



McDonald's Australia Happy Meal Menu Allergens - Ingredients - Nutrition Information

Information correct as at September 2023.

At McDonald's we believe in the nutritional principals of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

This guide is for our standard or core menu items. For information regarding short-time menu items, please either ask a manager in one of our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.com.au/contactus> or on 02 9875 7100.

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the supplier, country of origin, region of the country of origin, and the season of the year. Further, product formulations may change periodically.

Food Sensitivities and Preferences

No food items are sold as allergen free.

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from traces of allergens. No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have a number of restaurants that serve Halal menu options. Only those items listed on the certificate in the restaurants serving Halal options are certified as Halal.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.com.au/contactus> or call us on 02 9875 7100.

HAPPY MEAL MAINS

Wholemeal Chicken Snack Wrap

MCCHICKEN PATTY: Chicken, Water, Flour (**Wheat**, Maize), Vegetable Oil (Canola), Thickeners (1401, 1400), Mineral Salts (508, 500, 450, 451), Starch (Maize, **Wheat**), Salt, Spice and Spice Extracts (including Pepper), Maltodextrin, Vegetable Powders (Garlic, Onion, Celery), Dextrose, Raising Agent (341), Emulsifiers (481,433), Herb, Yeast Extract, Natural Colours (100, 160c), Natural Flavouring, Antioxidants (320, 310), Food Acid (330).

WHOLEMEAL TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Whole **Wheat** Flour (Thiamine, Folic Acid), Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.

LETTUCE: Iceberg Lettuce.

MAYONNAISE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).

Contains gluten, egg and soy.

MCCHICKEN PATTY is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.

WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1100	1040
Energy (Cal)	264	248
Protein (g)	10.4	9.8
Fat, Total (g)	13.2	12.4
Saturated Fat (g)	3.4	3.1
Carbohydrate (g)	25.3	23.7
Sugars (g)	1.8	1.7
Sodium (mg)	324	305

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	Y	T	Y				T			Y		

Wholemeal Grilled Chicken Snack Wrap

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder (Lemon Juice Concentrate, Flavours), Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.

WHOLEMEAL TORTILLA: Wheat Flour (Thiamine, Folic Acid), Water, Whole Wheat Flour (Thiamine, Folic Acid), Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.

LETTUCE: Iceberg Lettuce.

MAYONNAISE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).

OIL: Canola Oil, Emulsifiers (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg and soy.

GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.

WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.

WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	908	841
Energy (Cal)	217	201
Protein (g)	13.8	12.8
Fat, Total (g)	8.8	8.1
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	20.0	18.6
Sugars (g)	1.7	1.6
Sodium (mg)	409	379

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	Y	T	Y				T			Y		

Chicken McNuggets

Chicken, Water, Flour (**Wheat**, Corn), Canola Oil, Starch (1420, 1422, Corn, **Wheat**, Tapioca), Mineral Salts (450, 500, 451, 341, 327), Salt, Spices (Celery, White Pepper, Black Pepper), Sunflower Oil, Dextrose.

Or: Chicken, Water, Flour (**Wheat**, Corn), Vegetable Oil (Canola, Sunflower), Starch (Potato, 1422, 420, Tapioca, **Wheat**, Corn), Mineral Salts (500, 450, 327, 341), Salt, Spices (White Pepper, Celery, Black Pepper), Dextrose.

Contains gluten.

CHICKEN NUGGETS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

	3 Pack		6 Pack	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	544	1120	1090	1120
Energy (Cal)	130	268	260	268
Protein (g)	7.7	15.9	15.4	15.9
Fat, total (g)	7.7	15.9	15.5	15.9
Saturated Fat (g)	1.2	2.4	2.4	2.4
Carbohydrate (g)	7.3	15.0	14.5	15.0
Sugars (g)	0.1	0.3	0.3	0.3
Sodium (mg)	238	489	476	489

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	T	T	T									

Hamburger

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, **Wheat Gluten**, Yeast, Emulsifiers (471, 472e), Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282).

BEEF PATTIES: Beef.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).

PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

ONION: Water, Dehydrated White Onion.

MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.

Contains gluten and soy.

REGULAR BUNS are produced on equipment that also produces products containing contain sesame seeds and soy.

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1050	1000
Energy (Cal)	252	240
Protein (g)	13.2	12.6
Fat, Total (g)	9.3	8.9
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	27.7	26.4
Sugars (g)	5.0	4.8
Sodium (mg)	537	512

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	T	T	Y				T			Y		

Cheeseburger

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, **Wheat Gluten**, Yeast, Emulsifiers (471, 472e), Improver (**Wheat** Flour, Enzymes (Contains **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282).

BEEF PATTIES: Beef.

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322)

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean Oil**).

PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

ONION: Water, Dehydrated White Onion.

MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.

Contains gluten, milk and soy.

REGULAR BUNS are produced on equipment that also produces products containing contain sesame seeds and soy.

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY and ONION may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1260	1050
Energy (Cal)	300	252
Protein (g)	16.1	13.5
Fat, Total (g)	13.1	11.0
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	28.5	23.9
Sugars (g)	5.6	4.7
Sodium (mg)	700	588

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	T	Y	Y				T			Y		

HAPPY MEAL SIDES

Apple Slices

Red and/or Green Apples, Antioxidants (302).

May contain apple seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	136	226
Energy (Cal)	32	54
Protein (g)	0.6	1.0
Fat, Total (g)	0.2	0.3
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	6.1	10.2
Sugars (g)	6.1	10.1
Sodium (mg)	3	5

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour

Grape Tomatoes

Grape Tomatoes.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	57	90
Energy (Cal)	14	21
Protein (g)	1.0	1.5
Fat, Total (g)	0.1	0.2
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	15.0	2.4
Sugars (g)	0.7	1.1
Sodium (mg)	5	8

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour

Garden Salad (without dressing)

LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

CUCUMBER: Cucumber.

TOMATO: Grape tomatoes.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	83	70
Energy (Cal)	21	18
Protein (g)	1.3	1.1
Fat, Total (g)	0.2	0.2
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	2.1	1.8
Sugars (g)	1.8	1.5
Sodium (mg)	16	13

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour

Small Fries

Potato, Canola Oil, Mineral Salt (450), Dextrose, Antifoam (1521).

