



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

Information correct as at December 2021.

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 local supplier, region of the country, 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 Snack Wrap - Crispy Chicken

CRISPY CHICKEN: Chicken, Flour (**Wheat**, Maize), Water, Vegetable Oil, Starch (**Wheat**, Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), **Gluten (Wheat)**, **Soy** Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein (**Wheat**), Natural Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.

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.

CRISPY CHICKEN 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.

| | Avg Qty / Serve | Avg Qty / 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 1110 | 958 |
| Energy (Cal) | 264 | 229 |
| Protein (g) | 11.7 | 10.1 |
| Fat, Total (g) | 12.1 | 10.5 |
| Saturated Fat (g) | 3.0 | 2.6 |
| Carbohydrate (g) | 26.2 | 22.7 |
| Sugars (g) | 2.7 | 2.3 |
| Sodium (mg) | 596 | 516 |

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

Wholemeal Snack Wrap - Grilled Chicken

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

| | 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 | | | | | | | 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.

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 | | | | | | | | | |

HAPPY MEAL MAINS (Continued)

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) | 516 | 492 |

| 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) | 680 | 571 |

| 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 |
|--------|-----|------|-----|------------------|---------|-----------|--------------|-----------|-------|--------------|--------------------|-------------------|
| | | | | | | | | | | | | |

HAPPY MEAL SIDES (Continued)

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

LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

BALSAMIC & ROASTED GARLIC VINAIGRETTE DRESSING: Water, Vinegar, Canola Oil (Antioxidant (307b, **Soy**)), Balsamic Vinegar (Colour (150d), Preservative (220)), Sugar, Salt, Garlic, Vegetable Gum Blend (Vegetable Gums (415, 417, 401), Food Acid (331)), Preservatives (202, 211), Emulsifier (322 - **Soy**).

CUCUMBER: Cucumber.

GRAPE TOMATO: Grape tomatoes.

Contains soy.

| | Avg Qty / Serve | Avg Qty / 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 303 | 204 |
| Energy (Cal) | 72 | 49 |
| Protein (g) | 1.3 | 0.9 |
| Fat, Total (g) | 4.4 | 3.0 |
| Saturated Fat (g) | 0.4 | 0.3 |
| Carbohydrate (g) | 6.3 | 4.2 |
| Sugars (g) | 5.8 | 3.9 |
| Sodium (mg) | 231 | 155 |

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

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).

Salt.

May contain traces of 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.

| | 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 | | | | |

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 (330), Vitamin C (300), Preservatives (202, 223), Natural Flavour.

Contains sulphites.

| | Avg Qty / Serve | Avg Qty / 100mL |
|-------------------|-----------------|-----------------|
| Energy (kJ) | 513 | 205 |
| Energy (Cal) | 123 | 49 |
| Protein (g) | 2.5 | 1.0 |
| Fat, Total (g) | 2.5 | 1.0 |
| Saturated Fat (g) | 0 | 0.0 |
| Carbohydrate (g) | 28.5 | 11.4 |
| Sugars (g) | 28.5 | 11.4 |
| Sodium (mg) | 38 | 15 |

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

Small Orange Juice

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

| | Avg Qty / Serve | Avg Qty / 100mL |
|-------------------|-----------------|-----------------|
| Energy (kJ) | 525 | 175 |
| Energy (Cal) | 127 | 42 |
| Protein (g) | 2.3 | 0.8 |
| Fat, Total (g) | 0.0 | 0.0 |
| Saturated Fat (g) | 0.0 | 0.0 |
| Carbohydrate (g) | 28.6 | 9.5 |
| Sugars (g) | 22.8 | 7.6 |
| Sodium (mg) | 26 | 9 |

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

HAPPY MEAL COMBOS

| Crispy Chicken Snack Wrap, Apple Slices and Sparkling Water | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1246 | 1184 |
| Energy (Cal) | 296 | 283 |
| Protein (g) | 12.3 | 11.1 |
| Fat, Total (g) | 12.3 | 10.8 |
| Saturated Fat (g) | 3.1 | 2.7 |
| Carbohydrate (g) | 32.3 | 32.9 |
| Sugars (g) | 8.8 | 12.4 |
| Sodium (mg) | 604 | 523 |

| Crispy Chicken Snack Wrap, Apple Slices and Pop Top® Water | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1246 | 1184 |
| Energy (Cal) | 296 | 283 |
| Protein (g) | 12.3 | 11.1 |
| Fat, Total (g) | 12.3 | 10.8 |
| Saturated Fat (g) | 3.1 | 2.7 |
| Carbohydrate (g) | 32.3 | 32.9 |
| Sugars (g) | 8.8 | 12.4 |
| Sodium (mg) | 604 | 523 |

| Crispy Chicken Snack Wrap, Apple Slices and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1759 | 1389 |
| Energy (Cal) | 419 | 332 |
| Protein (g) | 14.8 | 12.1 |
| Fat, Total (g) | 14.8 | 11.8 |
| Saturated Fat (g) | 3.1 | 2.7 |
| Carbohydrate (g) | 60.8 | 44.3 |
| Sugars (g) | 37.3 | 23.8 |
| Sodium (mg) | 637 | 536 |

