674	28	28	46
		100	255	11	11	17
93089366	BEEF COBBLER	276	434	24	20	38
		100	157	9	7	13
93046483	BEEF LASAGNE	270	401	18	22	37
		100	148	7	8	14
93160009	BEEF PASTICCIO	287	341	20	17	25
		100	119	7	6	9
93098950	COTTAGE PIE	383	477	10	22	57
		100	125	3	6	15
93165348	CRISPY TOPPED BEEF CUMBERLAND PIE	270	357	12	18	37
		100	132	4	7	14
93156735	JERK BEEF WRAP	195	345	13	19	36
		100	177	7	10	19

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Source Code	MEAT MAINS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
BEEF (Continued)						
93165331	JERK STEWED BEEF	232	143	4	16	10
		100	62	2	7	4
93162912	PULLED BBQ BEEF BRISKET	232	202	9	16	15
		100	87	4	7	6
93064252	ROAST BEEF	53	118	5	19	0
		100	222	9	35	0
93165368	THAI BEEF & COCONUT CURRY	325	276	17	16	15
		100	85	5	5	0
FOOD FOR LIFE BEEF (FFL specific recipes or where nutrition differs from standard)						
93165573	BAGEL CHEESEBURGER (FFL)	251	662	27	31	73
		100	264	11	13	29
93156920	BEEF BURGER (FFL)	265	571	25	26	58
		100	215	9	10	22
93098821	ROAST BEEF (FFL)	57	126	7	16	0
		100	222	12	29	0
PORK						
93147141	CAJUN PULLED PORK & BEAN PITTA	226	379	13	23	41
		100	168	6	10	18
93165386	GREEK PORK WRAP	146	302	12	19	29
		100	207	8	13	20
93142777	NEW YORKER HOT DOG	100	188	5	5	28
		100	187	5	5	28
93162908	PIRI PIRI PULLED PORK BURGER	198	364	19	21	27
		100	184	10	10	13
93089367	POT ROASTED HONEY GLAZED HAM	93	158	7	14	10
		100	170	8	15	11
93098927	ROAST PORK WITH SAUCE AND STUFFING	120	252	12	18	17
		100	211	10	15	14
93108722	SAUSAGE AND MASH WITH ONION GRAVY	329	620	23	18	63
		100	188	7	6	19
FISH						
93080488	BUBBLE AND SQUEAK FISHCAKES	421	686	9	38	105
		100	163	2	9	25
93162896	CREAMY FISH PASTA BAKE	338	471	17	22	62
		100	139	5	7	18
93105116	CRISPY BATTERED POLLOCK FILLET	157	309	16	25	18
		100	197	10	16	11
93160249	FISHERMAN'S PIE	356	487	11	22	60
		100	137	3	6	17
93164414	JUMBO FISHFINGER	112	206	8	12	21
		100	184	7	11	19
93128149	KATSU CURRY FISH FINGER WRAP	215	384	13	16	48
		100	178	6	8	22

