



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

Information correct as at October 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	Flavour	Colour
Y	Y	T	Y							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	Flavour	Colour
Y	Y	T	Y							Y	Y	

Chicken Nuggets

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	Flavour	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.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

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	Flavour	Colour
Y	T	T	Y				T			Y	Y	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.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

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	Flavour	Colour
Y	T	Y	Y				T			Y	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	Flavour	Colour

HAPPY MEAL SIDES (Continued)

Carrot Sticks

Carrot, Calcium Carbonate (170), Ascorbic Acid (300).

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	104	138
Energy (Cal)	25	33
Protein (g)	0.6	0.8
Fat, Total (g)	0.1	0.1
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	3.8	5.0
Sugars (g)	3.8	5.0
Sodium (mg)	30	40

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

Garden Salad

LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

BALSAMIC & ROASTED GARLIC VINAIGRETTE SACHET: 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**).

GRAPE TOMATOES: Grape tomatoes.

Contains soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	320	243
Energy (Cal)	77	58
Protein (g)	1.7	1.3
Fat, Total (g)	4.2	3.2
Saturated Fat (g)	0.3	0.3
Carbohydrate (g)	7.0	5.3
Sugars (g)	5.2	3.9
Sodium (mg)	219	166

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

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, Garden Salad and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	864	1363
Energy (Cal)	207	326
Protein (g)	9.4	17.2
Fat, Total (g)	11.9	19.1
Saturated Fat (g)	1.5	2.7
Carbohydrate (g)	14.3	20.3
Sugars (g)	5.3	4.2
Sodium (mg)	462	657

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

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

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, Garden Salad and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	864	1363
Energy (Cal)	207	326
Protein (g)	9.4	17.2
Fat, Total (g)	11.9	19.1
Saturated Fat (g)	1.5	2.7
Carbohydrate (g)	14.3	20.3
Sugars (g)	5.3	4.2
Sodium (mg)	462	657

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

6 Chicken McNuggets, Carrot Sticks and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1194	1258
Energy (Cal)	285	301
Protein (g)	16.0	16.7
Fat, Total (g)	15.6	16.0
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	18.3	20.0
Sugars (g)	4.1	5.3
Sodium (mg)	511	531

3 Chicken McNuggets, Carrot Sticks and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	648	1258
Energy (Cal)	155	301
Protein (g)	8.3	16.7
Fat, Total (g)	7.8	16.0
Saturated Fat (g)	1.2	2.4
Carbohydrate (g)	11.1	20.0
Sugars (g)	3.9	5.3
Sodium (mg)	273	531

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

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, Carrot Sticks and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1194	1258
Energy (Cal)	285	301
Protein (g)	16.0	16.7
Fat, Total (g)	15.6	16.0
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	18.3	20.0
Sugars (g)	4.1	5.3
Sodium (mg)	511	531

3 Chicken McNuggets, Carrot Sticks and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	648	1258
Energy (Cal)	155	301
Protein (g)	8.3	16.7
Fat, Total (g)	7.8	16.0
Saturated Fat (g)	1.2	2.4
Carbohydrate (g)	11.1	20.0
Sugars (g)	3.9	5.3
Sodium (mg)	273	531

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

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, Carrot Sticks and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1719	1433
Energy (Cal)	412	343
Protein (g)	18.3	17.5
Fat, Total (g)	15.6	16.0
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	46.9	29.5
Sugars (g)	26.9	12.9
Sodium (mg)	532	538

HAPPY MEAL COMBOS (continued)

6 Chicken McNuggets, Garden Salad and Sparkling Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1410	1363
Energy (Cal)	337	326
Protein (g)	17.1	17.2
Fat, Total (g)	19.7	19.1
Saturated Fat (g)	2.7	2.7
Carbohydrate (g)	21.5	20.3
Sugars (g)	5.5	4.2
Sodium (mg)	700	657

6 Chicken McNuggets, Garden Salad and Pop Top® Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1410	1363
Energy (Cal)	337	326
Protein (g)	17.1	17.2
Fat, Total (g)	19.7	19.1
Saturated Fat (g)	2.7	2.7
Carbohydrate (g)	21.5	20.3
Sugars (g)	5.5	4.2
Sodium (mg)	700	657

