



VEGETARIAN MENU

4 WEEKS



MEATLESS MONDAY 31 AUGUST	TUESDAY 01 SEPTEMBER	WEDNESDAY 02 SEPTEMBER	THURSDAY 03 SEPTEMBER	FRIDAY
CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	VEGETABLE FAJITA, POTATO WEDGES, YOGHURT, SWEET CORN & SLICED APPLE	MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT AND SLICED ORANGE	OVEN VEG SCHNITZEL WITH GRAVY, MASH POTATO, CARROT AND SLICED PEAR	NO LUNCH
GLUTEN	DAIRY	GLUTEN	GLUTEN	
MEATLESS MONDAY 07 SEPTEMBER	TUESDAY 08 SEPTEMBER	WEDNESDAY 09 SEPTEMBER	THURSDAY 10 SEPTEMBER	FRIDAY
HOMEMADE VEG COTTAGE PIE, BREAD, CARROT AND SLICED WATERMELON	VEGETABLE CHUNKS WITH MUSROOM SAUCE, STEAM RICE, CUCUMBER AND SLICED APPLE	RATATOUILLE WITH BAKED POTATO, SALAD, TORTILLA AND SLICED ORANGE	VEGETABLE LASAGNE WITH BREAD ROLL & SWEET CORN AND SLICED PEAR	NO LUNCH
SOYA, GLUTEN	GLUTEN, DAIRY	GLUTEN	GLUTEN, DAIRY	
MEATLESS MONDAY 14 SEPTEMBER	TUESDAY 15 SEPTEMBER	WEDNESDAY 16 SEPTEMBER	THURSDAY 17 SEPTEMBER	FRIDAY
PLANT BASED POPS WITH MASHED POTATO, MUSHROOM SAUCE, GREEN SALAD AND SLICED WATERMELON	FALAFEL, PASTA ARABIATTA SAUCE CARROT AND SLICED APPLE	VEGAN PUMPKIN BALLS WITH STEAM RICE, TOMATO SAUCE, CUCUMBER AND SLICED ORANGE	TOFU WITH NOODLE, SWEET & SOUR SAUCE, CUCUMBER AND SLICED PEAR	NO LUNCH
GLUTEN	GLUTEN	GLUTEN	SOYA, GLUTEN	
MEATLESS MONDAY 21 SEPTEMBER	TUESDAY 22 SEPTEMBER	WEDNESDAY 23 SEPTEMBER	THURSDAY 24 SEPTEMBER	FRIDAY
PLANT BASED KOFTA WITH KABSARICE, CUCUMBER STICK & SLICED WATERMELON	VEGETABLE TERIYAKI NOODLES, VEG SPRING ROLL, CARROT AND SLICED APPLE	VEGETABLE LASAGNE WITH BREAD ROLL & SWEET CORN AND SLICED ORANGE	MUSHROOM STROGANOFF WITH STEAM RICE, CUCUMBER AND SLICED PEAR	NO LUNCH
SOYA	GLUTEN, SOYA	GLUTEN, DAIRY	N/A	
MEATLESS MONDAY 28 SEPTEMBER	TUESDAY 29 SEPTEMBER	WEDNESDAY 30 SEPTEMBER	THURSDAY	FRIDAY
CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	VEGETABLE FAJITA, POTATO WEDGES, TORTILLA, SOUR CREAM, SWEET CORN AND SLICED APPLE	MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT AND SLICED ORANGE		NO LUNCH
GLUTEN	GLUTEN	GLUTEN		