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Source Code	VEGETARIAN MAINS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
93148008	BURRITO CAJUN VEG AND BEAN	263	417	16	14	54
		100	159	6	5	20
93165337	CAJUN HALLOUMI & PINAPPLE RICE BOWL	387	367	12	12	54
		100	95	3	3	14
93130867	CAULIFLOWER & CREAMED CORN BAKE	260	256	15	13	17
		100	98	6	5	6
93153184	CHEESE, TOMATO AND POTATO BAKE	424	579	19	19	67
		100	137	4	4	16
93153187	CHICKPEA & TOMATO MASALA	296	207	8	10	24
		100	70	3	4	8
93086621	CHICKPEA POTATO FETA CAKE WITH SALSA	179	247	6	10	37
		100	138	4	5	17
93162914	CORN, BLACK EYE BEAN AND FETA SOFT TACOS	263	376	13	16	48
		100	143	5	6	18
93165395	CRISPY TOPPED SWEET POTATO CRUMBLE	449	407	7	14	63
		100	91	2	3	14
93162900	FETA & POTATO FRITATTA	122	202	12	11	10
		100	166	10	9	8
93159955	LOUISIANA BEAN POT	327	242	4	15	37
		100	74	1	5	11
93042701	MATURE CHEDDAR CARAMALISED ONION TART	144	294	21	10	16
		100	204	14	7	11
93147290	NEW YORKER CHEESY QUORN DOG	165	360	19	17	29
		100	218	11	10	18
93165523	PIRI PIRI HALLOUMI BUN	196	336	11	16	44
		100	171	5	8	22
93162333	QUORN SAUSAGES	100	129	4	12	10
		100	129	4	12	10
93165335	SMOKY BEAN AND CORN TOPPED WEDGES	430	428	5	14	64
		100	99	1	3	15
93156770	SMOKY CAULIFLOWER CHEESE	265	355	24	15	20
		100	134	9	6	8
93101314	SWEET POTATO & SQUASH CASSEROLE	335	199	6	9	28
		100	59	2	3	8
93127228	TRIPLE CHEESE MACARONI	296	331	15	17	35
		100	112	5	6	11
93147227	VEGETABLE LASAGNE	481	642	27	30	71
		100	133	6	6	14

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Source Code	CARBOHYDRATE SIDES	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
POTATOES						
93157065	CAJUN WEDGES	60	82	0	2	19
		100	137	0	4	31
93163112	CHIPOTLE WEDGES	100	150	0	3	26
		100	149	0	3	26
93124814	CHIPPED POTATOES	125	341	17	5	45
		100	273	14	4	36
93095567	CREAMED POTATOES	214	342	5	6	52
		100	160	2	3	24
93166573	CRISPY THYME POTATOES	100	149	0	3	26
		100	149	0	3	26
93163193	FAJITA WEDGES	61	84	0	2	19
		100	138	0	4	31
93157067	GARLIC & HERB WEDGES	61	85	0	3	19
		100	139	0	4	32
93162617	NEW POTATOES	200	144	0	4	34
		100	72	0	2	17
93157066	PAPRIKA WEDGES	62	87	0	3	19
		100	141	1	4	32
RICE & NOODLES						
93131282	BEGGARS NOODLES	60	38	0	1	8
		100	64	0	2	13
93165329	GRAINS N GREENS	138	129	1	6	27
		100	93	1	5	19
93163113	JAPANESE NOODLES	91	79	3	2	11
		100	87	4	2	12
93165323	JEWELLED RICE	174	253	2	5	57
		100	146	1	3	33
93165328	LEMON RICE PILAFF	284	230	2	4	51
		100	81	1	2	18
93165325	MEDITERRANEAN BULGHAR WHEAT	136	126	1	6	27
		100	93	1	4	20
93156761	MEXICAN YELLOW RICE	297	248	2	5	56
		100	84	1	2	19
93109633	RICE (WHOLEGRAIN)	204	286	2	5	64
		100	140	1	3	31

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Source Code	CARBOHYDRATE SIDES	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
BREAD						
93119264	BLOOMER LOAF	75	155	1	6	33
		100	206	1	8	44
93119267	CROWN LOAF	79	131	3	5	23
		100	165	4	7	29
93119263	FLOURED LOAF	75	155	1	6	33
		100	206	1	8	44
93157068	GARLIC BREAD	73	151	1	5	29
		100	206	2	7	40
93119266	GARLIC AND HERB BREAD WEDGE	83	200	10	4	24
		100	241	12	5	29
93034973	NAAN BREAD	32	71	0	3	15
		100	223	1	9	48
93119268	OAT CRUSTED GRANARY BLOOMER	74	160	2	7	30
		100	217	2	9	40
93119269	POPPYSEED LOAF	79	155	3	7	33
		100	196	3	8	42
93119380	SESAME SEED LOAF	79	176	3	7	33
		100	222	4	8	42
93119265	WHOLEMEAL LOAF	75	142	1	6	28
		100	189	2	9	37