OR Potatoes, Canola Oil (Acidity Regulator (330)), Dextrose Monohydrate (Preservative (220)), Mineral Salt (450), Antifoam (Non-ionic polyalkylene glycol), Preservative (223).

OR Potatoes, Vegetable Oil (Canola, Soybean, Cottonseed), Mineral Salt (450), Dextrose.

May contain sulphites.

FRIES are cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

Salt added.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	860	1190
Energy (Cal)	206	286
Protein (g)	3.3	4.6
Fat, Total (g)	10.4	14.4
Saturated Fat (g)	0.8	1.2
Carbohydrate (g)	23.5	32.6
Sugars (g)	0.1	0.2
Sodium (mg)	194	269

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
T	T	T	T					T		Y		

Yoplait Petit Miam Strawberry Yoghurt

Milk, Milk Solids, Water, Strawberry, Sugar, Apple Juice, Modified Starch (1442), Mineral Calcium (341), Natural Flavours, Black Carrot and Blackcurrant Concentrate, Acidity Regulators (331, 296), Vitamins D, Yoghurt Cultures (S.Thermophilus, L.Bulgaricus & B.Lactis).

Contains milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	213	304
Energy (Cal)	51	73
Protein (g)	2.4	3.4
Fat, Total (g)	1.6	2.3
Saturated Fat (g)	1.1	1.5
Carbohydrate (g)	6.7	9.5
Sugars (g)	5.4	7.7
Sodium (mg)	32	46

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
		Y										

HAPPY MEAL DRINKS

Small Sparkling Water

Carbonated Water

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	0	0
Energy (Cal)	0	0
Protein (g)	0.0	0.0
Fat, Total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	0.0	0.0
Sugars (g)	0.0	0.0
Sodium (mg)	5	2

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour

Pop Top® Water

Spring Water

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	0	0
Energy (Cal)	0	0
Protein (g)	0.0	0.0
Fat, Total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	0.0	0.0
Sugars (g)	0.0	0.0
Sodium (mg)	5	2

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour

Pop Top® Apple Juice

Reconstituted Apple Juice, Food Acid (Citric Acid), Vitamin C (Ascorbic Acid), Natural Flavour.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	540	216
Energy (Cal)	129	52
Protein (g)	1.0	1.0
Fat, Total (g)	1.0	1.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	29.5	11.8
Sugars (g)	29.5	11.8
Sodium (mg)	18	7

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour

Orange Fruit Drink

Water, Reconstituted Orange Juice, Sugar, Food Acid (330), Natural Colour (160a), Flavours, Stabiliser (405), Preservatives (211, 223), Vitamin C.

Contains sulphites.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	567	189
Energy (Cal)	135	45
Protein (g)	0.9	0.3
Fat, total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	36.0	12.0
Sugars (g)	28.8	9.6
Sodium (mg)	12	4

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
								Y		Y	Y	

Small Orange Juice

Water, Orange Juice Concentrate, Preservatives (211,202), Colour (160a), Flavour.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	521	168
Energy (Cal)	125	40
Protein (g)	2.4	0.8
Fat, Total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	29.4	9.5
Sugars (g)	23.4	7.5
Sodium (mg)	14	5

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
										Y		

HAPPY MEAL COMBOS

Chicken Snack Wrap, Apple Slices and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1236	1266
Energy (Cal)	296	302
Protein (g)	11.0	10.8
Fat, Total (g)	13.4	12.7
Saturated Fat (g)	3.5	3.2
Carbohydrate (g)	31.4	33.9
Sugars (g)	7.9	11.8
Sodium (mg)	332	312

Chicken Snack Wrap, Apple Slices and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1236	1266
Energy (Cal)	296	302
Protein (g)	11.0	10.8
Fat, Total (g)	13.4	12.7
Saturated Fat (g)	3.5	3.2
Carbohydrate (g)	31.4	33.9
Sugars (g)	7.9	11.8
Sodium (mg)	332	312

Chicken Snack Wrap, Apple Slices and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1776	1482
Energy (Cal)	425	354
Protein (g)	12.0	11.8
Fat, Total (g)	14.4	13.7
Saturated Fat (g)	3.5	3.2
Carbohydrate (g)	60.9	45.7
Sugars (g)	37.4	23.6
Sodium (mg)	345	317

Chicken Snack Wrap, Apple Slices and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1757	1434
Energy (Cal)	421	342
Protein (g)	13.4	11.6
Fat, Total (g)	13.4	12.7
Saturated Fat (g)	3.5	3.2
Carbohydrate (g)	60.8	43.4
Sugars (g)	31.3	19.3
Sodium (mg)	341	315

Chicken Snack Wrap, Grape Tomatoes and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1157	1130
Energy (Cal)	278	269
Protein (g)	11.4	11.3
Fat, Total (g)	13.3	12.6
Saturated Fat (g)	3.4	3.1
Carbohydrate (g)	40.3	26.1
Sugars (g)	2.5	2.8
Sodium (mg)	334	315

Chicken Snack Wrap, Grape Tomatoes and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1157	1130
Energy (Cal)	278	269
Protein (g)	11.4	11.3
Fat, Total (g)	13.3	12.6
Saturated Fat (g)	3.4	3.1
Carbohydrate (g)	40.3	26.1
Sugars (g)	2.5	2.8
Sodium (mg)	334	315

Chicken Snack Wrap, Grape Tomatoes and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1697	1346
Energy (Cal)	407	321
Protein (g)	12.4	12.3
Fat, Total (g)	14.3	13.6
Saturated Fat (g)	3.4	3.1
Carbohydrate (g)	69.8	37.9
Sugars (g)	32.0	14.6
Sodium (mg)	347	320

Chicken Snack Wrap, Grape Tomatoes and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1678	1298
Energy (Cal)	403.0	309.0
Protein (g)	13.8	12.1
Fat, Total (g)	13.3	12.6
Saturated Fat (g)	3.4	3.1
Carbohydrate (g)	69.7	35.6
Sugars (g)	25.9	10.3
Sodium (mg)	343	318