VEGETARIAN MENU



	MEATLESS MONDAY 31 AUGUST	TUESDAY 01 SEPTEMBER	WEDNESDAY 02 SEPTEMBER	THURSDAY 03 SEPTEMBER																																								
LUNCH (Main Dish, Veg/ Sides, & Fruits)	CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	VEGETABLE FAJITA, POTATO WEDGES, YOGHURT, SWEET CORN AND SLICED APPLE	MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT AND SLICED ORANGE	OVEN VEG SCHNITZEL WITH GRAVY, MASH POTATO, CARROT AND SLICED PEAR																																								
ALLERGENS	GLUTEN	DAIRY	GLUTEN, SULPHITES	GLUTEN, SOYA																																								
NUTRITION FACTS (Per Serving 300g)	<table><tr><td>ENERGY 1128.2kJ 269.6kcal</td><td>FAT 5.2g MED</td><td>SATURATES 2.4g MED</td><td>SUGAR 5.6g MED</td><td>SALT 1.2g MED</td></tr><tr><td>13%</td><td>7%</td><td>12%</td><td>6%</td><td>20%</td></tr></table>	ENERGY 1128.2kJ 269.6kcal	FAT 5.2g MED	SATURATES 2.4g MED	SUGAR 5.6g MED	SALT 1.2g MED	13%	7%	12%	6%	20%	<table><tr><td>ENERGY 753.5kJ 180.1kcal</td><td>FAT 2.1g LOW</td><td>SATURATES 0.4g LOW</td><td>SUGAR 11.9g MED</td><td>SALT 0.6g MED</td></tr><tr><td>9%</td><td>3%</td><td>2%</td><td>13%</td><td>10%</td></tr></table>	ENERGY 753.5kJ 180.1kcal	FAT 2.1g LOW	SATURATES 0.4g LOW	SUGAR 11.9g MED	SALT 0.6g MED	9%	3%	2%	13%	10%	<table><tr><td>ENERGY 729.9kJ 174.4kcal</td><td>FAT 1.2g LOW</td><td>SATURATES 0.2g LOW</td><td>SUGAR 8.7g MED</td><td>SALT 0.9g MED</td></tr><tr><td>9%</td><td>2%</td><td>1%</td><td>10%</td><td>16%</td></tr></table>	ENERGY 729.9kJ 174.4kcal	FAT 1.2g LOW	SATURATES 0.2g LOW	SUGAR 8.7g MED	SALT 0.9g MED	9%	2%	1%	10%	16%	<table><tr><td>ENERGY 1630.4kJ 389.7kcal</td><td>FAT 4.1g MED</td><td>SATURATES 1.3g LOW</td><td>SUGAR 16.8g MED</td><td>SALT 0.6g MED</td></tr><tr><td>19%</td><td>6%</td><td>6%</td><td>19%</td><td>10%</td></tr></table>	ENERGY 1630.4kJ 389.7kcal	FAT 4.1g MED	SATURATES 1.3g LOW	SUGAR 16.8g MED	SALT 0.6g MED	19%	6%	6%	19%	10%
ENERGY 1128.2kJ 269.6kcal	FAT 5.2g MED	SATURATES 2.4g MED	SUGAR 5.6g MED	SALT 1.2g MED																																								
13%	7%	12%	6%	20%																																								
ENERGY 753.5kJ 180.1kcal	FAT 2.1g LOW	SATURATES 0.4g LOW	SUGAR 11.9g MED	SALT 0.6g MED																																								
9%	3%	2%	13%	10%																																								
ENERGY 729.9kJ 174.4kcal	FAT 1.2g LOW	SATURATES 0.2g LOW	SUGAR 8.7g MED	SALT 0.9g MED																																								
9%	2%	1%	10%	16%																																								
ENERGY 1630.4kJ 389.7kcal	FAT 4.1g MED	SATURATES 1.3g LOW	SUGAR 16.8g MED	SALT 0.6g MED																																								
19%	6%	6%	19%	10%																																								
CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.1 kgCO₂e/100g CREAMY CAULI MAC N CHEESE, BREAD ROLL, CUCUMBER &...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.11 kgCO₂e/100g VEGETABLE FAJITA, POTATO WEDGES, YOGHURT, SWEET CO...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.12 kgCO₂e/100g MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT &..	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.16 kgCO₂e/100g OVEN VEGETABLE SCHNITZEL WITH GRAVY, MASH POTATO,...																																								