Source Code	ADDITIONAL ITEMS & JACKET POTATOES	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
93034775	GRAVY	38	8	0	0	1
		100	20	0	1	4
93038279	JACKET POTATO WITH BAKED BEANS	250	267	1	10	56
		100	107	0	4	22
93040442	JACKET POTATO WITH CHEESE	200	411	17	18	48
		100	206	9	9	24
93040443	JACKET POTATO WITH CHILLI	303	369	8	21	55
		100	121	3	7	18
93108151	JACKET POTATO WITH SALMON & TUNA	225	349	10	20	48
		100	155	4	9	21
93040440	JACKET POTATO WITH TUNA MAYONNAISE	209	287	4	16	48
		100	137	2	8	23

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Source Code	PIZZA	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
93041401	BACON STONE BAKED PIZZA	154	390	18	23	36
		100	253	12	15	23
93128496	CAJUN CHICKEN SIZZLER PIZZA	168	376	16	23	36
		100	224	10	14	22
93128494	HAWAIIAN STONE BAKED PIZZA	162	374	16	22	37
		100	230	10	14	23
93041388	MARGHERITA STONE BAKE PIZZA	151	377	17	22	36
		100	249	11	15	24
93137894	MOZZARELLA & TOMATO SICILIAN PIZZA	162	349	9	16	57
		100	215	5	10	32
93147170	MUSHROOM & SWEETCORN PIZZA	143	340	14	19	36
		100	239	10	13	25
93128497	NEOPOLITAN CHICKEN PIZZA	167	375	16	23	37
		100	225	10	14	22
93128499	QUORN & MUSHROOM PIZZA	162	370	16	22	36
		100	229	10	14	22
93128498	VEGGIE HOT ONE STONE BAKED PIZZA	178	366	16	21	37
		100	206	9	12	20
93135569	VEGGIE SUPREME PIZZA	167	368	16	21	37
		100	220	10	13	22
93135631	3 CHEESE SICILIAN PIZZA	193	484	20	24	53
		100	251	10	12	27
HALAL PIZZA (Halal specific recipes or where nutrition differs from standard)						
93140232	CHICKEN SICILIAN PIZZA (Halal)	181	375	9	22	51
		100	207	5	12	28
FOOD FOR LIFE PIZZA (FFL specific recipes or where nutrition differs from standard)						
93127250	BACON STONE BAKED PIZZA (FFL)	152	380	17	22	36
		100	250	11	15	23
93148005	CAJUN CHICKEN SIZZLER PIZZA (FFL)	161	379	16	23	36
		100	235	10	14	22
93147946	HAWAIIAN STONE BAKED PIZZA (FFL)	163	377	16	23	37
		100	232	10	14	22
93127257	MARGHERITA STONE BAKED PIZZA (FFL)	146	363	16	21	36
		100	249	11	14	24
93148000	MOZZARELLA & TOMATO SICILIAN PIZZA (FFL)	157	349	9	16	51
		100	223	6	10	32
93148003	MUSHROOM & SCORN PIZZA (FFL)	149	346	14	19	36
		100	232	9	13	24
93147969	NEOPOLITAN CHICKEN PIZZA (FFL)	165	382	16	23	36
		100	231	10	14	22
93147968	VEG HOT ONE STONE BAKE PIZZA (FFL)	179	369	16	21	36
		100	207	9	12	20
93147947	VEG SUPREME STONE BAKED PIZZA (FFL)	167	371	16	21	37
		100	222	10	13	22
93147949	3 CHEESE SICILIAN PIZZA (FFL)	171	455	26	27	29
		100	266	15	16	17

