



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

Information correct as at June 2022.

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.

	<b>3 Pack</b>		<b>6 Pack</b>	
	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.

	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

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.

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.

	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

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.

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		

## 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		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

## Small Orange Juice

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

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	541	174
Energy (Cal)	129	42
Protein (g)	2.4	0.8
Fat, Total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	29.4	9.8
Sugars (g)	23.4	7.8
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

<b>Crispy Chicken Snack Wrap, Apple Slices and Sparkling Water</b>		
	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

<b>Crispy Chicken Snack Wrap, Apple Slices and Pop Top® Water</b>		
	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

<b>Crispy Chicken Snack Wrap, Apple Slices and Pop Top® Apple Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1786	1400
Energy (Cal)	425	335
Protein (g)	13.3	12.1
Fat, Total (g)	13.3	11.8
Saturated Fat (g)	3.1	2.7
Carbohydrate (g)	61.8	44.7
Sugars (g)	38.3	24.2
Sodium (mg)	617	528

<b>Crispy Chicken Snack Wrap, Apple Slices and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1787	1358
Energy (Cal)	425	325
Protein (g)	14.7	11.9
Fat, Total (g)	12.3	10.8
Saturated Fat (g)	3.1	2.7
Carbohydrate (g)	61.7	42.7
Sugars (g)	32.2	20.2
Sodium (mg)	613	526

<b>Crispy Chicken Snack Wrap, Grape Tomatoes and Sparkling Water</b>		
	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

<b>Crispy Chicken Snack Wrap, Grape Tomatoes and Pop Top® Water</b>		
	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

<b>Crispy Chicken Snack Wrap, Grape Tomatoes and Pop Top® Apple Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1707	1264
Energy (Cal)	407	302
Protein (g)	13.7	12.6
Fat, Total (g)	13.2	11.7
Saturated Fat (g)	3.0	2.6
Carbohydrate (g)	70.7	36.9
Sugars (g)	32.9	15.2
Sodium (mg)	619	531

<b>Crispy Chicken Snack Wrap, Grape Tomatoes and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1708	1222
Energy (Cal)	407.0	292.0
Protein (g)	15.1	12.4
Fat, Total (g)	12.2	10.7
Saturated Fat (g)	3.0	2.6
Carbohydrate (g)	70.6	34.9
Sugars (g)	26.8	11.2
Sodium (mg)	615	529

<b>Crispy Chicken Snack Wrap, Garden Salad and Sparkling Water</b>		
	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

<b>Crispy Chicken Snack Wrap, Garden Salad and Pop Top® Water</b>		
	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

<b>Crispy Chicken Snack Wrap, Garden Salad and Pop Top® Apple Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1953	1378
Energy (Cal)	465	330
Protein (g)	14.0	12.0
Fat, Total (g)	17.5	14.5
Saturated Fat (g)	3.4	2.9
Carbohydrate (g)	62.0	38.7
Sugars (g)	38.0	18.0
Sodium (mg)	845	678

<b>Crispy Chicken Snack Wrap, Garden Salad and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1954	1336
Energy (Cal)	465	320
Protein (g)	15.4	11.8
Fat, Total (g)	16.5	13.5
Saturated Fat (g)	3.4	2.9
Carbohydrate (g)	61.9	36.7
Sugars (g)	31.9	14.0
Sodium (mg)	841	676

<b>Crispy Chicken Snack Wrap, Small Fries and Sparkling Water</b>		
	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

<b>Crispy Chicken Snack Wrap, Small Fries and Pop Top® Water</b>		
	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

<b>Crispy Chicken Snack Wrap, Small Fries and Pop Top® Apple Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2510	2364
Energy (Cal)	599	567
Protein (g)	16.0	15.7
Fat, Total (g)	23.5	25.9
Saturated Fat (g)	3.8	3.8
Carbohydrate (g)	79.2	67.1
Sugars (g)	32.3	14.3
Sodium (mg)	808	792

<b>Crispy Chicken Snack Wrap, Small Fries and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2511	2322
Energy (Cal)	599	557
Protein (g)	17.4	15.5
Fat, Total (g)	22.5	24.9
Saturated Fat (g)	3.8	3.8
Carbohydrate (g)	79.1	65.1
Sugars (g)	26.2	10.3
Sodium (mg)	804	790

<b>Crispy Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Sparkling Water</b>		
	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

<b>Crispy Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Pop Top® Water</b>		
	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

