



**GLANMORE FOODS MENU - NUTRITIONAL AND ALLERGEN INFORMATION 2018 - 2019**

<b>SANDWICHES (WITH dairy spread)</b>	<b>Energy</b>		<b>Fat</b>		<b>Carbohydrate</b>		<b>Protein</b>	<b>Salt</b>	<b>Fibre</b>	<b>Allergen information</b>												
	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total g per portion	of which sugars g per portion	g per portion	g per portion	g per portion	Dairy	Wheat	Gluten	Soya	Egg	Celery	Mustard	Seasame Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)	
<b>Demi baguette Brown</b>																						
Demi-baguette with Ham (dairy spread)	243.7	1059.1	4.8	1.4	37.4	1.3	12.9	1.5	3.4	X	X	X	!	!		!	!	!				!
Demi-baguette Cheddar cheese (dairy spread)	291.2	1256.3	10.4	5.4	36.9	0.9	12.5	1.3	3.4	X	X	X	!	!		!	!	!				!
Demi-baguette with Chicken breast(dairy spread)	249.5	1082.4	4.5	1.2	37.0	0.9	15.2	1.1	3.4	X	X	X	!	!		!	!	!				!
Demi-baguette with Turkey slice(dairy spread)	234.9	1047.5	4.3	1.3	36.9	0.9	12.2	1.1	3.4	X	X	X	!	!		!	!	!				!
Demi-baguette with Tuna & mayo (dairy spread)	308.7	1326.3	12.3	1.8	37.1	1.1	12.5	1.5	3.5	X	X	X	!	X		X	!	!				X
Demi-baguette with Egg Mayo (dairy spread)	302.8	1300.7	11.6	2.2	38.3	1.3	11.1	1.3	3.7	X	X	X	!	X		!	!	!				!
Demi-baguette with Corned beef (dairy spread)	254.2	1102.3	5.8	2.2	38.6	1.1	9.8	1.4	3.4	X	X	X	!	!		!	!	!				!
Demi-baguette with Chicken Mayo & Stuffing (dairy spread)	368.5	1577.2	12.8	2.0	42.9	1.4	19.6	1.5	4.4	X	X	X	X	X		X	!	!				!
Demi-baguette with no filling (dairy spread)	213.2	930.3	4.0	1.1	36.9	0.9	7.5	0.9	3.4	X	X	X	!	!		!	!	!				!
<b>Farmhouse Brown</b>																						
Farmhouse Brown with Ham (dairy spread)	209.2	911.3	4.8	1.3	32.7	3.0	11.0	1.8	4.1	X	X	X	!	!		!	!					!
Farmhouse Brown with Cheddar cheese (dairy spread)	256.7	1108.5	10.4	5.3	32.2	2.6	10.6	1.6	4.1	X	X	X	!	!		!	!					!
Farmhouse Brown with Chicken Breast (dairy spread)	215.0	934.6	4.6	1.1	32.3	2.6	13.4	1.3	4.1	X	X	X	!	!		!	!					!
Farmhouse Brown with Turkey slice (dairy spread)	200.4	899.7	4.4	1.2	32.3	2.6	10.3	1.3	4.1	X	X	X	!	!		!	!					!
Farmhouse Brown with Tuna mayo (dairy spread)	274.2	1178.5	12.4	1.7	32.4	2.8	10.7	1.7	4.2	X	X	X	!	X		X	!	!				X
Farmhouse Brown with Egg Mayo (dairy spread)	234.7	1014.0	8.8	1.7	33.1	2.8	7.9	1.4	4.3	X	X	X	!	X		!	!	!				!
Farmhouse Brown with Corned Beef (dairy spread)	219.7	954.5	5.8	2.1	33.9	2.8	7.9	1.6	4.1	X	X	X	!	!		!	!					!
Farmhouse Brown with Chicken Mayo & Stuffing (dairy spread)	321.9	1378.7	12.7	1.8	38.2	3.1	15.1	1.7	5.2	X	X	X	X	X		X	!	!				!
Farmhouse Brown with no filling (dairy spread)	178.7	782.5	4.0	1.0	32.2	2.6	5.6	1.2	4.1	X	X	X	!	!		!	!	!				!