	MEATLESS MONDAY 07 SEPTEMBER	TUESDAY 08 SEPTEMBER	WEDNESDAY 09 SEPTEMBER	THURSDAY 10 SEPTEMBER																																								
LUNCH (Main Dish, Veg/ Sides, & Fruits)	HOMEMADE MINCE VEG COTTAGE PIE, BREAD, CARROT AND SLICED WATERMELON	VEGETABLE CHUNKS WITH MUSROOM SAUCE, STEAM RICE, CUCUMBER AND SLICED APPLE	RATATOUILLE WITH BAKED POTATO, SALAD, AND SLICED ORANGE	VEGETABLE LASAGNE WITH BREAD ROLL & SWEET CORN AND SLICED PEAR																																								
ALLERGENS	SOYA, GLUTEN	GLUTEN, DAIRY, SOYA	GLUTEN	GLUTEN, DAIRY, SULPHITES																																								
NUTRITION FACTS (Per Serving 300g)	<table><tr><td>ENERGY 2167.6kJ 518.1kcal</td><td>FAT 8g MED</td><td>SATURATES 1.3g LOW</td><td>SUGAR 8.3g MED</td><td>SALT 1.1g MED</td></tr><tr><td>26%</td><td>11%</td><td>6%</td><td>9%</td><td>18%</td></tr></table>	ENERGY 2167.6kJ 518.1kcal	FAT 8g MED	SATURATES 1.3g LOW	SUGAR 8.3g MED	SALT 1.1g MED	26%	11%	6%	9%	18%	<table><tr><td>ENERGY 2092.3kJ 500.1kcal</td><td>FAT 2.1g LOW</td><td>SATURATES 0.4g LOW</td><td>SUGAR 9.9g MED</td><td>SALT 0.9g MED</td></tr><tr><td>25%</td><td>3%</td><td>2%</td><td>11%</td><td>15%</td></tr></table>	ENERGY 2092.3kJ 500.1kcal	FAT 2.1g LOW	SATURATES 0.4g LOW	SUGAR 9.9g MED	SALT 0.9g MED	25%	3%	2%	11%	15%	<table><tr><td>ENERGY 737.1kJ 176.2kcal</td><td>FAT 3.9g MED</td><td>SATURATES 1g LOW</td><td>SUGAR 9.6g MED</td><td>SALT 0.8g MED</td></tr><tr><td>9%</td><td>6%</td><td>5%</td><td>11%</td><td>14%</td></tr></table>	ENERGY 737.1kJ 176.2kcal	FAT 3.9g MED	SATURATES 1g LOW	SUGAR 9.6g MED	SALT 0.8g MED	9%	6%	5%	11%	14%	<table><tr><td>ENERGY 1074.2kJ 256.7kcal</td><td>FAT 3g MED</td><td>SATURATES 1.2g LOW</td><td>SUGAR 11.1g MED</td><td>SALT 0.9g MED</td></tr><tr><td>13%</td><td>4%</td><td>6%</td><td>12%</td><td>15%</td></tr></table>	ENERGY 1074.2kJ 256.7kcal	FAT 3g MED	SATURATES 1.2g LOW	SUGAR 11.1g MED	SALT 0.9g MED	13%	4%	6%	12%	15%
ENERGY 2167.6kJ 518.1kcal	FAT 8g MED	SATURATES 1.3g LOW	SUGAR 8.3g MED	SALT 1.1g MED																																								
26%	11%	6%	9%	18%																																								
ENERGY 2092.3kJ 500.1kcal	FAT 2.1g LOW	SATURATES 0.4g LOW	SUGAR 9.9g MED	SALT 0.9g MED																																								
25%	3%	2%	11%	15%																																								
ENERGY 737.1kJ 176.2kcal	FAT 3.9g MED	SATURATES 1g LOW	SUGAR 9.6g MED	SALT 0.8g MED																																								
9%	6%	5%	11%	14%																																								
ENERGY 1074.2kJ 256.7kcal	FAT 3g MED	SATURATES 1.2g LOW	SUGAR 11.1g MED	SALT 0.9g MED																																								
13%	4%	6%	12%	15%																																								
CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.18 kgCO₂e/100g HOMEMADE MINCE VEG COTTAGE PIE, BREAD ROLL, CARROT &...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.22 kgCO₂e/100g VEGETABLE CHUNKS WITH MUSHROOM SAUCE, STEAM RIC...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.15 kgCO₂e/100g RATATOUILLE WITH BAKED POTATO, FRESH SALAD & SLICE...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.15 kgCO₂e/100g VEGETABLE LASAGNE WITH BREAD ROLL, SWEET CORN &...																																								