Chicken Snack Wrap, Garden Salad and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1183	1110
Energy (Cal)	285	266
Protein (g)	11.7	10.9
Fat, Total (g)	13.4	12.6
Saturated Fat (g)	3.4	3.1
Carbohydrate (g)	27.4	25.5
Sugars (g)	3.6	3.2
Sodium (mg)	345	320

Chicken Snack Wrap, Garden Salad and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1183	1110
Energy (Cal)	285	266
Protein (g)	11.7	10.9
Fat, Total (g)	13.4	12.6
Saturated Fat (g)	3.4	3.1
Carbohydrate (g)	27.4	25.5
Sugars (g)	3.6	3.2
Sodium (mg)	345	320

Chicken Snack Wrap, Garden Salad and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1723	1326
Energy (Cal)	414	318
Protein (g)	12.7	11.9
Fat, Total (g)	14.4	13.6
Saturated Fat (g)	3.4	3.1
Carbohydrate (g)	56.9	37.3
Sugars (g)	33.1	15.0
Sodium (mg)	358	325

Chicken Snack Wrap, Garden Salad and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1704	1278
Energy (Cal)	410	306
Protein (g)	14.1	11.7
Fat, Total (g)	13.4	12.6
Saturated Fat (g)	3.4	3.1
Carbohydrate (g)	56.8	35.0
Sugars (g)	27.0	10.7
Sodium (mg)	354	323

Chicken Snack Wrap, Small Fries and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1960	2230
Energy (Cal)	470	534
Protein (g)	13.7	14.4
Fat, Total (g)	23.6	26.8
Saturated Fat (g)	4.2	4.3
Carbohydrate (g)	48.8	56.3
Sugars (g)	1.9	1.9
Sodium (mg)	523	576

Chicken Snack Wrap, Small Fries and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1960	2230
Energy (Cal)	470	534
Protein (g)	13.7	14.4
Fat, Total (g)	23.6	26.8
Saturated Fat (g)	4.2	4.3
Carbohydrate (g)	48.8	56.3
Sugars (g)	1.9	1.9
Sodium (mg)	523	576

Chicken Snack Wrap, Small Fries and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2500	2446
Energy (Cal)	599	586
Protein (g)	14.7	15.4
Fat, Total (g)	24.6	27.8
Saturated Fat (g)	4.2	4.3
Carbohydrate (g)	78.3	68.1
Sugars (g)	31.4	13.7
Sodium (mg)	536	581

Chicken Snack Wrap, Small Fries and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2481	2398
Energy (Cal)	595	574
Protein (g)	16.1	15.2
Fat, Total (g)	23.6	26.8
Saturated Fat (g)	4.2	4.3
Carbohydrate (g)	78.2	65.8
Sugars (g)	25.3	9.4
Sodium (mg)	532	579

Chicken Snack Wrap, Yoplait Petit Miam Strawberry Yoghurt and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1313	1344
Energy (Cal)	315	321
Protein (g)	12.8	13.2
Fat, Total (g)	14.8	14.7
Saturated Fat (g)	4.5	4.6
Carbohydrate (g)	32.0	33.2
Sugars (g)	7.2	9.4
Sodium (mg)	361	353

Chicken Snack Wrap, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1313	1344
Energy (Cal)	315	321
Protein (g)	12.8	13.2
Fat, Total (g)	14.8	14.7
Saturated Fat (g)	4.5	4.6
Carbohydrate (g)	32.0	33.2
Sugars (g)	7.2	9.4
Sodium (mg)	361	353

Chicken Snack Wrap, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1853	1560
Energy (Cal)	444	373
Protein (g)	13.8	14.2
Fat, Total (g)	15.8	15.7
Saturated Fat (g)	4.5	4.6
Carbohydrate (g)	61.5	45.0
Sugars (g)	36.7	21.2
Sodium (mg)	374	358

Chicken Snack Wrap, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1834	1512
Energy (Cal)	440	361
Protein (g)	15.2	14.0
Fat, Total (g)	14.8	14.7
Saturated Fat (g)	4.5	4.6
Carbohydrate (g)	61.4	42.7
Sugars (g)	30.6	16.9
Sodium (mg)	370	356

HAPPY MEAL COMBOS

Grilled Chicken Snack Wrap, Apple Slices and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1044	1067
Energy (Cal)	249	255
Protein (g)	14.4	13.8
Fat, Total (g)	9.0	8.4
Saturated Fat (g)	2.9	2.7
Carbohydrate (g)	26.1	28.8
Sugars (g)	7.8	11.7
Sodium (mg)	417	386

Grilled Chicken Snack Wrap, Apple Slices and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1044	1067
Energy (Cal)	249	255
Protein (g)	14.4	13.8
Fat, Total (g)	9.0	8.4
Saturated Fat (g)	2.9	2.7
Carbohydrate (g)	26.1	28.8
Sugars (g)	7.8	11.7
Sodium (mg)	417	386

Grilled Chicken Snack Wrap, Apple Slices and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1584	1283
Energy (Cal)	378	307
Protein (g)	15.4	14.8
Fat, Total (g)	10.0	9.4
Saturated Fat (g)	2.9	2.7
Carbohydrate (g)	55.6	40.6
Sugars (g)	37.3	23.5
Sodium (mg)	430	391

Grilled Chicken Snack Wrap, Apple Slices and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1565	1235
Energy (Cal)	374	295
Protein (g)	16.8	14.6
Fat, Total (g)	9.0	8.4
Saturated Fat (g)	2.9	2.7
Carbohydrate (g)	55.5	38.3
Sugars (g)	31.2	19.2
Sodium (mg)	426	389

Grilled Chicken Snack Wrap, Grape Tomatoes and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	965	931
Energy (Cal)	231	222
Protein (g)	14.8	14.3
Fat, Total (g)	8.9	8.3
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	35.0	21.0
Sugars (g)	2.4	2.7
Sodium (mg)	419	389

Grilled Chicken Snack Wrap, Grape Tomatoes and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	965	931
Energy (Cal)	231	222
Protein (g)	14.8	14.3
Fat, Total (g)	8.9	8.3
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	35.0	21.0
Sugars (g)	2.4	2.7
Sodium (mg)	419	389