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Source Code	PASTA	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
93147953	ARRABIATA PASTA	331	407	13	17	58
		100	123	4	5	17
93147137	BBQ CHICKEN PASTA	399	504	10	27	75
		100	126	3	7	18
93102799	BEEF BOLOGNESE SAUCE	282	284	4	9	54
		100	101	1	3	19
93143814	CHEESY PENNE PASTA	316	463	16	20	64
		100	147	5	6	20
93102883	CHICKEN & TOMATO PASTA BAKE	394	486	11	28	68
		100	123	3	7	17
93137661	CHUNKY VEGETABLE & TOMATO SAUCE	351	415	13	17	58
		100	118	4	5	16
93147954	HERBY TOMATO PASTA	326	404	13	17	57
		100	124	4	5	17
93147955	ITALIAN CHICKEN PASTA	317	422	11	24	55
		100	133	4	7	17
93153362	NEAPOLITAN BEANY PASTA	540	484	7	22	86
		100	90	1	4	16
93137662	PASTA CARBONARA	323	447	15	20	60
		100	138	5	6	18
93042774	PENNE PASTA AND VEGETABLE BAKE	414	558	19	26	75
		100	135	5	6	18
93143110	SMOKY CHICKEN PASTA SAUCE	330	408	11	20	54
		100	124	3	6	16
93165402	TURKEY & MOZZARELLA BAKE	407	396	9	22	58
		100	97	2	5	14
93147135	TURKEY MEATBALL TOMATO PASTA BAKE	401	499	13	25	73
		100	124	3	6	18
93147353	VEGEBALL CARBONARA	363	436	11	23	65
		100	120	3	6	18
93102889	VEGETABLE BOLOGNESE	345	398	10	18	59
		100	116	3	5	17
FOOD FOR LIFE PASTA (FFL specific recipes or where nutrition differs from standard)						
93102881	PASTA CARBONARA (FFL)	314	406	12	18	60
		100	129	4	6	19
93148006	CHEESY PENNE PASTA (FFL)	338	502	20	23	62
		100	148	6	7	18
HALAL PASTA (Halal specific recipes or where nutrition differs from standard)						
93147288	TURKEY & TOMATO PASTA BAKE (Halal)	423	533	14	38	68
		100	126	3	9	16

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Source Code	VEGETABLES & OTHER SIDES	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
93129265	APPLE SLAW	105	51	1	2	10
		100	48	1	2	9
93064702	ASSORTED SALADS	197	212	6	25	14
		100	108	3	13	7
93162619	BAKED BEANS	90	57	0	4	8
		100	63	0	4	9
93129227	BBQ BAKED BEANS	104	77	0	4	13
		100	74	0	4	12
93143358	BROCCOLI	85	20	1	3	0
		100	24	1	3	0
93165364	CARROT & ORANGE SALAD	87	43	0	1	10
		100	50	0	1	11
93065561	CARROT RONDELLES	60	14	0	0	0
		100	24	0	1	5
93076060	COLESLAW	95	119	10	1	5
		100	125	11	1	5
93162913	CRUNCHY RAW SLAW	100	79	6	1	0
		100	79	6	1	0
93142224	CRUNCHY SALAD	71	20	0	1	0
		100	29	1	1	0
93165326	CUCUMBER AND GREEN BEAN SALAD	82	50	4	1	0
		100	61	5	1	0
93142255	CUCUMBER RAITA	38	11	0	1	0
		100	29	0	2	0
93065563	GARDEN PEAS	80	63	1	5	8
		100	79	2	7	10
93153275	GREEN BEANS	73	18	0	1	0
		100	25	0	2	0
93143075	LIGHTLY SPICED SWEETCORN WITH LIME	89	110	4	4	14
		100	124	4	4	16
93165324	OREGANO ROASTED VEGETABLES	85	59	4	1	0
		100	69	5	1	5
93165388	PAPRIKA ROASTED CAULIFLOWER	82	30	2	2	0
		100	37	2	2	0
93128253	PICKLED CUCUMBER SALAD WITH CHILLI	96	50	0	1	11
		100	52	0	1	12
93130897	PLAIN HALF CORN ON THE COB	65	35	1	1	6
		100	54	1	2	10
93165396	RADISH, PEA & LEAF SALAD	68	14	0	1	0
		100	21	1	2	2
93042664	ROASTED VEGETABLES	74	57	4	1	0
		100	77	6	1	0
93154278	SOUTHERN GREENS	92	47	4	2	0
		100	51	4	2	0
93094208	SWEETCORN	80	93	2	3	14
		100	116	2	4	18
93130848	WOK TOSSED ORIENTAL VEGETABLES	91	39	2	1	0
		100	43	3	1	0