<b>Gluten Free (B Free Bread)</b>																						
Gluten free bread with Ham (dairy spread)	197.3	855.3	4.5	1.4	25.5	0.9	10.8	1.4	5.9	X												
Gluten free bread with Cheddar cheese (dairy spread)	244.8	1052.5	10.1	5.4	25.0	0.4	10.4	1.2	5.9	X												
Gluten free bread with Chicken Breast (dairy spread)	203.1	878.6	4.3	1.2	25.1	0.4	13.2	0.9	5.9	X												
Gluten free bread with Turkey slice (dairy spread)	188.5	843.7	4.0	1.2	25.0	0.4	10.1	1.0	5.9	X												
Gluten free bread with Tuna & Mayo (dairy spread)	230.4	990.5	9.3	1.5	25.1	0.6	8.8	1.2	5.9	X			X		X							X
Gluten free bread with Egg Mayo (dairy spread)	222.8	958.0	8.5	1.8	25.9	0.7	7.7	1.0	6.1	X			X									
Gluten free bread with Corned Beef (dairy spread)	207.8	898.5	5.5	2.2	26.7	0.6	7.7	1.2	5.9	X												
Gluten free bread with no filling (dairy spread)	166.8	726.5	3.7	1.1	25.0	0.4	5.4	0.8	5.9	X												
<b>Alternative item - Salad Sandwich</b>																						
Healthy choice with cheese, lettuce & peppers (dairy spread)	295.2	1272.1	13.5	5.4	38.9	3.7	12.6	1.3	3.1	X	X	X	X	!		!	!					!
Healthy choice with ham, lettuce & peppers (dairy spread)	247.7	1074.9	7.9	1.4	39.4	4.1	13.0	1.5	3.1	X	X	X	X	!		!	!					!
Healthy choice with chicken, lettuce & peppers (dairy spread)	264.0	1142.5	7.8	1.1	39.5	3.6	17.1	1.3	3.1	X	X	X	X	!		!	!					!
<b>Alternative item - Bap</b>																						
Soft Bap Sweet Chilli Chicken (dairy spread)	222.1	963.1	5.9	1.8	30.4	5.9	12.8	1.1	1.6	X	X	X	X	!								!
Soft Bap Taco Chicken (dairy spread)	291.3	1251.7	11.1	2.3	33.4	3.9	14.5	1.3	2.6	X	X	X	X	X								!
Soft Bap Tuna and Sweetcorn (dairy spread)	299.9	1286.9	13.9	2.5	32.0	2.9	11.6	1.5	2.7	X	X	X	X	!								X
Soft Bap with Ham and cheese (dairy spread)	278.3	1199.5	12.6	6.3	26.6	2.8	15.4	1.8	1.5	X	X	X	X	!								!

**GLANMORE FOODS MENU - NUTRITIONAL AND ALLERGEN INFORMATION 2018 - 2019**

SANDWICHES (NO dairy spread)	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information												
	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total g per portion	of which sugars g per portion	g per portion	g per portion	g per portion	Dairy	Wheat	Gluten	Soya	Egg	Celery	Mustard	Seasame Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)	
<b>Hi-Fibre Roll</b>																						
Hi-Fibre soft roll with Ham (no dairy spread)	181.9	769.7	1.2	0.4	29.8	1.9	10.8	0.9	4.2	!	X	X	X	!		!						!
Hi-Fibre soft roll with Cheddar cheese (no dairy spread)	229.4	966.9	6.9	4.5	29.3	1.5	10.4	0.7	4.2	X	X	X	X	!		!						!
Hi-Fibre soft roll with Chicken Breast (no dairy spread)	159.1	671.1	4.8	0.6	34.5	2.3	7.2	0.5	4.2	!	X	X	X	!		!						!
Hi-Fibre soft roll with Turkey slice (no dairy spread)	173.1	758.1	0.8	0.3	29.3	1.5	10.2	0.5	4.2	!	X	X	X	!		!						!
Hi-Fibre soft roll with Tuna mayo (no dairy spread)	246.9	1036.9	8.8	0.8	29.4	1.7	10.5	0.8	4.3	!	X	X	X	X		X						X
Hi-Fibre soft roll with Egg mayo (no dairy spread)	207.4	872.4	5.2	0.8	30.2	1.7	7.7	0.5	4.4	!	X	X	X	X		!						!