<b>Crispy Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Pop Top® Apple Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1863	1478
Energy (Cal)	444	354
Protein (g)	15.1	14.5
Fat, Total (g)	14.7	13.8
Saturated Fat (g)	4.1	4.1
Carbohydrate (g)	62.4	44.0
Sugars (g)	37.6	21.8
Sodium (mg)	646	569

<b>Crispy Chicken Snack Wrap, Yoplait Petit Miami Strawberry Yoghurt and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1864	1436
Energy (Cal)	444	344
Protein (g)	16.5	14.3
Fat, Total (g)	13.7	12.8
Saturated Fat (g)	4.1	4.1
Carbohydrate (g)	62.3	42.0
Sugars (g)	31.5	17.8
Sodium (mg)	642	567

# 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)	1585	1241
Energy (Cal)	378	297
Protein (g)	16.8	14.6
Fat, Total (g)	9.0	8.4
Saturated Fat (g)	2.9	2.7
Carbohydrate (g)	55.5	38.6
Sugars (g)	31.2	19.5
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)	1506	1105
Energy (Cal)	360	264
Protein (g)	17.2	15.1
Fat, Total (g)	8.9	8.3
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	64.4	30.8
Sugars (g)	25.8	10.5
Sodium (mg)	428	392

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)	1751	1261
Energy (Cal)	418	302
Protein (g)	16.1	14.7
Fat, Total (g)	14.2	12.1
Saturated Fat (g)	3.2	2.9
Carbohydrate (g)	55.8	34.6
Sugars (g)	37.0	17.3
Sodium (mg)	658	541

Grilled Chicken Snack Wrap, Garden Salad and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1752	1219
Energy (Cal)	418	292
Protein (g)	17.5	14.5
Fat, Total (g)	13.2	11.1
Saturated Fat (g)	3.2	2.9
Carbohydrate (g)	55.7	32.6
Sugars (g)	30.9	13.3
Sodium (mg)	654	539

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)	2309	2205
Energy (Cal)	552	529
Protein (g)	19.5	18.2
Fat, Total (g)	19.2	22.5
Saturated Fat (g)	3.6	3.8
Carbohydrate (g)	72.9	61.0
Sugars (g)	25.2	9.6
Sodium (mg)	617	653

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)	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 Miam Strawberry Yoghurt and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1662	1319
Energy (Cal)	397	316
Protein (g)	18.6	17.0
Fat, Total (g)	10.4	10.4
Saturated Fat (g)	3.9	4.1
Carbohydrate (g)	56.1	37.9
Sugars (g)	30.5	17.1
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)	1221	1520
Energy (Cal)	291	364
Protein (g)	10.7	17.7
Fat, Total (g)	7.9	16.2
Saturated Fat (g)	1.3	2.5
Carbohydrate (g)	42.8	35.0
Sugars (g)	29.6	18.2
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)	1142	1384
Energy (Cal)	273	331
Protein (g)	11.1	18.2
Fat, Total (g)	7.8	16.1
Saturated Fat (g)	1.2	2.4
Carbohydrate (g)	51.7	27.2
Sugars (g)	24.2	9.2
Sodium (mg)	257	502

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)	1387	1540
Energy (Cal)	331	369
Protein (g)	10.0	17.8
Fat, Total (g)	13.1	19.9
Saturated Fat (g)	1.6	2.7
Carbohydrate (g)	43.1	31.0
Sugars (g)	35.4	16.0
Sodium (mg)	487	651

3 Chicken McNuggets, Garden Salad and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1388	1498
Energy (Cal)	331	359
Protein (g)	11.4	17.6
Fat, Total (g)	12.1	18.9
Saturated Fat (g)	1.6	2.7
Carbohydrate (g)	43.0	29.0
Sugars (g)	29.3	12.0
Sodium (mg)	483	649