| Crispy Chicken Snack Wrap, Apple Slices and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1771 | 1359 |
| Energy (Cal) | 423 | 325 |
| Protein (g) | 14.6 | 11.9 |
| Fat, Total (g) | 12.3 | 10.8 |
| Saturated Fat (g) | 3.1 | 2.7 |
| Carbohydrate (g) | 60.9 | 42.4 |
| Sugars (g) | 31.6 | 20.0 |
| Sodium (mg) | 625 | 530 |

| Crispy Chicken Snack Wrap, Grape Tomatoes and Sparkling Water | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1167 | 1048 |
| Energy (Cal) | 278 | 250 |
| Protein (g) | 12.7 | 11.6 |
| Fat, Total (g) | 12.2 | 10.7 |
| Saturated Fat (g) | 3.0 | 2.6 |
| Carbohydrate (g) | 41.2 | 25.1 |
| Sugars (g) | 3.4 | 3.4 |
| Sodium (mg) | 606 | 526 |

| Crispy Chicken Snack Wrap, Grape Tomatoes and Pop Top® Water | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1167 | 1048 |
| Energy (Cal) | 278 | 250 |
| Protein (g) | 12.7 | 11.6 |
| Fat, Total (g) | 12.2 | 10.7 |
| Saturated Fat (g) | 3.0 | 2.6 |
| Carbohydrate (g) | 41.2 | 25.1 |
| Sugars (g) | 3.4 | 3.4 |
| Sodium (mg) | 606 | 526 |

| Crispy Chicken Snack Wrap, Grape Tomatoes and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1680 | 1253 |
| Energy (Cal) | 401 | 299 |
| Protein (g) | 15.2 | 12.6 |
| Fat, Total (g) | 14.7 | 11.7 |
| Saturated Fat (g) | 3.0 | 2.6 |
| Carbohydrate (g) | 69.7 | 36.5 |
| Sugars (g) | 31.9 | 14.8 |
| Sodium (mg) | 639 | 539 |

| Crispy Chicken Snack Wrap, Grape Tomatoes and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1692 | 1223 |
| Energy (Cal) | 405.0 | 292.0 |
| Protein (g) | 15.0 | 12.4 |
| Fat, Total (g) | 12.2 | 10.7 |
| Saturated Fat (g) | 3.0 | 2.6 |
| Carbohydrate (g) | 69.8 | 34.6 |
| Sugars (g) | 26.2 | 11.0 |
| Sodium (mg) | 627 | 533 |

| Crispy Chicken Snack Wrap, Garden Salad and Sparkling Water | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1413 | 1162 |
| Energy (Cal) | 336 | 278 |
| Protein (g) | 13.0 | 11.0 |
| Fat, Total (g) | 16.5 | 13.5 |
| Saturated Fat (g) | 3.4 | 2.9 |
| Carbohydrate (g) | 32.5 | 26.9 |
| Sugars (g) | 8.5 | 6.2 |
| Sodium (mg) | 832 | 673 |

| Crispy Chicken Snack Wrap, Garden Salad and Pop Top® Water | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1413 | 1162 |
| Energy (Cal) | 336 | 278 |
| Protein (g) | 13.0 | 11.0 |
| Fat, Total (g) | 16.5 | 13.5 |
| Saturated Fat (g) | 3.4 | 2.9 |
| Carbohydrate (g) | 32.5 | 26.9 |
| Sugars (g) | 8.5 | 6.2 |
| Sodium (mg) | 832 | 673 |

| Crispy Chicken Snack Wrap, Garden Salad and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1926 | 1367 |
| Energy (Cal) | 459 | 327 |
| Protein (g) | 15.5 | 12.0 |
| Fat, Total (g) | 19.0 | 14.5 |
| Saturated Fat (g) | 3.4 | 2.9 |
| Carbohydrate (g) | 61.0 | 38.3 |
| Sugars (g) | 37.0 | 17.6 |
| Sodium (mg) | 865 | 686 |

| Crispy Chicken Snack Wrap, Garden Salad and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1938 | 1337 |
| Energy (Cal) | 463 | 320 |
| Protein (g) | 15.3 | 11.8 |
| Fat, Total (g) | 16.5 | 13.5 |
| Saturated Fat (g) | 3.4 | 2.9 |
| Carbohydrate (g) | 61.1 | 36.4 |
| Sugars (g) | 31.3 | 13.8 |
| Sodium (mg) | 853 | 680 |

| Crispy Chicken Snack Wrap, Small Fries and Sparkling Water | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1970 | 2148 |
| Energy (Cal) | 470 | 515 |
| Protein (g) | 15.0 | 14.7 |
| Fat, Total (g) | 22.5 | 24.9 |
| Saturated Fat (g) | 3.8 | 3.8 |
| Carbohydrate (g) | 49.7 | 55.3 |
| Sugars (g) | 2.8 | 2.5 |
| Sodium (mg) | 795 | 787 |

| Crispy Chicken Snack Wrap, Small Fries and Pop Top® Water | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1970 | 2148 |
| Energy (Cal) | 470 | 515 |
| Protein (g) | 15.0 | 14.7 |
| Fat, Total (g) | 22.5 | 24.9 |
| Saturated Fat (g) | 3.8 | 3.8 |
| Carbohydrate (g) | 49.7 | 55.3 |
| Sugars (g) | 2.8 | 2.5 |
| Sodium (mg) | 795 | 787 |