Hi-Fibre soft roll with Corned beef (no dairy spread)	192.4	812.9	2.3	1.3	31.0	1.7	7.8	0.7	4.2	X	X	X	X	!		!						!
Hi-Fibre soft Roll with chicken mayo & stuffing (no dairy spread)	294.6	1237.1	9.1	0.9	35.3	2.0	15.0	0.8	5.2	X	X	X	X	X		X						!
Hi fibre soft roll with no filling (no dairy spread)	151.4	640.9	0.5	0.1	29.3	1.5	5.4	0.3	4.2	!	X	X	X	!		!						!
<b>100% Wholemeal Bread</b>																						
100% wholemeal with Ham (no dairy spread)	205.7	868.8	1.8	0.5	36.2	2.2	13.3	1.5	5.2	!	X	X	X	!		!	!					!
100% wholemeal with Cheddar cheese (no dairy spread)	253.2	1066.0	7.4	4.5	35.8	1.8	12.9	1.3	5.2	X	X	X	X	!		!	!					!
100% wholemeal with Chicken Breast (no dairy spread)	223.6	942.8	1.8	0.3	35.9	1.8	18.3	1.1	5.2	!	X	X	X	!		!	!					!
100% wholemeal with Turkey slice (no dairy spread)	196.9	857.2	1.4	0.3	35.8	1.8	12.6	1.0	5.2	!	X	X	X	!		!	!					!
100% wholemeal with Tuna mayo (no dairy spread)	270.7	1136.0	9.4	0.9	35.9	2.0	13.0	1.4	5.3	!	X	X	X	X		X	!					X
100% wholemeal with Egg mayo (no dairy spread)	264.8	1110.4	8.6	1.3	37.2	2.2	11.6	1.2	5.5	!	X	X	X	X		!	!					!
100% wholemeal with Corned Beef (no dairy spread)	216.2	912.0	2.8	1.3	37.5	2.0	10.2	1.3	5.2	X	X	X	X	!		!	!					!
100% wholemeal with chicken mayo & stuffing (no dairy spread)	330.6	1386.9	9.9	1.0	41.8	2.3	20.0	1.4	6.3	!	X	X	X	X		X	!					!
100% wholemeal with no filling (no dairy spread)	175.2	740.0	1.0	0.2	35.8	1.8	7.9	0.9	5.2	!	X	X	X	!		!	!					!
<b>Healthy Choice Pan</b>																						
Healthy choice with Ham (no dairy spread)	211.3	894.4	4.8	0.5	37.5	2.4	12.7	1.5	2.6	!	X	X	X	!		!	!					!
Healthy choice with Cheddar cheese (no dairy spread)	258.8	1091.6	10.4	4.5	37.1	1.9	12.3	1.3	2.6	X	X	X	X	!		!	!					!
Healthy choice with Chicken Breast (no dairy spread)	217.1	917.7	4.6	0.3	37.1	1.9	15.1	1.0	2.6	!	X	X	X	!		!	!					!
Healthy choice with Turkey slice (no dairy spread)	202.5	882.8	4.3	0.3	37.1	1.9	12.0	1.0	2.6	!	X	X	X	!		!	!					!
Healthy choice with Tuna mayo (no dairy spread)	276.3	1161.6	12.3	0.9	37.2	2.1	12.3	1.4	2.7	!	X	X	X	X		X	!					X
Healthy choice with Egg mayo (no dairy spread)	270.4	1136.0	11.6	1.3	38.4	2.4	11.0	1.2	2.9	!	X	X	X	X		!	!					!
Healthy choice with Corned beef (no dairy spread)	221.8	937.6	5.8	1.3	38.7	2.1	9.6	1.3	2.6	X	X	X	X	!		!	!					!
Healthy choice with chicken mayo & stuffing (no dairy spread)	336.2	1412.5	12.8	1.0	43.0	2.4	19.4	1.4	3.6	!	X	X	X	X		X	!					!
Healthy choice with no filling (no dairy spread)	180.8	765.6	4.0	0.2	37.0	1.9	7.3	0.9	2.6	!	X	X	X	!		!	!					!
<b>Demi baguette White</b>																						
Demi-baguette with Ham (no dairy spread)	222.5	932.8	1.6	0.3	42.4	2.7	12.0	1.6	2.3	!	X	X	!	!		!	!	!				!