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)	1945	2484
Energy (Cal)	465	596
Protein (g)	13.4	21.3
Fat, Total (g)	18.1	30.3
Saturated Fat (g)	2.0	3.6
Carbohydrate (g)	60.2	57.4
Sugars (g)	23.6	8.3
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)	1298	1598
Energy (Cal)	310	383
Protein (g)	12.5	20.1
Fat, Total (g)	9.3	18.2
Saturated Fat (g)	2.3	3.9
Carbohydrate (g)	43.4	34.3
Sugars (g)	28.9	15.8
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)	1767	1520
Energy (Cal)	421	364
Protein (g)	18.4	17.7
Fat, Total (g)	15.7	16.2
Saturated Fat (g)	2.5	2.5
Carbohydrate (g)	50.0	35.0
Sugars (g)	29.8	18.2
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)	1688	1384
Energy (Cal)	403	331
Protein (g)	18.8	18.2
Fat, Total (g)	15.6	16.1
Saturated Fat (g)	2.4	2.4
Carbohydrate (g)	58.9	27.2
Sugars (g)	24.4	9.2
Sodium (mg)	495	502

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)	1933	1540
Energy (Cal)	461	369
Protein (g)	17.7	17.8
Fat, Total (g)	20.9	19.9
Saturated Fat (g)	2.8	2.7
Carbohydrate (g)	50.3	31.0
Sugars (g)	35.6	16.0
Sodium (mg)	725	651

6 Chicken McNuggets, Garden Salad and Small Orange Juice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1934	1498
Energy (Cal)	461	359
Protein (g)	19.1	17.6
Fat, Total (g)	19.9	18.9
Saturated Fat (g)	2.8	2.7
Carbohydrate (g)	50.2	29.0
Sugars (g)	29.5	12.0
Sodium (mg)	721	649

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)	2491	2484
Energy (Cal)	595	596
Protein (g)	21.1	21.3
Fat, Total (g)	25.9	30.3
Saturated Fat (g)	3.2	3.6
Carbohydrate (g)	67.4	57.4
Sugars (g)	23.8	8.3
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)	1844	1598
Energy (Cal)	440	383
Protein (g)	20.2	20.1
Fat, Total (g)	17.1	18.2
Saturated Fat (g)	3.5	3.9
Carbohydrate (g)	50.6	34.3
Sugars (g)	29.1	15.8
Sodium (mg)	522	540

# HAPPY MEAL COMBOS

<b>Hamburger, Apple Slices and Sparkling Water</b>		
	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

<b>Hamburger, Apple Slices and Pop Top® Water</b>		
	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

<b>Hamburger, Apple Slices and Pop Top® Apple Juice</b>		
	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)	537	504

<b>Hamburger, Apple Slices and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1727	1400
Energy (Cal)	413	336
Protein (g)	16.2	14.4
Fat, Total (g)	9.5	9.2
Saturated Fat (g)	4.1	3.9
Carbohydrate (g)	63.2	46.4
Sugars (g)	34.5	22.7
Sodium (mg)	533	502

<b>Hamburger, Grape Tomatoes and Sparkling Water</b>		
	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

<b>Hamburger, Grape Tomatoes and Pop Top® Water</b>		
	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

<b>Hamburger, Grape Tomatoes and Pop Top® Apple Juice</b>		
	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)	539	507

<b>Hamburger, Grape Tomatoes and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1648	1264
Energy (Cal)	395	303
Protein (g)	16.6	14.9
Fat, Total (g)	9.4	9.1
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	72.1	38.6
Sugars (g)	29.1	13.7
Sodium (mg)	535	505

<b>Hamburger, Garden Salad and Sparkling Water</b>		
	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

<b>Hamburger, Garden Salad and Pop Top® Water</b>		
	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

<b>Hamburger, Garden Salad and Pop Top® Apple Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1893	1420
Energy (Cal)	453	341
Protein (g)	15.5	14.5
Fat, Total (g)	14.7	12.9
Saturated Fat (g)	4.4	4.1
Carbohydrate (g)	63.5	42.4
Sugars (g)	40.3	20.5
Sodium (mg)	765	654

<b>Hamburger, Garden Salad and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1894	1378
Energy (Cal)	453	331
Protein (g)	16.9	14.3
Fat, Total (g)	13.7	11.9
Saturated Fat (g)	4.4	4.1
Carbohydrate (g)	63.4	40.4
Sugars (g)	34.2	16.5
Sodium (mg)	761	652

<b>Hamburger, Small Fries and Sparkling Water</b>		
	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

<b>Hamburger, Small Fries and Pop Top® Water</b>		
	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

<b>Hamburger, Small Fries and Pop Top® Apple Juice</b>		
	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)	728	768

<b>Hamburger, Small Fries and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2451	2364
Energy (Cal)	587	568
Protein (g)	18.9	18.0
Fat, Total (g)	19.7	23.3
Saturated Fat (g)	4.8	5.0
Carbohydrate (g)	80.6	68.8
Sugars (g)	28.5	12.8
Sodium (mg)	724	766