Grilled Chicken Snack Wrap, Grape Tomatoes and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1505	1147
Energy (Cal)	360	274
Protein (g)	15.8	15.3
Fat, Total (g)	9.9	9.3
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	64.5	32.8
Sugars (g)	31.9	14.5
Sodium (mg)	432	394

Grilled Chicken Snack Wrap, Grape Tomatoes and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1486	1099
Energy (Cal)	356	262
Protein (g)	17.2	15.1
Fat, Total (g)	8.9	8.3
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	64.4	30.5
Sugars (g)	25.8	10.2
Sodium (mg)	428	392

Grilled Chicken Snack Wrap, Garden Salad and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	991	911
Energy (Cal)	238	219
Protein (g)	15.1	13.9
Fat, Total (g)	9.0	8.3
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	22.1	20.4
Sugars (g)	3.5	3.1
Sodium (mg)	430	394

Grilled Chicken Snack Wrap, Garden Salad and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	991	911
Energy (Cal)	238	219
Protein (g)	15.1	13.9
Fat, Total (g)	9.0	8.3
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	22.1	20.4
Sugars (g)	3.5	3.1
Sodium (mg)	430	394

Grilled Chicken Snack Wrap, Garden Salad and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1531	1127
Energy (Cal)	367	271
Protein (g)	16.1	14.9
Fat, Total (g)	10.0	9.3
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	51.6	32.2
Sugars (g)	33.0	14.9
Sodium (mg)	443	399

Grilled Chicken Snack Wrap, Garden Salad and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1512	1079
Energy (Cal)	363	259
Protein (g)	17.5	14.7
Fat, Total (g)	9.0	8.3
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	51.5	29.9
Sugars (g)	26.9	10.6
Sodium (mg)	439	397

Grilled Chicken Snack Wrap, Small Fries and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1768	2031
Energy (Cal)	423	487
Protein (g)	17.1	17.4
Fat, Total (g)	19.2	22.5
Saturated Fat (g)	3.6	3.8
Carbohydrate (g)	43.5	51.2
Sugars (g)	1.8	1.8
Sodium (mg)	608	650

Grilled Chicken Snack Wrap, Small Fries and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1768	2031
Energy (Cal)	423	487
Protein (g)	17.1	17.4
Fat, Total (g)	19.2	22.5
Saturated Fat (g)	3.6	3.8
Carbohydrate (g)	43.5	51.2
Sugars (g)	1.8	1.8
Sodium (mg)	608	650

Grilled Chicken Snack Wrap, Small Fries and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2308	2247
Energy (Cal)	552	539
Protein (g)	18.1	18.4
Fat, Total (g)	20.2	23.5
Saturated Fat (g)	3.6	3.8
Carbohydrate (g)	73.0	63.0
Sugars (g)	31.3	13.6
Sodium (mg)	621	655

Grilled Chicken Snack Wrap, Small Fries and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2289	2199
Energy (Cal)	548	527
Protein (g)	19.5	18.2
Fat, Total (g)	19.2	22.5
Saturated Fat (g)	3.6	3.8
Carbohydrate (g)	72.9	60.7
Sugars (g)	25.2	9.3
Sodium (mg)	617	653

Grilled Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1121	1145
Energy (Cal)	268	274
Protein (g)	16.2	16.2
Fat, Total (g)	10.4	10.4
Saturated Fat (g)	3.9	4.1
Carbohydrate (g)	26.7	28.1
Sugars (g)	7.1	9.3
Sodium (mg)	446	427

Grilled Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1121	1145
Energy (Cal)	268	274
Protein (g)	16.2	16.2
Fat, Total (g)	10.4	10.4
Saturated Fat (g)	3.9	4.1
Carbohydrate (g)	26.7	28.1
Sugars (g)	7.1	9.3
Sodium (mg)	446	427

Grilled Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1661	1361
Energy (Cal)	397	326
Protein (g)	17.2	17.2
Fat, Total (g)	11.4	11.4
Saturated Fat (g)	3.9	4.1
Carbohydrate (g)	56.2	39.9
Sugars (g)	36.6	21.1
Sodium (mg)	459	432

Grilled Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1642	1313
Energy (Cal)	393	314
Protein (g)	18.6	17.0
Fat, Total (g)	10.4	10.4
Saturated Fat (g)	3.9	4.1
Carbohydrate (g)	56.1	37.6
Sugars (g)	30.5	16.8
Sodium (mg)	455	430

HAPPY MEAL COMBOS

3 Chicken McNuggets, Apple Slices and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	680	1346
Energy (Cal)	162	322
Protein (g)	8.3	16.9
Fat, Total (g)	7.9	16.2
Saturated Fat (g)	1.3	2.5
Carbohydrate (g)	13.4	25.2
Sugars (g)	6.2	10.4
Sodium (mg)	246	496

3 Chicken McNuggets, Apple Slices and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	680	1346
Energy (Cal)	162	322
Protein (g)	8.3	16.9
Fat, Total (g)	7.9	16.2
Saturated Fat (g)	1.3	2.5
Carbohydrate (g)	13.4	25.2
Sugars (g)	6.2	10.4
Sodium (mg)	246	496

3 Chicken McNuggets, Apple Slices and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1220	1562
Energy (Cal)	291	374
Protein (g)	9.3	17.9
Fat, Total (g)	8.9	17.2
Saturated Fat (g)	1.3	2.5
Carbohydrate (g)	42.9	37.0
Sugars (g)	35.7	22.2
Sodium (mg)	259	501

3 Chicken McNuggets, Apple Slices and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1201	1514
Energy (Cal)	287	362
Protein (g)	10.7	17.7
Fat, Total (g)	7.9	16.2
Saturated Fat (g)	1.3	2.5
Carbohydrate (g)	42.8	34.7
Sugars (g)	29.6	17.9
Sodium (mg)	255	499

