## **Tilbury St Marys Spring Summer menu 24 Week 1**Analyse by: Per Portion Food Labelling: Default

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Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vítamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Fish Pie	352.33	657.9	11.0	3.7	2.5	8.0	-	34.7	17.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.9%	15.7%	18.3%	42.3%	8.9%	-	13.3%	35.3%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Mash Potatoes	105.00	435.5	3.6	0.8	0.2	1.5	-	18.0	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		21.8%	5.1%	4.1%	2.5%	1.6%	-	6.9%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Meat Free Sausage Roll	65.00	558.4	5.3	2.5	0.5	0.5	-	16.9	4.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		27.9%	7.5%	12.4%	7.8%	0.5%	-	6.5%	8.3%	-	-	-	-	-	-	-	-	-	-	-	-

Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Broccoli	0.20	0.2	0.0	0.0	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	0.0%	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Rocket Ice Lolly	60.00	195.6	0.0	0.0	0.0	11.5	-	11.5	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.8%	0.0%	0.0%	0.0%	12.8%	-	4.4%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

Tuesday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beef Burger	106.00	1087.4	11.0	4.5	0.9	2.4	-	27.2	11.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		54.4%	15.7%	22.4%	15.2%	2.6%	-	10.5%	23.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Macaroni Cheese	221.45	1272.0	20.5	10.4	1.4	8.0	-	51.4	19.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		63.6%	29.2%	52.2%	23.0%	8.8%	-	19.8%	38.1%	-	-	-	-	-	-	-	-	-	-	-	-
Potato Smiles	60.47	120.3	4.1	0.5	0.2	0.3	-	18.7	1.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.0%	5.9%	2.4%	3.2%	0.3%	-	7.2%	2.7%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-

Baked Beans	58.22	200.9	0.3	0.1	0.3	2.2	-	7.5	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		10.0%	0.4%	0.3%	4.3%	2.4%	-	2.9%	5.1%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Marble Sponge	50.94	621.8	10.6	2.6	0.2	11.6	-	21.9	3.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		31.1%	15.2%	13.0%	3.3%	12.9%	-	8.4%	6.8%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Wednesday																					

Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Gravy	5.00	73.4	0.2	0.1	0.5	0.6	-	3.5	0.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.3%	0.5%	8.0%	0.6%	-	1.3%	0.7%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Roast chicken	70.10	483.6	2.5	0.7	-	0.0	-	0.0	21.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		24.2%	3.6%	3.5%	-	0.0%	-	0.0%	43.4%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Potatoes	127.50	184.9	2.6	0.0	0.0	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	3.7%	0.0%	0.0%	1.1%	-	8.2%	5.0%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Quorn Fillet	71.43	295.0	0.9	0.3	0.7	0.0	-	3.5	10.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.8%	1.2%	1.5%	11.8%	0.0%	-	1.3%	20.0%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Yorkshire Pudding	28.00	285.6	2.2	0.2	0.2	0.6	-	9.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.3%	3.1%	1.0%	2.8%	0.7%	-	3.6%	4.9%	-	-	-	-	-	-	-	-	-	-	-	-
Carrots	50.00	20.5	0.1	0.0	0.0	2.4	-	5.0	0.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.0%	0.1%	0.0%	0.0%	2.6%	-	1.9%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Jelly	86.00	222.0	0.1	0.0	0.0	12.9	-	12.9	0.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.1%	0.1%	0.1%	0.5%	14.3%	-	5.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Thursday				_				_													
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	(6) dSN	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
BBQ Chicken Pizza	99.38	480.2	1.4	0.4	0.3	7.5	-	20.0	7.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		24.0%	1.9%	2.2%	5.2%	8.4%	-	7.7%	14.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Garlic Bread	17.69	338.7	4.9	1.2	0.2	2.5	-	9.7	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.9%	7.1%	6.0%	2.7%	2.8%	-	3.7%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Tomato and Basil Pasta	133.47	711.1	0.9	N	0.4	4.4	-	35.8	6.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		35.6%	1.3%	-	6.0%	4.8%	-	13.8%	13.7%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Sweetcorn	50.00	155.8	0.7	0.2	0.0	4.1	-	5.8	1.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		7.8%	1.0%	1.0%	0.2%	4.5%		2.2%	2.5%	-	-	-	-	-	-	-	-	-	-	-	-
Carrot cake	65.16	873.7	13.3	0.4	0.1	9.8	-	21.2	3.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		43.7%	18.9%	2.1%	1.3%	10.9%	-	8.2%	6.3%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Friday																					

Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Chips	103.18	532.4	3.1	0.4	0.4	0.5	-	21.7	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.6%	4.4%	2.1%	6.0%	0.6%	-	8.3%	4.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fish Fingers	84.00	754.3	7.9	0.7	0.7	0.8	-	16.8	10.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.7%	11.3%	3.4%	11.8%	0.8%	-	6.5%	20.2%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Dippers	60.00	460.2	5.8	0.6	0.5	0.1	-	5.9	7.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		23.0%	8.2%	3.0%	7.7%	0.1%	-	2.3%	14.4%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Peas	50.00	144.5	0.2	0.1	0.0	1.6	-	4.5	2.6	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		7.2%	0.2%	0.3%	0.7%	1.7%	-	1.7%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Cocktail	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-