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1923	1568
Energy (Cal)	460	375
Protein (g)	19.6	18.2
Fat, Total (g)	22.2	20.1
Saturated Fat (g)	2.7	2.7
Carbohydrate (g)	50.0	31.7
Sugars (g)	34.0	15.6
Sodium (mg)	733	670

6 Chicken McNuggets, Garden Salad and Small Orange Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1935	1538
Energy (Cal)	464	368
Protein (g)	19.4	18.0
Fat, Total (g)	19.7	19.1
Saturated Fat (g)	2.7	2.7
Carbohydrate (g)	50.1	29.8
Sugars (g)	28.3	11.8
Sodium (mg)	721	664

6 Chicken McNuggets, 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, 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, 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

Hamburger, Garden Salad and Small Orange Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1895	1418
Energy (Cal)	456	340
Protein (g)	17.2	14.7
Fat, Total (g)	13.5	12.1
Saturated Fat (g)	4.3	4.1
Carbohydrate (g)	63.3	41.2
Sugars (g)	33.0	16.3
Sodium (mg)	761	667

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 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, Carrot Sticks and Sparkling Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1214	1096
Energy (Cal)	289	262
Protein (g)	12.3	10.9
Fat, Total (g)	12.2	10.6
Saturated Fat (g)	3.0	2.6
Carbohydrate (g)	30.0	27.7
Sugars (g)	6.5	7.3
Sodium (mg)	631	558

Crispy Chicken Snack Wrap, Carrot Sticks and Pop Top® Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1214	1096
Energy (Cal)	289	262
Protein (g)	12.3	10.9
Fat, Total (g)	12.2	10.6
Saturated Fat (g)	3.0	2.6
Carbohydrate (g)	30.0	27.7
Sugars (g)	6.5	7.3
Sodium (mg)	631	558

Crispy Chicken Snack Wrap, Garden Salad and Sparkling Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1430	1201
Energy (Cal)	341	287
Protein (g)	13.4	11.4
Fat, Total (g)	16.3	13.7
Saturated Fat (g)	3.3	2.9
Carbohydrate (g)	33.2	28.0
Sugars (g)	7.9	6.2
Sodium (mg)	820	684

Crispy Chicken Snack Wrap, Garden Salad and Pop Top® Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1430	1201
Energy (Cal)	341	287
Protein (g)	13.4	11.4
Fat, Total (g)	16.3	13.7
Saturated Fat (g)	3.3	2.9
Carbohydrate (g)	33.2	28.0
Sugars (g)	7.9	6.2
Sodium (mg)	820	684

Crispy Chicken Snack Wrap, Garden Salad and Small Orange Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1955	1376
Energy (Cal)	468	329
Protein (g)	15.7	12.2
Fat, Total (g)	16.3	13.7
Saturated Fat (g)	3.3	2.9
Carbohydrate (g)	61.8	37.5
Sugars (g)	30.7	13.8
Sodium (mg)	841	691

HAPPY MEAL COMBOS (continued)

Grilled Chicken Snack Wrap, Garden Salad and Sparkling Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1228	1084
Energy (Cal)	294	259
Protein (g)	15.5	14.1
Fat, Total (g)	13.0	11.3
Saturated Fat (g)	3.1	2.9
Carbohydrate (g)	27.0	23.9
Sugars (g)	6.9	5.5
Sodium (mg)	633	547

Grilled Chicken Snack Wrap, Garden Salad and Pop Top® Water		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1228	1084
Energy (Cal)	294	259
Protein (g)	15.5	14.1
Fat, Total (g)	13.0	11.3
Saturated Fat (g)	3.1	2.9
Carbohydrate (g)	27.0	23.9
Sugars (g)	6.9	5.5
Sodium (mg)	633	547

Grilled Chicken Snack Wrap, Garden Salad and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1753	1259
Energy (Cal)	421	301
Protein (g)	17.8	14.9
Fat, Total (g)	13.0	11.3
Saturated Fat (g)	3.1	2.9
Carbohydrate (g)	55.6	33.4
Sugars (g)	29.7	13.1
Sodium (mg)	654	554