Demi-baguette with Cheddar cheese (no dairy spread)	270.0	1130.0	7.2	4.4	41.9	2.3	11.6	1.4	2.3	X	X	X	!	!		!	!	!				!
Demi-baguette with Chicken breast (no dairy spread)	228.3	956.1	1.3	0.2	42.0	2.2	14.4	1.1	2.3	!	X	X	!	!		!	!	!				!
Demi-baguette with Turkey slice (no dairy spread)	213.7	921.2	1.1	0.2	41.9	2.3	11.3	1.1	2.3	!	X	X	!	!		!	!	!				!
Demi-baguette with Tuna & mayo (no dairy spread)	287.5	1200.0	9.1	0.7	42.1	2.5	11.6	1.5	2.4	!	X	X	!	X		X	!	!				X
Demi-baguette with Egg mayo (no dairy spread)	281.6	1174.4	8.4	1.1	43.3	2.7	10.2	1.3	2.6	!	X	X	!	X		!	!	!				!
Demi-baguette with Corned beef (no dairy spread)	233.0	976.0	2.6	1.2	43.6	2.4	8.9	1.4	2.3	X	X	X	!	!		!	!	!				!
Demi-baguette with Chicken Mayo & Stuffing (no dairy spread)	347.4	1450.9	9.6	0.9	47.9	2.8	18.7	1.5	3.4	!	X	X	X	X		X	!	!				!
Demi-baguette with no filling (no dairy spread)	192.0	804.0	0.8	0.0	41.9	2.2	6.6	1.0	2.3	!	X	X	!	!		!	!	!				!

**GLANMORE FOODS MENU - NUTRITIONAL AND ALLERGEN INFORMATION 2018 - 2019**

<b>SANDWICHES (NO dairy spread)</b>	<b>Energy</b>		<b>Fat</b>		<b>Carbohydrate</b>		<b>Protein</b>	<b>Salt</b>	<b>Fibre</b>	<b>Allergen information</b>												
	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total g per portion	of which sugars g per portion	g per portion	g per portion	g per portion	Dairy	Wheat	Gluten	Soya	Egg	Celery	Mustard	Seasame Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)	
<b>Demi baguette Brown</b>																						
Demi-baguette with Ham (no dairy spread)	216.9	919.2	1.8	0.5	37.4	1.3	12.8	1.5	3.4	!	X	X	!	!		!	!	!				!
Demi-baguette with Cheddar cheese(no dairy spread)	264.4	1116.4	7.4	4.6	36.9	0.9	12.4	1.3	3.4	X	X	X	!	!		!	!	!				!
Demi-baguette with Chicken breast(no dairy spread)	222.7	942.5	1.6	0.4	37.0	0.9	15.2	1.0	3.4	!	X	X	!	!		!	!	!				!
Demi-baguette with Turkey slice(no dairy spread)	208.1	907.6	1.4	0.4	36.9	0.9	12.2	1.0	3.4	!	X	X	!	!		!	!	!				!
Demi-baguette with Tuna & mayo (no dairy spread)	281.9	1186.4	9.4	0.9	37.0	1.1	12.5	1.4	3.5	!	X	X	!	X		X	!	!				X
Demi-baguette with Egg mayo (no dairy spread)	276.0	1160.8	8.6	1.4	38.3	1.3	11.1	1.2	3.7	!	X	X	!	X		!	!	!				!
Demi-baguette with Corned beef (no dairy spread)	254.2	1102.3	5.8	2.2	38.6	1.1	9.8	1.4	3.4	X	X	X	!	!		!	!	!				!
Demi-baguette with Chicken Mayo & Stuffing (no dairy spread)	341.8	1437.3	9.9	1.1	42.9	1.4	19.6	1.4	4.4	!	X	X	X	X		X	!	!				!
Demi-baguette with no filling (no dairy spread)	186.4	790.4	1.0	0.2	36.9	0.9	7.4	0.9	3.4	!	X	X	!	!		!	!	!				!
<b>Farmhouse Brown</b>																						
Farmhouse Brown with Ham (no dairy spread)	182.4	771.4	1.9	0.4	32.7	3.0	11.0	1.7	4.1	X	X	X	!	!		!	!	!				!
Farmhouse Brown with Cheddar Cheese (no dairy spread)	229.9	968.6	7.5	4.5	32.2	2.6	10.6	1.5	4.1	X	X	X	!	!		!	!	!				!