| Crispy Chicken Snack Wrap, Small Fries and Pop Top® Apple Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2483 | 2353 |
| Energy (Cal) | 593 | 564 |
| Protein (g) | 17.5 | 15.7 |
| Fat, Total (g) | 25.0 | 25.9 |
| Saturated Fat (g) | 3.8 | 3.8 |
| Carbohydrate (g) | 78.2 | 66.7 |
| Sugars (g) | 31.3 | 13.9 |
| Sodium (mg) | 828 | 800 |

| Crispy Chicken Snack Wrap, Small Fries and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2495 | 2323 |
| Energy (Cal) | 597 | 557 |
| Protein (g) | 17.3 | 15.5 |
| Fat, Total (g) | 22.5 | 24.9 |
| Saturated Fat (g) | 3.8 | 3.8 |
| Carbohydrate (g) | 78.3 | 64.8 |
| Sugars (g) | 25.6 | 10.1 |
| Sodium (mg) | 816 | 794 |

| Crispy Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Sparkling Water | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1323 | 1262 |
| Energy (Cal) | 315 | 302 |
| Protein (g) | 14.1 | 13.5 |
| Fat, Total (g) | 13.7 | 12.8 |
| Saturated Fat (g) | 4.1 | 4.1 |
| Carbohydrate (g) | 32.9 | 32.2 |
| Sugars (g) | 8.1 | 10.0 |
| Sodium (mg) | 633 | 564 |

| Crispy Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Pop Top® Water | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1323 | 1262 |
| Energy (Cal) | 315 | 302 |
| Protein (g) | 14.1 | 13.5 |
| Fat, Total (g) | 13.7 | 12.8 |
| Saturated Fat (g) | 4.1 | 4.1 |
| Carbohydrate (g) | 32.9 | 32.2 |
| Sugars (g) | 8.1 | 10.0 |
| Sodium (mg) | 633 | 564 |

| Crispy Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1836 | 1467 |
| Energy (Cal) | 438 | 351 |
| Protein (g) | 16.6 | 14.5 |
| Fat, Total (g) | 16.2 | 13.8 |
| Saturated Fat (g) | 4.1 | 4.1 |
| Carbohydrate (g) | 61.4 | 43.6 |
| Sugars (g) | 36.6 | 21.4 |
| Sodium (mg) | 666 | 577 |

| Crispy Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1848 | 1437 |
| Energy (Cal) | 442 | 344 |
| Protein (g) | 16.4 | 14.3 |
| Fat, Total (g) | 13.7 | 12.8 |
| Saturated Fat (g) | 4.1 | 4.1 |
| Carbohydrate (g) | 61.5 | 41.7 |
| Sugars (g) | 30.9 | 17.6 |
| Sodium (mg) | 654 | 571 |

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) | 1557 | 1272 |
| Energy (Cal) | 372 | 304 |
| Protein (g) | 16.9 | 14.8 |
| Fat, Total (g) | 11.5 | 9.4 |
| Saturated Fat (g) | 2.9 | 2.7 |
| Carbohydrate (g) | 54.6 | 40.2 |
| Sugars (g) | 36.3 | 23.1 |
| Sodium (mg) | 450 | 399 |

| Grilled Chicken Snack Wrap, Apple Slices and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1569 | 1242 |
| Energy (Cal) | 376 | 297 |
| Protein (g) | 16.7 | 14.6 |
| Fat, Total (g) | 9.0 | 8.4 |
| Saturated Fat (g) | 2.9 | 2.7 |
| Carbohydrate (g) | 54.7 | 38.3 |
| Sugars (g) | 30.6 | 19.3 |
| Sodium (mg) | 438 | 393 |

| 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) | 1478 | 1136 |
| Energy (Cal) | 354 | 271 |
| Protein (g) | 17.3 | 15.3 |
| Fat, Total (g) | 11.4 | 9.3 |
| Saturated Fat (g) | 2.8 | 2.6 |
| Carbohydrate (g) | 63.5 | 32.4 |
| Sugars (g) | 30.9 | 14.1 |
| Sodium (mg) | 452 | 402 |

| Grilled Chicken Snack Wrap, Grape Tomatoes and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1490 | 1106 |
| Energy (Cal) | 358 | 264 |
| Protein (g) | 17.1 | 15.1 |
| Fat, Total (g) | 8.9 | 8.3 |
| Saturated Fat (g) | 2.8 | 2.6 |
| Carbohydrate (g) | 63.6 | 30.5 |
| Sugars (g) | 25.2 | 10.3 |
| Sodium (mg) | 440 | 396 |

| Grilled Chicken Snack Wrap, Garden Salad and Sparkling Water | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1211 | 1045 |
| Energy (Cal) | 289 | 250 |
| Protein (g) | 15.1 | 13.7 |
| Fat, Total (g) | 13.2 | 11.1 |
| Saturated Fat (g) | 3.2 | 2.9 |
| Carbohydrate (g) | 26.3 | 22.8 |
| Sugars (g) | 7.5 | 5.5 |
| Sodium (mg) | 645 | 536 |