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Source Code	DESSERTS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
PUDDINGS, BAKES & SLICES						
93065568	TRADITIONAL CUSTARD	113	110	2	2	22
		100	98	1	2	19
93042773	APPLE AND BLACKBERRY PIE	105	225	10	3	31
		100	215	10	3	29
93042703	APPLE AND CINNAMON STRUDEL	122	269	14	4	30
		100	220	11	3	24
93098928	APPLE CRACKNELL	98	202	7	2	32
		100	206	7	2	32
93154327	ASSORTED HOMEBAKES	51	184	7	2	28
		100	364	14	5	56
93165185	BAKED ORANGE & VANILLA RICE PUDDING	157	144	3	6	24
		100	92	2	4	15
93165189	BANANA & BERRY COBBLER	94	167	5	3	29
		100	176	5	3	30
93159958	BANANA COCOA CRUMBLE	89	224	9	4	32
		100	251	11	4	36
93166762	BANANA MARBLE CAKE	56	194	11	2	23
		100	345	19	4	41
93162941	CARROT & APPLE SLICE	86	197	9	3	28
		100	231	10	3	33
93156769	CARROT & BANANA SLICE	78	204	10	3	25
		100	262	13	4	33
93165186	CHOCOLATE & RASPBERRY SWIRL CAKE	66	225	13	4	24
		100	339	19	6	36
93165321	CHOCOLATE SLICE	89	173	8	4	21
		100	194	9	4	23
93133733	COURGETTE APPLE & CINNAMON MUFFIN	78	175	7	3	25
		100	226	9	4	32
93042881	GINGERBREAD CAKE	61	186	7	3	29
		100	303	11	5	48
93084267	LEMON DRIZZLE CAKE	66	215	12	2	26
		100	327	17	4	39
93159935	PEACH SLICE	84	205	10	3	26
		100	245	12	4	31
93162940	PEAR UPSIDE DOWN CAKE	102	218	10	3	31
		100	212	9	2	30
93165320	PLUM & APPLE SHORTCAKE CRUMBLE	99	211	9	2	31
		100	213	9	2	31
93165187	RASPBERRY YOGHURT CAKE	60	180	9	2	24
		100	301	14	4	40
93087338	VANILLA AND BLUEBERRY BLONDIE	86	296	16	4	35
		100	345	19	4	41

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Source Code	DESSERTS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
CHILLED & FROZEN						
93159970	BANOFFEE PIE	99	152	6	3	21
		100	153	6	3	21
93166763	BERRY CHILL	93	89	2	1	16
		100	96	2	2	18
93157221	FROZEN BLUEBERRY YOGHURT	100	113	1	4	22
		100	113	1	4	22
93161188	FROZEN MANGO YOGHURT	100	113	1	4	22
		100	113	1	4	22
93161187	FROZEN STRAWBERRY YOGHURT	100	113	1	4	22
		100	113	1	4	22
93162942	FRUIT SLICE	99	215	11	3	27
		100	218	11	3	24
93162982	ICE CREAM CHOCOLATE	100	146	6	3	19
		100	146	6	3	19
93162983	ICE CREAM STRAWBERRY	100	157	7	3	20
		100	157	7	3	20
93162984	ICE CREAM VANILLA	100	177	10	4	19
		100	177	10	4	19
93147413	MOUSSE STRAWBERRY CRUNCH	118	159	6	4	22
		100	134	5	4	19
93147414	MOUSSE TUTTI FRUTTI CRUNCH	121	160	6	4	23
		100	132	5	3	19
93122002	PEACHES HOME GRANOLA AND YOGHURT	136	224	9	5	30
		100	165	7	4	30
93147368	RICE AND BERRY CONDE WITH JELLY	115	99	1	3	19
		100	87	1	3	16
93040540	SEASONAL FRESH FRUIT CUPS	78	40	0	0	10
		100	51	0	1	13
93137660	WATER MELON WEDGE	167	52	1	1	12
		100	31	0	0	7
93035307	YOGHURT	90	70	1	4	12
		100	78	1	4	14

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