VEGETARIAN MENU



	MEATLESS MONDAY 14 SEPTEMBER	TUESDAY 15 SEPTEMBER	WEDNESDAY 16 SEPTEMBER	THURSDAY 17 SEPTEMBER																																								
LUNCH (Main Dish, Veg/ Sides, & Fruits)	PLANT BASED POPS WITH MASHED POTATO, MUSHROOM SAUCE, GREEN SALAD & SLICED WATERMELON	FALAFEL, PASTA ARABIATTA SAUCE CARROT & SLICED APPLE	VEGAN PUMPKIN BALLS WITH STEAM RICE, TOMATO SAUCE, CUCUMBER & SLICED ORANGE	TOFU WITH NOODLE, SWEET & SOUR SAUCE, CU- CUMBER & SLICED PEAR																																								
ALLERGENS	GLUTEN, SOYA	GLUTEN	GLUTEN, SULPHITES	SOYA, GLUTEN																																								
NUTRITION FACTS (Per Serving 300g)	<table><tr><td>ENERGY 1291.8kJ 308.8kcal</td><td>FAT 5.4g MED</td><td>SATURATES 1.1g LOW</td><td>SUGAR 4.5g LOW</td><td>SALT 1.2g MED</td></tr><tr><td>15%</td><td>8%</td><td>6%</td><td>5%</td><td>19%</td></tr></table>	ENERGY 1291.8kJ 308.8kcal	FAT 5.4g MED	SATURATES 1.1g LOW	SUGAR 4.5g LOW	SALT 1.2g MED	15%	8%	6%	5%	19%	<table><tr><td>ENERGY 1740.2kJ 415.9kcal</td><td>FAT 2.2g LOW</td><td>SATURATES 0.9g LOW</td><td>SUGAR 16.6g MED</td><td>SALT 0.5g MED</td></tr><tr><td>21%</td><td>3%</td><td>5%</td><td>18%</td><td>9%</td></tr></table>	ENERGY 1740.2kJ 415.9kcal	FAT 2.2g LOW	SATURATES 0.9g LOW	SUGAR 16.6g MED	SALT 0.5g MED	21%	3%	5%	18%	9%	<table><tr><td>ENERGY 668.2kJ 159.7kcal</td><td>FAT 1.1g LOW</td><td>SATURATES 0.2g LOW</td><td>SUGAR 7.7g MED</td><td>SALT 0.9g MED</td></tr><tr><td>8%</td><td>2%</td><td>1%</td><td>9%</td><td>14%</td></tr></table>	ENERGY 668.2kJ 159.7kcal	FAT 1.1g LOW	SATURATES 0.2g LOW	SUGAR 7.7g MED	SALT 0.9g MED	8%	2%	1%	9%	14%	<table><tr><td>ENERGY 843.5kJ 201.6kcal</td><td>FAT 3g LOW</td><td>SATURATES 0.6g LOW</td><td>SUGAR 5.9g MED</td><td>SALT 0.9g MED</td></tr><tr><td>10%</td><td>4%</td><td>3%</td><td>7%</td><td>16%</td></tr></table>	ENERGY 843.5kJ 201.6kcal	FAT 3g LOW	SATURATES 0.6g LOW	SUGAR 5.9g MED	SALT 0.9g MED	10%	4%	3%	7%	16%
ENERGY 1291.8kJ 308.8kcal	FAT 5.4g MED	SATURATES 1.1g LOW	SUGAR 4.5g LOW	SALT 1.2g MED																																								
15%	8%	6%	5%	19%																																								
ENERGY 1740.2kJ 415.9kcal	FAT 2.2g LOW	SATURATES 0.9g LOW	SUGAR 16.6g MED	SALT 0.5g MED																																								
21%	3%	5%	18%	9%																																								
ENERGY 668.2kJ 159.7kcal	FAT 1.1g LOW	SATURATES 0.2g LOW	SUGAR 7.7g MED	SALT 0.9g MED																																								
8%	2%	1%	9%	14%																																								
ENERGY 843.5kJ 201.6kcal	FAT 3g LOW	SATURATES 0.6g LOW	SUGAR 5.9g MED	SALT 0.9g MED																																								
10%	4%	3%	7%	16%																																								
CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.17 kgCO₂e/100g PLANT BASED POPS WITH MASHED POTATO, MUSHROOM...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.17 kgCO₂e/100g PASTA WITH ARABIATTA SAUCE, FALAFEL, CARROT & SLICED...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.13 kgCO₂e/100g VEGAN PUMPKIN BALL WITH TOMATO SAUCE, STEAM RICE,...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.09 kgCO₂e/100g TOFU NOODLE, SWEET & SOUR SAUCE, CUCUMBER & SLICED...																																								