| Grilled Chicken Snack Wrap, Garden Salad and Pop Top® Water | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1211 | 1045 |
| Energy (Cal) | 289 | 250 |
| Protein (g) | 15.1 | 13.7 |
| Fat, Total (g) | 13.2 | 11.1 |
| Saturated Fat (g) | 3.2 | 2.9 |
| Carbohydrate (g) | 26.3 | 22.8 |
| Sugars (g) | 7.5 | 5.5 |
| Sodium (mg) | 645 | 536 |

| Grilled Chicken Snack Wrap, Garden Salad and Pop Top® Apple Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1724 | 1250 |
| Energy (Cal) | 412 | 299 |
| Protein (g) | 17.6 | 14.7 |
| Fat, Total (g) | 15.7 | 12.1 |
| Saturated Fat (g) | 3.2 | 2.9 |
| Carbohydrate (g) | 54.8 | 34.2 |
| Sugars (g) | 36.0 | 16.9 |
| Sodium (mg) | 678 | 549 |

| Grilled Chicken Snack Wrap, Garden Salad and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1736 | 1220 |
| Energy (Cal) | 416 | 292 |
| Protein (g) | 17.4 | 14.5 |
| Fat, Total (g) | 13.2 | 11.1 |
| Saturated Fat (g) | 3.2 | 2.9 |
| Carbohydrate (g) | 54.9 | 32.3 |
| Sugars (g) | 30.3 | 13.1 |
| Sodium (mg) | 666 | 543 |

| 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) | 2281 | 2236 |
| Energy (Cal) | 546 | 536 |
| Protein (g) | 19.6 | 18.4 |
| Fat, Total (g) | 21.7 | 23.5 |
| Saturated Fat (g) | 3.6 | 3.8 |
| Carbohydrate (g) | 72.0 | 62.6 |
| Sugars (g) | 30.3 | 13.2 |
| Sodium (mg) | 641 | 663 |

| Grilled Chicken Snack Wrap, Small Fries and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2293 | 2206 |
| Energy (Cal) | 550 | 529 |
| Protein (g) | 19.4 | 18.2 |
| Fat, Total (g) | 19.2 | 22.5 |
| Saturated Fat (g) | 3.6 | 3.8 |
| Carbohydrate (g) | 72.1 | 60.7 |
| Sugars (g) | 24.6 | 9.4 |
| Sodium (mg) | 629 | 657 |

| Grilled Chicken Snack Wrap, Yoplait Petit Miam 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 Miam 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 Miam Strawberry Yoghurt and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1634 | 1350 |
| Energy (Cal) | 391 | 323 |
| Protein (g) | 18.7 | 17.2 |
| Fat, Total (g) | 12.9 | 11.4 |
| Saturated Fat (g) | 3.9 | 4.1 |
| Carbohydrate (g) | 55.2 | 39.5 |
| Sugars (g) | 35.6 | 20.7 |
| Sodium (mg) | 479 | 440 |

| Grilled Chicken Snack Wrap, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1646 | 1320 |
| Energy (Cal) | 395 | 316 |
| Protein (g) | 18.5 | 17.0 |
| Fat, Total (g) | 10.4 | 10.4 |
| Saturated Fat (g) | 3.9 | 4.1 |
| Carbohydrate (g) | 55.3 | 37.6 |
| Sugars (g) | 29.9 | 16.9 |
| Sodium (mg) | 467 | 434 |

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) | 1193 | 1551 |
| Energy (Cal) | 285 | 371 |
| Protein (g) | 10.8 | 17.9 |
| Fat, Total (g) | 10.4 | 17.2 |
| Saturated Fat (g) | 1.3 | 2.5 |
| Carbohydrate (g) | 41.9 | 36.6 |
| Sugars (g) | 34.7 | 21.8 |
| Sodium (mg) | 279 | 509 |

| 3 Chicken McNuggets, Apple Slices and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1205 | 1521 |
| Energy (Cal) | 289 | 364 |
| Protein (g) | 10.6 | 17.7 |
| Fat, Total (g) | 7.9 | 16.2 |
| Saturated Fat (g) | 1.3 | 2.5 |
| Carbohydrate (g) | 42.0 | 34.7 |
| Sugars (g) | 29.0 | 18.0 |
| Sodium (mg) | 267 | 503 |

| 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) | 1114 | 1415 |
| Energy (Cal) | 267 | 338 |
| Protein (g) | 11.2 | 18.4 |
| Fat, Total (g) | 10.3 | 17.1 |
| Saturated Fat (g) | 1.2 | 2.4 |
| Carbohydrate (g) | 50.8 | 28.8 |
| Sugars (g) | 29.3 | 12.8 |
| Sodium (mg) | 281 | 512 |

| 3 Chicken McNuggets, Grape Tomatoes and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1126 | 1385 |
| Energy (Cal) | 271 | 331 |
| Protein (g) | 11.0 | 18.2 |
| Fat, Total (g) | 7.8 | 16.1 |
| Saturated Fat (g) | 1.2 | 2.4 |
| Carbohydrate (g) | 50.9 | 26.9 |
| Sugars (g) | 23.6 | 9.0 |
| Sodium (mg) | 269 | 506 |