<b>Hamburger, Yoplait Petit Miam Strawberry Yoghurt and Sparkling Water</b>		
	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

<b>Hamburger, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Water</b>		
	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

<b>Hamburger, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Apple Juice</b>		
	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)	566	545

<b>Hamburger, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1804	1478
Energy (Cal)	432	355
Protein (g)	18.0	16.8
Fat, Total (g)	10.9	11.2
Saturated Fat (g)	5.1	5.3
Carbohydrate (g)	63.8	45.7
Sugars (g)	33.8	20.3
Sodium (mg)	562	543

# HAPPY MEAL COMBOS

<b>Cheeseburger, Apple Slices and Sparkling Water</b>		
	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

<b>Cheeseburger, Apple Slices and Pop Top® Water</b>		
	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

<b>Cheeseburger, Apple Slices and Pop Top® Apple Juice</b>		
	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)	701	583

<b>Cheeseburger, Apple Slices and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1937	1450
Energy (Cal)	461	348
Protein (g)	19.1	15.3
Fat, Total (g)	13.3	11.3
Saturated Fat (g)	6.7	5.6
Carbohydrate (g)	64.0	43.9
Sugars (g)	35.1	22.6
Sodium (mg)	697	581

<b>Cheeseburger, Grape Tomatoes and Sparkling Water</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1317	1314
Energy (Cal)	443	315
Protein (g)	19.5	15.8
Fat, Total (g)	13.2	11.2
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	72.9	36.1
Sugars (g)	29.7	13.6
Sodium (mg)	699	584

<b>Cheeseburger, Grape Tomatoes and Pop Top® Water</b>		
	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

<b>Cheeseburger, Grape Tomatoes and Pop Top® Apple Juice</b>		
	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)	703	586

<b>Cheeseburger, Grape Tomatoes and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1858	1314
Energy (Cal)	443	315
Protein (g)	19.5	15.8
Fat, Total (g)	13.2	11.2
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	72.9	36.1
Sugars (g)	29.7	13.6
Sodium (mg)	699	584

<b>Cheeseburger, Garden Salad and Sparkling Water</b>		
	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

<b>Cheeseburger, Garden Salad and Pop Top® Water</b>		
	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

<b>Cheeseburger, Garden Salad and Pop Top® Apple Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2103	1470
Energy (Cal)	501	353
Protein (g)	18.4	15.4
Fat, Total (g)	18.5	15.0
Saturated Fat (g)	7.0	5.8
Carbohydrate (g)	64.3	39.9
Sugars (g)	40.9	20.4
Sodium (mg)	929	733

<b>Cheeseburger, Garden Salad and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2104	1428
Energy (Cal)	501	343
Protein (g)	19.8	15.2
Fat, Total (g)	17.5	14.0
Saturated Fat (g)	7.0	5.8
Carbohydrate (g)	64.2	37.9
Sugars (g)	34.8	16.4
Sodium (mg)	925	731

<b>Cheeseburger, Small Fries and Sparkling Water</b>		
	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

<b>Cheeseburger, Small Fries and Pop Top® Water</b>		
	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

<b>Cheeseburger, Small Fries and Pop Top® Apple Juice</b>		
	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)	892	847

<b>Cheeseburger, Small Fries and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2661	2414
Energy (Cal)	635	580
Protein (g)	21.8	18.9
Fat, Total (g)	23.5	25.4
Saturated Fat (g)	7.4	6.7
Carbohydrate (g)	81.4	66.3
Sugars (g)	29.1	12.7
Sodium (mg)	888	845

<b>Cheeseburger, Yoplait Petit Miam Strawberry Yoghurt and Sparkling Water</b>		
	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

<b>Cheeseburger, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Water</b>		
	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

<b>Cheeseburger, Yoplait Petit Miam Strawberry Yoghurt and Pop Top® Apple Juice</b>		
	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)	730	624

<b>Cheeseburger, Yoplait Petit Miam Strawberry Yoghurt and Small Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2014	1528
Energy (Cal)	480	367
Protein (g)	20.9	17.7
Fat, Total (g)	14.7	13.3
Saturated Fat (g)	7.7	7.0
Carbohydrate (g)	64.6	43.2
Sugars (g)	34.4	20.2
Sodium (mg)	726	622