	MEATLESS MONDAY 21 SEPTEMBER	TUESDAY 22 SEPTEMBER	WEDNESDAY 23 SEPTEMBER	THURSDAY 24 SEPTEMBER																																								
LUNCH (Main Dish, Veg/ Sides, & Fruits)	PLANT BASED KOFTA WITH KABSA RICE, CUCUMBER STICK & WATERMELON	VEGETABLE TERIYAKI NOODLES, CARROT AND SLICED APPLE	VEGETABLE LASAGNE WITH BREAD ROLL & SWEET CORN, ORANGE	MUSHROOM STROGANOFF WITH STEAM RICE, CUCUMBER & SLICED PEAR																																								
ALLERGENS	SOYA, SULPHITES	GLUTEN, SOYA	GLUTEN, DAIRY, SULPHITE	N/A																																								
NUTRITION FACTS (Per Serving 300g)	<table><tr><td>ENERGY 900.4kJ 215.2kcal</td><td>FAT 1.4g LOW</td><td>SATURATES 0.3g LOW</td><td>SUGAR 6.4g MED</td><td>SALT 1.2g MED</td></tr><tr><td>11%</td><td>2%</td><td>2%</td><td>7%</td><td>20%</td></tr></table>	ENERGY 900.4kJ 215.2kcal	FAT 1.4g LOW	SATURATES 0.3g LOW	SUGAR 6.4g MED	SALT 1.2g MED	11%	2%	2%	7%	20%	<table><tr><td>ENERGY 848.9kJ 202.9kcal</td><td>FAT 2.2g LOW</td><td>SATURATES 0.4g LOW</td><td>SUGAR 12.1g MED</td><td>SALT 1g MED</td></tr><tr><td>10%</td><td>3%</td><td>2%</td><td>13%</td><td>17%</td></tr></table>	ENERGY 848.9kJ 202.9kcal	FAT 2.2g LOW	SATURATES 0.4g LOW	SUGAR 12.1g MED	SALT 1g MED	10%	3%	2%	13%	17%	<table><tr><td>ENERGY 1081.2kJ 258.4kcal</td><td>FAT 3g LOW</td><td>SATURATES 1.2g LOW</td><td>SUGAR 11g MED</td><td>SALT 0.9g MED</td></tr><tr><td>13%</td><td>4%</td><td>6%</td><td>12%</td><td>15%</td></tr></table>	ENERGY 1081.2kJ 258.4kcal	FAT 3g LOW	SATURATES 1.2g LOW	SUGAR 11g MED	SALT 0.9g MED	13%	4%	6%	12%	15%	<table><tr><td>ENERGY 1432.7kJ 342.4kcal</td><td>FAT 1.2g LOW</td><td>SATURATES 0.2g LOW</td><td>SUGAR 7.1g MED</td><td>SALT 0.8g MED</td></tr><tr><td>17%</td><td>2%</td><td>1%</td><td>8%</td><td>13%</td></tr></table>	ENERGY 1432.7kJ 342.4kcal	FAT 1.2g LOW	SATURATES 0.2g LOW	SUGAR 7.1g MED	SALT 0.8g MED	17%	2%	1%	8%	13%
ENERGY 900.4kJ 215.2kcal	FAT 1.4g LOW	SATURATES 0.3g LOW	SUGAR 6.4g MED	SALT 1.2g MED																																								
11%	2%	2%	7%	20%																																								
ENERGY 848.9kJ 202.9kcal	FAT 2.2g LOW	SATURATES 0.4g LOW	SUGAR 12.1g MED	SALT 1g MED																																								
10%	3%	2%	13%	17%																																								
ENERGY 1081.2kJ 258.4kcal	FAT 3g LOW	SATURATES 1.2g LOW	SUGAR 11g MED	SALT 0.9g MED																																								
13%	4%	6%	12%	15%																																								
ENERGY 1432.7kJ 342.4kcal	FAT 1.2g LOW	SATURATES 0.2g LOW	SUGAR 7.1g MED	SALT 0.8g MED																																								
17%	2%	1%	8%	13%																																								
CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.1 kgCO₂e/100g MINCED VEG SPAGHETTI WITH TOMATO SAUCE, CUCUMBER...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.12 kgCO₂e/100g VEGETABLE TERIYAKI NOODLES, CARROT STICKS & SLICED APPLE	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.11 kgCO₂e/100g VEGETABLE LASAGNE WITH BREAD ROLL, SWEET CORN &...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.16 kgCO₂e/100g MUSHROOM STROGANOFF WITH STEAM RICE, CUCUMBER &...																																								