| 3 Chicken McNuggets, Garden Salad and Sparkling Water | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 847 | 1324 |
| Energy (Cal) | 202 | 317 |
| Protein (g) | 9.0 | 16.8 |
| Fat, Total (g) | 12.1 | 18.9 |
| Saturated Fat (g) | 1.6 | 2.7 |
| Carbohydrate (g) | 13.6 | 19.2 |
| Sugars (g) | 5.9 | 4.2 |
| Sodium (mg) | 474 | 646 |

| 3 Chicken McNuggets, Garden Salad and Pop Top® Water | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 847 | 1324 |
| Energy (Cal) | 202 | 317 |
| Protein (g) | 9.0 | 16.8 |
| Fat, Total (g) | 12.1 | 18.9 |
| Saturated Fat (g) | 1.6 | 2.7 |
| Carbohydrate (g) | 13.6 | 19.2 |
| Sugars (g) | 5.9 | 4.2 |
| Sodium (mg) | 474 | 646 |

| 3 Chicken McNuggets, Garden Salad and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1360 | 1529 |
| Energy (Cal) | 325 | 366 |
| Protein (g) | 11.5 | 17.8 |
| Fat, Total (g) | 14.6 | 19.9 |
| Saturated Fat (g) | 1.6 | 2.7 |
| Carbohydrate (g) | 42.1 | 30.6 |
| Sugars (g) | 34.4 | 15.6 |
| Sodium (mg) | 507 | 659 |

| 3 Chicken McNuggets, Garden Salad and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1372 | 1499 |
| Energy (Cal) | 329 | 359 |
| Protein (g) | 11.3 | 17.6 |
| Fat, Total (g) | 12.1 | 18.9 |
| Saturated Fat (g) | 1.6 | 2.7 |
| Carbohydrate (g) | 42.2 | 28.7 |
| Sugars (g) | 28.7 | 11.8 |
| Sodium (mg) | 495 | 653 |

| 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) | 1917 | 2515 |
| Energy (Cal) | 459 | 603 |
| Protein (g) | 13.5 | 21.5 |
| Fat, Total (g) | 20.6 | 31.3 |
| Saturated Fat (g) | 2.0 | 3.6 |
| Carbohydrate (g) | 59.3 | 59.0 |
| Sugars (g) | 28.7 | 11.9 |
| Sodium (mg) | 470 | 773 |

| 3 Chicken McNuggets, Small Fries and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1929 | 2485 |
| Energy (Cal) | 463 | 596 |
| Protein (g) | 13.3 | 21.3 |
| Fat, Total (g) | 18.1 | 30.3 |
| Saturated Fat (g) | 2.0 | 3.6 |
| Carbohydrate (g) | 59.4 | 57.1 |
| Sugars (g) | 23.0 | 8.1 |
| Sodium (mg) | 458 | 767 |

| 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) | 1270 | 1629 |
| Energy (Cal) | 304 | 390 |
| Protein (g) | 12.6 | 20.3 |
| Fat, Total (g) | 11.8 | 19.2 |
| Saturated Fat (g) | 2.3 | 3.9 |
| Carbohydrate (g) | 42.5 | 35.9 |
| Sugars (g) | 34.0 | 19.4 |
| Sodium (mg) | 308 | 550 |

| 3 Chicken McNuggets, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1282 | 1599 |
| Energy (Cal) | 308 | 383 |
| Protein (g) | 12.4 | 20.1 |
| Fat, Total (g) | 9.3 | 18.2 |
| Saturated Fat (g) | 2.3 | 3.9 |
| Carbohydrate (g) | 42.6 | 34.0 |
| Sugars (g) | 28.3 | 15.6 |
| Sodium (mg) | 296 | 544 |

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) | 1739 | 1551 |
| Energy (Cal) | 415 | 371 |
| Protein (g) | 18.5 | 17.9 |
| Fat, Total (g) | 18.2 | 17.2 |
| Saturated Fat (g) | 2.5 | 2.5 |
| Carbohydrate (g) | 49.1 | 36.6 |
| Sugars (g) | 34.9 | 21.8 |
| Sodium (mg) | 517 | 509 |

| 6 Chicken McNuggets, Apple Slices and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1751 | 1521 |
| Energy (Cal) | 419 | 364 |
| Protein (g) | 18.3 | 17.7 |
| Fat, Total (g) | 15.7 | 16.2 |
| Saturated Fat (g) | 2.5 | 2.5 |
| Carbohydrate (g) | 49.2 | 34.7 |
| Sugars (g) | 29.2 | 18.0 |
| Sodium (mg) | 505 | 503 |

| 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) | 1660 | 1415 |
| Energy (Cal) | 397 | 338 |
| Protein (g) | 18.9 | 18.4 |
| Fat, Total (g) | 18.1 | 17.1 |
| Saturated Fat (g) | 2.4 | 2.4 |
| Carbohydrate (g) | 58.0 | 28.8 |
| Sugars (g) | 29.5 | 12.8 |
| Sodium (mg) | 519 | 512 |

| 6 Chicken McNuggets, Grape Tomatoes and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1672 | 1385 |
| Energy (Cal) | 401 | 331 |
| Protein (g) | 18.7 | 18.2 |
| Fat, Total (g) | 15.6 | 16.1 |
| Saturated Fat (g) | 2.4 | 2.4 |
| Carbohydrate (g) | 58.1 | 26.9 |
| Sugars (g) | 23.8 | 9.0 |
| Sodium (mg) | 507 | 506 |