3 Chicken McNuggets, Grape Tomatoes and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	601	1210
Energy (Cal)	144	289
Protein (g)	8.7	17.4
Fat, Total (g)	7.8	16.1
Saturated Fat (g)	1.2	2.4
Carbohydrate (g)	22.3	17.4
Sugars (g)	0.8	1.4
Sodium (mg)	248	499

3 Chicken McNuggets, Grape Tomatoes and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	601	1210
Energy (Cal)	144	289
Protein (g)	8.7	17.4
Fat, Total (g)	7.8	16.1
Saturated Fat (g)	1.2	2.4
Carbohydrate (g)	22.3	17.4
Sugars (g)	0.8	1.4
Sodium (mg)	248	499

3 Chicken McNuggets, Grape Tomatoes and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1141	1426
Energy (Cal)	273	341
Protein (g)	9.7	18.4
Fat, Total (g)	8.8	17.1
Saturated Fat (g)	1.2	2.4
Carbohydrate (g)	51.8	29.2
Sugars (g)	30.3	13.2
Sodium (mg)	261	504

3 Chicken McNuggets, Grape Tomatoes and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1122	1378
Energy (Cal)	269	329
Protein (g)	11.1	18.2
Fat, Total (g)	7.8	16.1
Saturated Fat (g)	1.2	2.4
Carbohydrate (g)	51.7	26.9
Sugars (g)	24.2	8.9
Sodium (mg)	257	502

3 Chicken McNuggets, Garden Salad and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	627	1190
Energy (Cal)	151	286
Protein (g)	9.0	17.0
Fat, Total (g)	7.9	16.1
Saturated Fat (g)	1.2	2.4
Carbohydrate (g)	9.4	16.8
Sugars (g)	1.9	1.8
Sodium (mg)	259	504

3 Chicken McNuggets, Garden Salad and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	627	1190
Energy (Cal)	151	286
Protein (g)	9.0	17.0
Fat, Total (g)	7.9	16.1
Saturated Fat (g)	1.2	2.4
Carbohydrate (g)	9.4	16.8
Sugars (g)	1.9	1.8
Sodium (mg)	259	504

3 Chicken McNuggets, Garden Salad and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1167	1406
Energy (Cal)	280	338
Protein (g)	10.0	18.0
Fat, Total (g)	8.9	17.1
Saturated Fat (g)	1.2	2.4
Carbohydrate (g)	38.9	28.6
Sugars (g)	31.4	13.6
Sodium (mg)	272	509

3 Chicken McNuggets, Garden Salad and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1148	1358
Energy (Cal)	276	326
Protein (g)	11.4	17.8
Fat, Total (g)	7.9	16.1
Saturated Fat (g)	1.2	2.4
Carbohydrate (g)	38.8	26.3
Sugars (g)	25.3	9.3
Sodium (mg)	268	507

3 Chicken McNuggets, Small Fries and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1404	2310
Energy (Cal)	336	554
Protein (g)	11.0	20.5
Fat, Total (g)	18.1	30.3
Saturated Fat (g)	2.0	3.6
Carbohydrate (g)	30.8	47.6
Sugars (g)	0.2	0.5
Sodium (mg)	437	760

3 Chicken McNuggets, Small Fries and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1404	2310
Energy (Cal)	336	554
Protein (g)	11.0	20.5
Fat, Total (g)	18.1	30.3
Saturated Fat (g)	2.0	3.6
Carbohydrate (g)	30.8	47.6
Sugars (g)	0.2	0.5
Sodium (mg)	437	760

3 Chicken McNuggets, Small Fries and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1944	2526
Energy (Cal)	465	606
Protein (g)	12.0	21.5
Fat, Total (g)	19.1	31.3
Saturated Fat (g)	2.0	3.6
Carbohydrate (g)	60.3	59.4
Sugars (g)	29.7	12.3
Sodium (mg)	450	765

3 Chicken McNuggets, Small Fries and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1925	2478
Energy (Cal)	461	594
Protein (g)	13.4	21.3
Fat, Total (g)	18.1	30.3
Saturated Fat (g)	2.0	3.6
Carbohydrate (g)	60.2	57.1
Sugars (g)	23.6	8.0
Sodium (mg)	446	763

3 Chicken McNuggets, Yoplait Petit Miam Strawberry Yoghurt and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	757	1424
Energy (Cal)	181	341
Protein (g)	10.1	19.3
Fat, Total (g)	9.3	18.2
Saturated Fat (g)	2.3	3.9
Carbohydrate (g)	14.0	24.5
Sugars (g)	5.5	8.0
Sodium (mg)	275	537

3 Chicken McNuggets, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	757	1424
Energy (Cal)	181	341
Protein (g)	10.1	19.3
Fat, Total (g)	9.3	18.2
Saturated Fat (g)	2.3	3.9
Carbohydrate (g)	14.0	24.5
Sugars (g)	5.5	8.0
Sodium (mg)	275	537

3 Chicken McNuggets, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1297	1640
Energy (Cal)	310	393
Protein (g)	11.1	20.3
Fat, Total (g)	10.3	19.2
Saturated Fat (g)	2.3	3.9
Carbohydrate (g)	43.5	36.3
Sugars (g)	35.0	19.8
Sodium (mg)	288	542

3 Chicken McNuggets, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1278	1592
Energy (Cal)	306	381
Protein (g)	12.5	20.1
Fat, Total (g)	9.3	18.2
Saturated Fat (g)	2.3	3.9
Carbohydrate (g)	43.4	34.0
Sugars (g)	28.9	15.5
Sodium (mg)	284	540

HAPPY MEAL COMBOS

6 Chicken McNuggets, Apple Slices and Sparkling Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1226	1346
Energy (Cal)	292	322
Protein (g)	16.0	16.9
Fat, Total (g)	15.7	16.2
Saturated Fat (g)	2.5	2.5
Carbohydrate (g)	20.6	25.2
Sugars (g)	6.4	10.4
Sodium (mg)	484	496

6 Chicken McNuggets, Apple Slices and Pop Top® Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1226	1346
Energy (Cal)	292	322
Protein (g)	16.0	16.9
Fat, Total (g)	15.7	16.2
Saturated Fat (g)	2.5	2.5
Carbohydrate (g)	20.6	25.2
Sugars (g)	6.4	10.4
Sodium (mg)	484	496