Farmhouse Brown with Chicken Breast (no dairy spread)	188.2	794.7	1.6	0.3	32.3	2.6	13.4	1.3	4.1	X	X	X	!	!		!	!	!				!
Farmhouse Brown with Turkey slice (no dairy spread)	173.6	759.8	1.4	0.3	32.2	2.6	10.3	1.3	4.1	X	X	X	!	!		!	!	!				!
Farmhouse Brown with Tuna mayo (no dairy spread)	247.4	1038.6	9.4	0.8	32.3	2.8	10.6	1.7	4.2	X	X	X	!	X		X	!	!				X
Farmhouse Brown with Egg Mayo (no dairy spread)	207.9	874.1	5.8	0.8	33.1	2.8	7.9	1.3	4.3	X	X	X	!	X		!	!	!				!
Farmhouse Brown with Corned Beef (no dairy spread)	192.9	814.6	2.9	1.3	33.9	2.8	7.9	1.6	4.1	X	X	X	!	!		!	!	!				!
Farmhouse Brown with Chicken Mayo & Stuffing (no dairy spread)	295.2	1238.8	9.7	1.0	38.2	3.1	15.1	1.6	5.2	X	X	X	X	X		X	!	!				!
Farmhouse Brown with no filling (no dairy spread)	151.9	642.6	1.1	0.1	32.2	2.6	5.6	1.1	4.1	X	X	X	!	!		!	!	!				!
<b>Gluten Free (B Free)</b>																						
Gluten free bread with Ham (no dairy spread)	157.0	661.8	4.6	0.9	20.8	4.0	8.2	1.1	3.2													
Gluten free bread with Cheddar cheese (no dairy spread)	204.5	859.0	10.2	4.9	20.3	3.6	7.8	0.9	3.2	X												
Gluten free bread with Chicken Breast (no dairy spread)	161.6	680.3	4.3	0.6	20.8	3.6	9.9	0.8	3.2													
Gluten free bread with Turkey slice (no dairy spread)	148.2	650.2	4.1	0.8	20.3	3.6	7.5	0.7	3.2													
Gluten free bread with Tuna & Mayo (no dairy spread)	190.2	797.0	9.4	1.1	20.4	3.7	6.1	0.9	3.3					X		X						X
Gluten free bread with Egg Mayo (no dairy spread)	182.5	764.5	8.6	1.3	21.2	3.8	5.1	0.7	3.4					X								
Gluten free bread with no filling (no dairy spread)	126.5	533.0	3.8	0.6	20.3	3.6	2.8	0.5	3.2													
Gluten free bread with corned beef (no dairy spread)	167.5	705.0	5.6	1.7	22.0	3.8	5.1	0.9	3.2	X												
<b>Alternative item</b>																						
Crackers & Cheese	91.7	386.0	3.4	2.0	11.1	1.2	4.1	0.4	0.5	X	X	X						!				
Vegetable Salad Pot	27.3	114.0	0.3	0.0	5.3	3.6	0.8	0.1	1.2													
<b>Alternative item - Salad Sandwich</b>																						
Healthy choice with cheese, lettuce & peppers (no dairy spread)	268.5	1132.2	10.5	4.5	38.9	3.7	12.6	1.3	3.1	X	X	X	X	!		!	!					!
Healthy choice with ham, lettuce & peppers (no dairy spread)	221.0	935.0	4.9	0.5	39.3	4.1	13.0	1.5	3.1	!	X	X	X	!		!	!					!
Healthy choice with chicken, lettuce & peppers (no dairy spread)	237.3	1002.6	4.8	0.2	39.5	3.6	17.1	1.3	3.1	!	X	X	X	!		!	!					!
<b>Alternative item - Bap</b>																						
Soft Bap Sweet Chilli Chicken (no dairy spread)	195.3	823.2	3.0	1.0	30.4	5.9	12.8	1.1	1.6	X	X	X	X	!		!						!
Soft Bap Taco Chicken (no dairy spread)	229.9	965.6	8.0	1.4	27.6	3.5	12.9	1.1	1.5	X	X	X	X	X		!						!
Soft Bap Tuna and Sweetcorn (no dairy spread)	273.2	1147.0	11.0	1.6	32.0	2.9	11.6	1.5	2.7	X	X	X	X	!		!						X
Soft Bap with Ham and cheese (no dairy spread)	251.5	1059.6	9.6	5.5	26.6	2.8	15.4	1.7	1.5	X	X	X	X	!		!						!