| 6 Chicken McNuggets, Garden Salad and Sparkling Water | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1393 | 1324 |
| Energy (Cal) | 332 | 317 |
| Protein (g) | 16.7 | 16.8 |
| Fat, Total (g) | 19.9 | 18.9 |
| Saturated Fat (g) | 2.8 | 2.7 |
| Carbohydrate (g) | 20.8 | 19.2 |
| Sugars (g) | 6.1 | 4.2 |
| Sodium (mg) | 712 | 646 |

| 6 Chicken McNuggets, Garden Salad and Pop Top® Water | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1393 | 1324 |
| Energy (Cal) | 332 | 317 |
| Protein (g) | 16.7 | 16.8 |
| Fat, Total (g) | 19.9 | 18.9 |
| Saturated Fat (g) | 2.8 | 2.7 |
| Carbohydrate (g) | 20.8 | 19.2 |
| Sugars (g) | 6.1 | 4.2 |
| Sodium (mg) | 712 | 646 |

| 6 Chicken McNuggets, Garden Salad and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1906 | 1529 |
| Energy (Cal) | 455 | 366 |
| Protein (g) | 19.2 | 17.8 |
| Fat, Total (g) | 22.4 | 19.9 |
| Saturated Fat (g) | 2.8 | 2.7 |
| Carbohydrate (g) | 49.3 | 30.6 |
| Sugars (g) | 34.6 | 15.6 |
| Sodium (mg) | 745 | 659 |

| 6 Chicken McNuggets, Garden Salad and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1918 | 1499 |
| Energy (Cal) | 459 | 359 |
| Protein (g) | 19.0 | 17.6 |
| Fat, Total (g) | 19.9 | 18.9 |
| Saturated Fat (g) | 2.8 | 2.7 |
| Carbohydrate (g) | 49.4 | 28.7 |
| Sugars (g) | 28.9 | 11.8 |
| Sodium (mg) | 733 | 653 |

| 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) | 2463 | 2515 |
| Energy (Cal) | 589 | 603 |
| Protein (g) | 21.2 | 21.5 |
| Fat, Total (g) | 28.4 | 31.3 |
| Saturated Fat (g) | 3.2 | 3.6 |
| Carbohydrate (g) | 66.5 | 59.0 |
| Sugars (g) | 28.9 | 11.9 |
| Sodium (mg) | 708 | 773 |

| 6 Chicken McNuggets, Small Fries and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2475 | 2485 |
| Energy (Cal) | 593 | 596 |
| Protein (g) | 21.0 | 21.3 |
| Fat, Total (g) | 25.9 | 30.3 |
| Saturated Fat (g) | 3.2 | 3.6 |
| Carbohydrate (g) | 66.6 | 57.1 |
| Sugars (g) | 23.2 | 8.1 |
| Sodium (mg) | 696 | 767 |

| 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) | 1816 | 1629 |
| Energy (Cal) | 434 | 390 |
| Protein (g) | 20.3 | 20.3 |
| Fat, Total (g) | 19.6 | 19.2 |
| Saturated Fat (g) | 3.5 | 3.9 |
| Carbohydrate (g) | 49.7 | 35.9 |
| Sugars (g) | 34.2 | 19.4 |
| Sodium (mg) | 546 | 550 |

| 6 Chicken McNuggets, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1828 | 1599 |
| Energy (Cal) | 438 | 383 |
| Protein (g) | 20.1 | 20.1 |
| Fat, Total (g) | 17.1 | 18.2 |
| Saturated Fat (g) | 3.5 | 3.9 |
| Carbohydrate (g) | 49.8 | 34.0 |
| Sugars (g) | 28.5 | 15.6 |
| Sodium (mg) | 534 | 544 |

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) | 524 | 499 |

| 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) | 524 | 499 |

| Hamburger, Apple Slices and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1699 | 1431 |
| Energy (Cal) | 407 | 343 |
| Protein (g) | 16.3 | 14.6 |
| Fat, Total (g) | 12.0 | 10.2 |
| Saturated Fat (g) | 4.1 | 3.9 |
| Carbohydrate (g) | 62.3 | 48.0 |
| Sugars (g) | 39.6 | 26.3 |
| Sodium (mg) | 557 | 512 |

| Hamburger, Apple Slices and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1711 | 1401 |
| Energy (Cal) | 411 | 336 |
| Protein (g) | 16.1 | 14.4 |
| Fat, Total (g) | 9.5 | 9.2 |
| Saturated Fat (g) | 4.1 | 3.9 |
| Carbohydrate (g) | 62.4 | 46.1 |
| Sugars (g) | 33.9 | 22.5 |
| Sodium (mg) | 545 | 506 |

| 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) | 526 | 502 |

| 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) | 526 | 502 |

| Hamburger, Grape Tomatoes and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1620 | 1295 |
| Energy (Cal) | 389 | 310 |
| Protein (g) | 16.7 | 15.1 |
| Fat, Total (g) | 11.9 | 10.1 |
| Saturated Fat (g) | 4.0 | 3.8 |
| Carbohydrate (g) | 71.2 | 40.2 |
| Sugars (g) | 34.2 | 17.3 |
| Sodium (mg) | 559 | 515 |