6 Chicken McNuggets, Apple Slices and Pop Top® Apple Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1766	1562
Energy (Cal)	421	374
Protein (g)	17.0	17.9
Fat, Total (g)	16.7	17.2
Saturated Fat (g)	2.5	2.5
Carbohydrate (g)	50.1	37.0
Sugars (g)	35.9	22.2
Sodium (mg)	497	501

6 Chicken McNuggets, Apple Slices and Small Orange Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1747	1514
Energy (Cal)	417	362
Protein (g)	18.4	17.7
Fat, Total (g)	15.7	16.2
Saturated Fat (g)	2.5	2.5
Carbohydrate (g)	50.0	34.7
Sugars (g)	29.8	17.9
Sodium (mg)	493	499

6 Chicken McNuggets, Grape Tomatoes and Sparkling Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1147	1210
Energy (Cal)	274	289
Protein (g)	16.4	17.4
Fat, Total (g)	15.6	16.1
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	29.5	17.4
Sugars (g)	1.0	1.4
Sodium (mg)	486	499

6 Chicken McNuggets, Grape Tomatoes and Pop Top® Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1147	1210
Energy (Cal)	274	289
Protein (g)	16.4	17.4
Fat, Total (g)	15.6	16.1
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	29.5	17.4
Sugars (g)	1.0	1.4
Sodium (mg)	486	499

6 Chicken McNuggets, Grape Tomatoes and Pop Top® Apple Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1687	1426
Energy (Cal)	403	341
Protein (g)	17.4	18.4
Fat, Total (g)	16.6	17.1
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	59.0	29.2
Sugars (g)	30.5	13.2
Sodium (mg)	499	504

6 Chicken McNuggets, Grape Tomatoes and Small Orange Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1668	1378
Energy (Cal)	399	329
Protein (g)	18.8	18.2
Fat, Total (g)	15.6	16.1
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	58.9	26.9
Sugars (g)	24.4	8.9
Sodium (mg)	495	502

6 Chicken McNuggets, Garden Salad and Sparkling Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1173	1190
Energy (Cal)	281	286
Protein (g)	16.7	17.0
Fat, Total (g)	15.7	16.1
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	16.6	16.8
Sugars (g)	2.1	1.8
Sodium (mg)	497	504

6 Chicken McNuggets, Garden Salad and Pop Top® Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1173	1190
Energy (Cal)	281	286
Protein (g)	16.7	17.0
Fat, Total (g)	15.7	16.1
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	16.6	16.8
Sugars (g)	2.1	1.8
Sodium (mg)	497	504

6 Chicken McNuggets, Garden Salad and Pop Top® Apple Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1713	1406
Energy (Cal)	410	338
Protein (g)	17.7	18.0
Fat, Total (g)	16.7	17.1
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	46.1	28.6
Sugars (g)	31.6	13.6
Sodium (mg)	510	509

6 Chicken McNuggets, Garden Salad and Small Orange Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1694	1358
Energy (Cal)	406	326
Protein (g)	19.1	17.8
Fat, Total (g)	15.7	16.1
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	46.0	26.3
Sugars (g)	25.5	9.3
Sodium (mg)	506	507

6 Chicken McNuggets, Small Fries and Sparkling Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1950	2310
Energy (Cal)	466	554
Protein (g)	18.7	20.5
Fat, Total (g)	25.9	30.3
Saturated Fat (g)	3.2	3.6
Carbohydrate (g)	38.0	47.6
Sugars (g)	0.4	0.5
Sodium (mg)	675	760

6 Chicken McNuggets, Small Fries and Pop Top® Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1950	2310
Energy (Cal)	466	554
Protein (g)	18.7	20.5
Fat, Total (g)	25.9	30.3
Saturated Fat (g)	3.2	3.6
Carbohydrate (g)	38.0	47.6
Sugars (g)	0.4	0.5
Sodium (mg)	675	760

6 Chicken McNuggets, Small Fries and Pop Top® Apple Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2490	2526
Energy (Cal)	595	606
Protein (g)	19.7	21.5
Fat, Total (g)	26.9	31.3
Saturated Fat (g)	3.2	3.6
Carbohydrate (g)	67.5	59.4
Sugars (g)	29.9	12.3
Sodium (mg)	688	765

6 Chicken McNuggets, Small Fries and Small Orange Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2471	2478
Energy (Cal)	591	594
Protein (g)	21.1	21.3
Fat, Total (g)	25.9	30.3
Saturated Fat (g)	3.2	3.6
Carbohydrate (g)	67.4	57.1
Sugars (g)	23.8	8.0
Sodium (mg)	684	763

6 Chicken McNuggets, Yoplait Petit Miam Strawberry Yoghurt and Sparkling Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1303	1424
Energy (Cal)	311	341
Protein (g)	17.8	19.3
Fat, Total (g)	17.1	18.2
Saturated Fat (g)	3.5	3.9
Carbohydrate (g)	21.2	24.5
Sugars (g)	5.7	8.0
Sodium (mg)	513	537

6 Chicken McNuggets, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1303	1424
Energy (Cal)	311	341
Protein (g)	17.8	19.3
Fat, Total (g)	17.1	18.2
Saturated Fat (g)	3.5	3.9
Carbohydrate (g)	21.2	24.5
Sugars (g)	5.7	8.0
Sodium (mg)	513	537

6 Chicken McNuggets, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Apple Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1843	1640
Energy (Cal)	440	393
Protein (g)	18.8	20.3
Fat, Total (g)	18.1	19.2
Saturated Fat (g)	3.5	3.9
Carbohydrate (g)	50.7	36.3
Sugars (g)	35.2	19.8
Sodium (mg)	526	542

6 Chicken McNuggets, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1824	1592
Energy (Cal)	436	381
Protein (g)	20.2	20.1
Fat, Total (g)	17.1	18.2
Saturated Fat (g)	3.5	3.9
Carbohydrate (g)	50.6	34.0
Sugars (g)	29.1	15.5
Sodium (mg)	522	540