VEGETARIAN MENU



	MEATLESS MONDAY 28 SEPTEMBER	TUESDAY 29 SEPTEMBER	WEDNESDAY 30 SEPTEMBER	THURSDAY																														
LUNCH (Main Dish, Veg/ Sides, & Fruits)	CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	VEGETABLE FAJITA, POTATO WEDGES, YOGHURT, SWEET CORN AND SLICED APPLE	MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT AND SLICED ORANGE																															
ALLERGENS	GLUTEN	DAIRY	GLUTEN, SULPHITES																															
NUTRITION FACTS (Per Serving 300g)	<table><tr><td>ENERGY 1128.2kJ 269.6kcal</td><td>FAT 5.2g MED</td><td>SATURATES 2.4g MED</td><td>SUGAR 5.6g MED</td><td>SALT 1.2g MED</td></tr><tr><td>13%</td><td>7%</td><td>12%</td><td>6%</td><td>20%</td></tr></table>	ENERGY 1128.2kJ 269.6kcal	FAT 5.2g MED	SATURATES 2.4g MED	SUGAR 5.6g MED	SALT 1.2g MED	13%	7%	12%	6%	20%	<table><tr><td>ENERGY 753.5kJ 180.1kcal</td><td>FAT 2.1g LOW</td><td>SATURATES 0.4g LOW</td><td>SUGAR 11.9g MED</td><td>SALT 0.6g MED</td></tr><tr><td>9%</td><td>3%</td><td>2%</td><td>13%</td><td>10%</td></tr></table>	ENERGY 753.5kJ 180.1kcal	FAT 2.1g LOW	SATURATES 0.4g LOW	SUGAR 11.9g MED	SALT 0.6g MED	9%	3%	2%	13%	10%	<table><tr><td>ENERGY 729.9kJ 174.4kcal</td><td>FAT 1.2g LOW</td><td>SATURATES 0.2g LOW</td><td>SUGAR 8.7g MED</td><td>SALT 0.9g MED</td></tr><tr><td>9%</td><td>2%</td><td>1%</td><td>10%</td><td>16%</td></tr></table>	ENERGY 729.9kJ 174.4kcal	FAT 1.2g LOW	SATURATES 0.2g LOW	SUGAR 8.7g MED	SALT 0.9g MED	9%	2%	1%	10%	16%	
ENERGY 1128.2kJ 269.6kcal	FAT 5.2g MED	SATURATES 2.4g MED	SUGAR 5.6g MED	SALT 1.2g MED																														
13%	7%	12%	6%	20%																														
ENERGY 753.5kJ 180.1kcal	FAT 2.1g LOW	SATURATES 0.4g LOW	SUGAR 11.9g MED	SALT 0.6g MED																														
9%	3%	2%	13%	10%																														
ENERGY 729.9kJ 174.4kcal	FAT 1.2g LOW	SATURATES 0.2g LOW	SUGAR 8.7g MED	SALT 0.9g MED																														
9%	2%	1%	10%	16%																														
CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.1 kgCO₂e/100g CREAMY CAULI MAC N CHEESE, BREAD ROLL, CUCUMBER &...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.11 kgCO₂e/100g VEGETABLE FAJITA, POTATO WEDGES, YOGHURT, SWEET CO...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.12 kgCO₂e/100g MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT &..																															