| Hamburger, Grape Tomatoes and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1632 | 1265 |
| Energy (Cal) | 393 | 303 |
| Protein (g) | 16.5 | 14.9 |
| Fat, Total (g) | 9.4 | 9.1 |
| Saturated Fat (g) | 4.0 | 3.8 |
| Carbohydrate (g) | 71.3 | 38.3 |
| Sugars (g) | 28.5 | 13.5 |
| Sodium (mg) | 547 | 509 |

| Hamburger, Garden Salad and Sparkling Water | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1353 | 1204 |
| Energy (Cal) | 324 | 289 |
| Protein (g) | 14.5 | 13.5 |
| Fat, Total (g) | 13.7 | 11.9 |
| Saturated Fat (g) | 4.4 | 4.1 |
| Carbohydrate (g) | 34.0 | 30.6 |
| Sugars (g) | 10.8 | 8.7 |
| Sodium (mg) | 752 | 649 |

| Hamburger, Garden Salad and Pop Top® Water | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1353 | 1204 |
| Energy (Cal) | 324 | 289 |
| Protein (g) | 14.5 | 13.5 |
| Fat, Total (g) | 13.7 | 11.9 |
| Saturated Fat (g) | 4.4 | 4.1 |
| Carbohydrate (g) | 34.0 | 30.6 |
| Sugars (g) | 10.8 | 8.7 |
| Sodium (mg) | 752 | 649 |

| Hamburger, Garden Salad and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1866 | 1409 |
| Energy (Cal) | 447 | 338 |
| Protein (g) | 17.0 | 14.5 |
| Fat, Total (g) | 16.2 | 12.9 |
| Saturated Fat (g) | 4.4 | 4.1 |
| Carbohydrate (g) | 62.5 | 42.0 |
| Sugars (g) | 39.3 | 20.1 |
| Sodium (mg) | 785 | 662 |

| Hamburger, Garden Salad and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1878 | 1379 |
| Energy (Cal) | 451 | 331 |
| Protein (g) | 16.8 | 14.3 |
| Fat, Total (g) | 13.7 | 11.9 |
| Saturated Fat (g) | 4.4 | 4.1 |
| Carbohydrate (g) | 62.6 | 40.1 |
| Sugars (g) | 33.6 | 16.3 |
| Sodium (mg) | 773 | 656 |

| 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) | 715 | 763 |

| 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) | 715 | 763 |

| Hamburger, Small Fries and Pop Top® Apple Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2423 | 2395 |
| Energy (Cal) | 581 | 575 |
| Protein (g) | 19.0 | 18.2 |
| Fat, Total (g) | 22.2 | 24.3 |
| Saturated Fat (g) | 4.8 | 5.0 |
| Carbohydrate (g) | 79.7 | 70.4 |
| Sugars (g) | 33.6 | 16.4 |
| Sodium (mg) | 748 | 776 |

| Hamburger, Small Fries and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2435 | 2365 |
| Energy (Cal) | 585 | 568 |
| Protein (g) | 18.8 | 18.0 |
| Fat, Total (g) | 19.7 | 23.3 |
| Saturated Fat (g) | 4.8 | 5.0 |
| Carbohydrate (g) | 79.8 | 68.5 |
| Sugars (g) | 27.9 | 12.6 |
| Sodium (mg) | 736 | 770 |

| 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) | 553 | 540 |

| 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) | 553 | 540 |

| Hamburger, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Apple Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1776 | 1509 |
| Energy (Cal) | 426 | 362 |
| Protein (g) | 18.1 | 17.0 |
| Fat, Total (g) | 13.4 | 12.2 |
| Saturated Fat (g) | 5.1 | 5.3 |
| Carbohydrate (g) | 62.9 | 47.3 |
| Sugars (g) | 38.9 | 23.9 |
| Sodium (mg) | 586 | 553 |

| Hamburger, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1788 | 1479 |
| Energy (Cal) | 430 | 355 |
| Protein (g) | 17.9 | 16.8 |
| Fat, Total (g) | 10.9 | 11.2 |
| Saturated Fat (g) | 5.1 | 5.3 |
| Carbohydrate (g) | 63.0 | 45.4 |
| Sugars (g) | 33.2 | 20.1 |
| Sodium (mg) | 574 | 547 |

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) | 688 | 578 |

| 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) | 688 | 578 |

| Cheeseburger, Apple Slices and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1909 | 1481 |
| Energy (Cal) | 455 | 355 |
| Protein (g) | 19.2 | 15.5 |
| Fat, Total (g) | 15.8 | 12.3 |
| Saturated Fat (g) | 6.7 | 5.6 |
| Carbohydrate (g) | 63.1 | 45.5 |
| Sugars (g) | 40.2 | 26.2 |
| Sodium (mg) | 721 | 591 |

| Cheeseburger, Apple Slices and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1921 | 1451 |
| Energy (Cal) | 459 | 348 |
| Protein (g) | 19.0 | 15.3 |
| Fat, Total (g) | 13.3 | 11.3 |
| Saturated Fat (g) | 6.7 | 5.6 |
| Carbohydrate (g) | 63.2 | 43.6 |
| Sugars (g) | 34.5 | 22.4 |
| Sodium (mg) | 709 | 585 |