HAPPY MEAL COMBOS

Hamburger, Apple Slices and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1186	1226
Energy (Cal)	284	294
Protein (g)	13.8	13.6
Fat, Total (g)	9.5	9.2
Saturated Fat (g)	4.1	3.9
Carbohydrate (g)	33.8	36.6
Sugars (g)	11.1	14.9
Sodium (mg)	545	519

Hamburger, Apple Slices and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1186	1226
Energy (Cal)	284	294
Protein (g)	13.8	13.6
Fat, Total (g)	9.5	9.2
Saturated Fat (g)	4.1	3.9
Carbohydrate (g)	33.8	36.6
Sugars (g)	11.1	14.9
Sodium (mg)	545	519

Hamburger, Apple Slices and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1726	1442
Energy (Cal)	413	346
Protein (g)	14.8	14.6
Fat, Total (g)	10.5	10.2
Saturated Fat (g)	4.1	3.9
Carbohydrate (g)	63.3	48.4
Sugars (g)	40.6	26.7
Sodium (mg)	558	524

Hamburger, Apple Slices and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1707	1394
Energy (Cal)	409	334
Protein (g)	16.2	14.4
Fat, Total (g)	9.5	9.2
Saturated Fat (g)	4.1	3.9
Carbohydrate (g)	63.2	46.1
Sugars (g)	34.5	22.4
Sodium (mg)	554	522

Hamburger, Grape Tomatoes and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1107	1090
Energy (Cal)	266	261
Protein (g)	14.2	14.1
Fat, Total (g)	9.4	9.1
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	42.7	28.8
Sugars (g)	5.7	5.9
Sodium (mg)	547	522

Hamburger, Grape Tomatoes and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1107	1090
Energy (Cal)	266	261
Protein (g)	14.2	14.1
Fat, Total (g)	9.4	9.1
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	42.7	28.8
Sugars (g)	5.7	5.9
Sodium (mg)	547	522

Hamburger, Grape Tomatoes and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1647	1306
Energy (Cal)	395	313
Protein (g)	15.2	15.1
Fat, Total (g)	10.4	10.1
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	72.2	40.6
Sugars (g)	35.2	17.7
Sodium (mg)	560	527

Hamburger, Grape Tomatoes and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1628	1258
Energy (Cal)	391	301
Protein (g)	16.6	14.9
Fat, Total (g)	9.4	9.1
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	72.1	38.3
Sugars (g)	29.1	13.4
Sodium (mg)	556	525

Hamburger, Garden Salad and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1133	1070
Energy (Cal)	273	258
Protein (g)	14.5	13.7
Fat, Total (g)	9.5	9.1
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	29.8	28.2
Sugars (g)	6.8	6.3
Sodium (mg)	558	527

Hamburger, Garden Salad and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1133	1070
Energy (Cal)	273	258
Protein (g)	14.5	13.7
Fat, Total (g)	9.5	9.1
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	29.8	28.2
Sugars (g)	6.8	6.3
Sodium (mg)	558	527

Hamburger, Garden Salad and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1673	1286
Energy (Cal)	402	310
Protein (g)	15.5	14.7
Fat, Total (g)	10.5	10.1
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	59.3	40.0
Sugars (g)	36.3	18.1
Sodium (mg)	571	532

Hamburger, Garden Salad and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1654	1238
Energy (Cal)	398	298
Protein (g)	16.9	14.5
Fat, Total (g)	9.5	9.1
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	59.2	37.7
Sugars (g)	30.2	13.8
Sodium (mg)	567	530

Hamburger, Small Fries and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1910	2190
Energy (Cal)	458	526
Protein (g)	16.5	17.2
Fat, Total (g)	19.7	23.3
Saturated Fat (g)	4.8	5.0
Carbohydrate (g)	51.2	59.0
Sugars (g)	5.1	5.0
Sodium (mg)	736	783

Hamburger, Small Fries and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1910	2190
Energy (Cal)	458	526
Protein (g)	16.5	17.2
Fat, Total (g)	19.7	23.3
Saturated Fat (g)	4.8	5.0
Carbohydrate (g)	51.2	59.0
Sugars (g)	5.1	5.0
Sodium (mg)	736	783

Hamburger, Small Fries and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2450	2406
Energy (Cal)	587	578
Protein (g)	17.5	18.2
Fat, Total (g)	20.7	24.3
Saturated Fat (g)	4.8	5.0
Carbohydrate (g)	80.7	70.8
Sugars (g)	34.6	16.8
Sodium (mg)	749	788

Hamburger, Small Fries and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2431	2358
Energy (Cal)	583	566
Protein (g)	18.9	18.0
Fat, Total (g)	19.7	23.3
Saturated Fat (g)	4.8	5.0
Carbohydrate (g)	80.6	68.5
Sugars (g)	28.5	12.5
Sodium (mg)	745	786

Hamburger, Yoplait Petit Miam Strawberry Yoghurt and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1263	1304
Energy (Cal)	303	313
Protein (g)	15.6	16.0
Fat, Total (g)	10.9	11.2
Saturated Fat (g)	5.1	5.3
Carbohydrate (g)	34.4	35.9
Sugars (g)	10.4	12.5
Sodium (mg)	574	560

Hamburger, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1263	1304
Energy (Cal)	303	313
Protein (g)	15.6	16.0
Fat, Total (g)	10.9	11.2
Saturated Fat (g)	5.1	5.3
Carbohydrate (g)	34.4	35.9
Sugars (g)	10.4	12.5
Sodium (mg)	574	560

Hamburger, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1803	1520
Energy (Cal)	432	365
Protein (g)	16.6	17.0
Fat, Total (g)	11.9	12.2
Saturated Fat (g)	5.1	5.3
Carbohydrate (g)	63.9	47.7
Sugars (g)	39.9	24.3
Sodium (mg)	587	565

Hamburger, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1784	1472
Energy (Cal)	428	353
Protein (g)	18.0	16.8
Fat, Total (g)	10.9	11.2
Saturated Fat (g)	5.1	5.3
Carbohydrate (g)	63.8	45.4
Sugars (g)	33.8	20.0
Sodium (mg)	583	563