<b>Alternative item - Pasta</b>																						
Plain Pasta	113.0	479.4	0.3	0.1	23.2	0.6	3.9	0.0	1.0		X	X										
Pasta Bolognese	124.1	524.3	1.0	0.2	25.3	3.5	4.4	0.3	0.9		X	X			X							

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SNACKS	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information												
	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total g per portion	of which sugars g per portion	g per portion	g per portion	g per portion	Dairy	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)	
<b>FULL MENU SNACKS</b>																						
Glenisk Vanilla Yogurt (60mls)	51	216	1.9	1.2	5.1	4.5	3.5	0.05	<0.5	X												
Yogurt Rice cake (16.7g)	83	346	4.2	2.8	10	5.7	1	0.04	0.43	X			X				X	!				
White Pancake (35g)	79.8	337.8	1.9	0.3	13.7	4.6	2.5	0.4	0.4	X	X	X	!	X								
Cheese Dip (17.5g)	41.8	173.3	3.2	2.2	1.1	1.1	2.0	0.3	0.0	X												
Soft Cheese (17.5g)	25.7	108.5	1.2	0.8	1.1	1.1	2.6	0.3	0.0	X												
Edam Cheese Piece (20g)	62.8	262.8	4.8	3.2	0.0	0.0	5.1	0.4	0.0	X												
Sliced Apple (70g)	32.9	133.0	0.1	0.0	7.8	7.8	0.3	0.0	1.1													
Apple & Grapes (70g)	35.5	146.4	0.1	0.0	8.7	8.7	0.3	0.0	0.9													
Apple & Carrot (70g)	27.8	113.5	0.1	0.0	6.3	6.2	0.4	0.0	1.4													
Apple & Blueberries (60g)	29.2	118.9	0.1	0.0	7.1	6.6	0.3	0.0	1.0													
Melon & Grapes (50g)	20.4	87.1	0.1	0.0	5.8	5.5	0.3	0.0	0.3													
Melon & Pineapple (50g)	16.6	70.9	0.1	0.0	4.7	4.4	0.3	0.0	0.4													
Seasonal Fruit Pot	27.6	115.0	0.1	0.0	6.7	6.7	0.3	0.0	0.7													
Raisins (14g)	38.5	164.1	0.1	0.0	9.7	9.7	0.3	0.0	0.4													
Oatie Crunch (25g)	118.3	495.0	5.4	1.6	16.4	6.4	1.7	0.1	1.5	!	X	X	!	!								!
Bread Sticks (15g)	57.9	244.7	0.9	0.3	10.2	0.5	1.8	0.3	1.1		X	X	!									
Plain Rice Cake (6.7g)	26	109	0.2	0.04	5.3	0.05	0.6	0.01	0.23	!			!			X						
Jacobs Crackers (15g)	66.0	277.5	2.2	1.2	10.1	0.2	1.4	0.2	0.5		X	X						!				
Granola (18g)	83.0	348.0	4.4	0.6	9.0	3.1	2.0	0.0	1.1	!	!	X	!	!								
Strawberry Yogurt Tube (40mls)	35	146	1.3	0.8	3.3	3	2.4	0.03	<0.5	X												
Brown Plain Scone with dairy spread (70g) * info for current scone	248.4	1076.6	7.5	2.3	40.7	10.1	4.5	0.3	1.4	X	X	X	X	!								
Brown Fruit Scone with dairy spread (70g) * info for current scone	245.8	1065.5	7.2	2.2	41.0	12.8	4.2	0.3	1.4	X	X	X	X	!								
Peppers (40g)	12.8	53.6	0.2	0.0	2.6	2.4	0.4	0.0	0.6													
Carrot Sticks (40g)	12.0	50.0	0.1	0.0	2.4	2.2	0.3	0.0	1.0													
<b>Fruit</b>																						
Apple	32.9	133.0	0.1	0.0	7.8	7.8	0.3	0.0	1.1													
Orange	21.6	93	0.06	<0.1	5.1	5.1	0.54	0.0	0.78													
Banana	80.0	338.4	0.2	<0.1	18.4	16.8	1.0	0.0	0.9													