| Cheeseburger, Grape Tomatoes and Sparkling Water | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1317 | 1315 |
| Energy (Cal) | 441 | 315 |
| Protein (g) | 19.4 | 15.8 |
| Fat, Total (g) | 13.2 | 11.2 |
| Saturated Fat (g) | 6.6 | 5.5 |
| Carbohydrate (g) | 72.1 | 35.8 |
| Sugars (g) | 29.1 | 13.4 |
| Sodium (mg) | 711 | 588 |

| 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) | 690 | 581 |

| Cheeseburger, Grape Tomatoes and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1830 | 1345 |
| Energy (Cal) | 437 | 322 |
| Protein (g) | 19.6 | 16.0 |
| Fat, Total (g) | 15.7 | 12.2 |
| Saturated Fat (g) | 6.6 | 5.5 |
| Carbohydrate (g) | 72.0 | 37.7 |
| Sugars (g) | 34.8 | 17.2 |
| Sodium (mg) | 723 | 594 |

| Cheeseburger, Grape Tomatoes and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1842 | 1315 |
| Energy (Cal) | 441 | 315 |
| Protein (g) | 19.4 | 15.8 |
| Fat, Total (g) | 13.2 | 11.2 |
| Saturated Fat (g) | 6.6 | 5.5 |
| Carbohydrate (g) | 72.1 | 35.8 |
| Sugars (g) | 29.1 | 13.4 |
| Sodium (mg) | 711 | 588 |

| Cheeseburger, Garden Salad and Sparkling Water | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1563 | 1254 |
| Energy (Cal) | 372 | 301 |
| Protein (g) | 17.4 | 14.4 |
| Fat, Total (g) | 17.5 | 14.0 |
| Saturated Fat (g) | 7.0 | 5.8 |
| Carbohydrate (g) | 34.8 | 28.1 |
| Sugars (g) | 11.4 | 8.6 |
| Sodium (mg) | 916 | 728 |

| Cheeseburger, Garden Salad and Pop Top® Water | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1563 | 1254 |
| Energy (Cal) | 372 | 301 |
| Protein (g) | 17.4 | 14.4 |
| Fat, Total (g) | 17.5 | 14.0 |
| Saturated Fat (g) | 7.0 | 5.8 |
| Carbohydrate (g) | 34.8 | 28.1 |
| Sugars (g) | 11.4 | 8.6 |
| Sodium (mg) | 916 | 728 |

| Cheeseburger, Garden Salad and Pop Top® Apple Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2076 | 1459 |
| Energy (Cal) | 495 | 350 |
| Protein (g) | 19.9 | 15.4 |
| Fat, Total (g) | 20.0 | 15.0 |
| Saturated Fat (g) | 7.0 | 5.8 |
| Carbohydrate (g) | 63.3 | 39.5 |
| Sugars (g) | 39.9 | 20.0 |
| Sodium (mg) | 949 | 741 |

| Cheeseburger, Garden Salad and Small Orange Juice | | |
|--|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2088 | 1429 |
| Energy (Cal) | 499 | 343 |
| Protein (g) | 19.7 | 15.2 |
| Fat, Total (g) | 17.5 | 14.0 |
| Saturated Fat (g) | 7.0 | 5.8 |
| Carbohydrate (g) | 63.4 | 37.6 |
| Sugars (g) | 34.2 | 16.2 |
| Sodium (mg) | 937 | 735 |

| 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) | 879 | 842 |

| 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) | 879 | 842 |

| Cheeseburger, Small Fries and Pop Top® Apple Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2633 | 2445 |
| Energy (Cal) | 629 | 587 |
| Protein (g) | 21.9 | 19.1 |
| Fat, Total (g) | 26.0 | 26.4 |
| Saturated Fat (g) | 7.4 | 6.7 |
| Carbohydrate (g) | 80.5 | 67.9 |
| Sugars (g) | 34.2 | 16.3 |
| Sodium (mg) | 912 | 855 |

| Cheeseburger, Small Fries and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2645 | 2415 |
| Energy (Cal) | 633 | 580 |
| Protein (g) | 21.7 | 18.9 |
| Fat, Total (g) | 23.5 | 25.4 |
| Saturated Fat (g) | 7.4 | 6.7 |
| Carbohydrate (g) | 80.6 | 66.0 |
| Sugars (g) | 28.5 | 12.5 |
| Sodium (mg) | 900 | 849 |

| 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) | 717 | 619 |

| 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) | 717 | 619 |

| Cheeseburger, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Apple Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1986 | 1559 |
| Energy (Cal) | 474 | 374 |
| Protein (g) | 21.0 | 17.9 |
| Fat, Total (g) | 17.2 | 14.3 |
| Saturated Fat (g) | 7.7 | 7.0 |
| Carbohydrate (g) | 63.7 | 44.8 |
| Sugars (g) | 39.5 | 23.8 |
| Sodium (mg) | 750 | 632 |

| Cheeseburger, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice | | |
|---|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1998 | 1529 |
| Energy (Cal) | 478 | 367 |
| Protein (g) | 20.8 | 17.7 |
| Fat, Total (g) | 14.7 | 13.3 |
| Saturated Fat (g) | 7.7 | 7.0 |
| Carbohydrate (g) | 63.8 | 42.9 |
| Sugars (g) | 33.8 | 20.0 |
| Sodium (mg) | 738 | 626 |