HAPPY MEAL COMBOS

Cheeseburger, Apple Slices and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1396	1276
Energy (Cal)	332	306
Protein (g)	16.7	14.5
Fat, Total (g)	13.3	11.3
Saturated Fat (g)	6.7	5.6
Carbohydrate (g)	34.6	34.1
Sugars (g)	11.7	14.8
Sodium (mg)	708	595

Cheeseburger, Apple Slices and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1396	1276
Energy (Cal)	332	306
Protein (g)	16.7	14.5
Fat, Total (g)	13.3	11.3
Saturated Fat (g)	6.7	5.6
Carbohydrate (g)	34.6	34.1
Sugars (g)	11.7	14.8
Sodium (mg)	708	595

Cheeseburger, Apple Slices and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1936	1492
Energy (Cal)	461	358
Protein (g)	17.7	15.5
Fat, Total (g)	14.3	12.3
Saturated Fat (g)	6.7	5.6
Carbohydrate (g)	64.1	45.9
Sugars (g)	41.2	26.6
Sodium (mg)	721	600

Cheeseburger, Apple Slices and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1917	1444
Energy (Cal)	457	346
Protein (g)	19.1	15.3
Fat, Total (g)	13.3	11.3
Saturated Fat (g)	6.7	5.6
Carbohydrate (g)	64.0	43.6
Sugars (g)	35.1	22.3
Sodium (mg)	717	598

Cheeseburger, Grape Tomatoes and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1317	1308
Energy (Cal)	439	313
Protein (g)	19.5	15.8
Fat, Total (g)	13.2	11.2
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	72.9	35.8
Sugars (g)	29.7	13.3
Sodium (mg)	719	601

Cheeseburger, Grape Tomatoes and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1317	1140
Energy (Cal)	314	273
Protein (g)	17.1	15.0
Fat, Total (g)	13.2	11.2
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	43.5	26.3
Sugars (g)	6.3	5.8
Sodium (mg)	710	598

Cheeseburger, Grape Tomatoes and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1857	1356
Energy (Cal)	443	325
Protein (g)	18.1	16.0
Fat, Total (g)	14.2	12.2
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	73.0	38.1
Sugars (g)	35.8	17.6
Sodium (mg)	723	603

Cheeseburger, Grape Tomatoes and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1838	1308
Energy (Cal)	439	313
Protein (g)	19.5	15.8
Fat, Total (g)	13.2	11.2
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	72.9	35.8
Sugars (g)	29.7	13.3
Sodium (mg)	719	601

Cheeseburger, Garden Salad and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1343	1120
Energy (Cal)	321	270
Protein (g)	17.4	14.6
Fat, Total (g)	13.3	11.2
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	30.6	25.7
Sugars (g)	7.4	6.2
Sodium (mg)	721	603

Cheeseburger, Garden Salad and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1343	1120
Energy (Cal)	321	270
Protein (g)	17.4	14.6
Fat, Total (g)	13.3	11.2
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	30.6	25.7
Sugars (g)	7.4	6.2
Sodium (mg)	721	603

Cheeseburger, Garden Salad and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1883	1336
Energy (Cal)	450	322
Protein (g)	18.4	15.6
Fat, Total (g)	14.3	12.2
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	60.1	37.5
Sugars (g)	36.9	18.0
Sodium (mg)	734	608

Cheeseburger, Garden Salad and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1864	1288
Energy (Cal)	446	310
Protein (g)	19.8	15.4
Fat, Total (g)	13.3	11.2
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	60.0	35.2
Sugars (g)	30.8	13.7
Sodium (mg)	730	606

Cheeseburger, Small Fries and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2120	2240
Energy (Cal)	506	538
Protein (g)	19.4	18.1
Fat, Total (g)	23.5	25.4
Saturated Fat (g)	7.4	6.7
Carbohydrate (g)	52.0	56.5
Sugars (g)	5.7	4.9
Sodium (mg)	899	859

Cheeseburger, Small Fries and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2120	2240
Energy (Cal)	506	538
Protein (g)	19.4	18.1
Fat, Total (g)	23.5	25.4
Saturated Fat (g)	7.4	6.7
Carbohydrate (g)	52.0	56.5
Sugars (g)	5.7	4.9
Sodium (mg)	899	859

Cheeseburger, Small Fries and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2660	2456
Energy (Cal)	635	590
Protein (g)	20.4	19.1
Fat, Total (g)	24.5	26.4
Saturated Fat (g)	7.4	6.7
Carbohydrate (g)	81.5	68.3
Sugars (g)	35.2	16.7
Sodium (mg)	912	864

Cheeseburger, Small Fries and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2641	2408
Energy (Cal)	631	578
Protein (g)	21.8	18.9
Fat, Total (g)	23.5	25.4
Saturated Fat (g)	7.4	6.7
Carbohydrate (g)	81.4	66.0
Sugars (g)	29.1	12.4
Sodium (mg)	908	862

Cheeseburger, Yoplait Petit Miam Strawberry Yoghurt and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1473	1354
Energy (Cal)	351	325
Protein (g)	18.5	16.9
Fat, Total (g)	14.7	13.3
Saturated Fat (g)	7.7	7.0
Carbohydrate (g)	35.2	33.4
Sugars (g)	11.0	12.4
Sodium (mg)	737	636

Cheeseburger, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1473	1354
Energy (Cal)	351	325
Protein (g)	18.5	16.9
Fat, Total (g)	14.7	13.3
Saturated Fat (g)	7.7	7.0
Carbohydrate (g)	35.2	33.4
Sugars (g)	11.0	12.4
Sodium (mg)	737	636

Cheeseburger, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Apple Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2013	1570
Energy (Cal)	480	377
Protein (g)	19.5	17.9
Fat, Total (g)	15.7	14.3
Saturated Fat (g)	7.7	7.0
Carbohydrate (g)	64.7	45.2
Sugars (g)	40.5	24.2
Sodium (mg)	750	641

Cheeseburger, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1994	1522
Energy (Cal)	476	365
Protein (g)	20.9	17.7
Fat, Total (g)	14.7	13.3
Saturated Fat (g)	7.7	7.0
Carbohydrate (g)	64.6	42.9
Sugars (g)	34.4	19.9
Sodium (mg)	746	639