

**Nutrition Station Café Menu**  
**Nutritional Information (Regular Bacon)**

**Breakfast**

<b>Smashed Avo</b>	Average Quantity per 178 g (1 serve)	Average Quantity per 100 g
Energy	1626 kJ	913 kJ
Protein	20 g	11 g
Fat, total	23 g	13 g
Saturated	5 g	3 g
Carbohydrate	23 g	13 g
Sugars	2 g	1 g
Sodium	808 mg	454 mg

<b>Holy Granola</b>	Average Quantity per 247 g (1 serve)	Average Quantity per 100 g
Energy	2628 kJ	1064 kJ
Protein	13 g	5 g
Fat, total	27 g	11 g
Saturated	11 g	4 g
Carbohydrate	77 g	31 g
Sugars	43 g	17 g
Sodium	22 mg	9 mg

<b>Wellbeing Bowl</b>	Average Quantity per 264 g (1 serve)	Average Quantity per 100 g
Energy	2235 kJ	847 kJ
Protein	32 g	12 g
Fat, total	37 g	14 g
Saturated	12 g	5 g
Carbohydrate	17 g	6 g
Sugars	3 g	1 g
Sodium	810 mg	307 mg

<b>Chilli Eggs</b>	Average Quantity per 350 g (1 serve)	Average Quantity per 100 g
Energy	2404 kJ	687 kJ
Protein	26 g	7 g
Fat, total	39 g	11 g
Saturated	13 g	4 g
Carbohydrate	26 g	7 g
Sugars	5 g	1 g
Sodium	1111 mg	317 mg

<b>Coconut waffles</b>	Average Quantity per 458 g (1 serve)	Average Quantity per 100 g
Energy	5713 kJ	1247 kJ
Protein	22 g	5 g
Fat, total	84 g	18 g
Saturated	69 g	15 g
Carbohydrate	124 g	27 g
Sugars	56 g	12 g
Sodium	472 mg	103 mg

<b>Corn &amp; Zucchini Fritters</b>	Average Quantity per 537 g (1 serve)	Average Quantity per 100 g
Energy	2812 kJ	524 kJ
Protein	26 g	5 g
Fat, total	18 g	3 g
Saturated	2 g	0 g
Carbohydrate	92 g	17 g
Sugars	16 g	3 g
Sodium	2010 mg	374 mg

<b>Breakfast Wrap</b>	Average Quantity per 341 g (1 serve)	Average Quantity per 100 g
Energy	2543 kJ	746 kJ
Protein	29 g	9 g
Fat, total	33 g	10 g
Saturated	14 g	4 g
Carbohydrate	45 g	13 g
Sugars	7 g	2 g
Sodium	1068 mg	313 mg

<b>Healthy Benny</b>	Average Quantity per 282 g (1 serve)	Average Quantity per 100 g
Energy	3397 kJ	1205 kJ
Protein	39 g	14 g
Fat, total	62 g	22 g
Saturated	17 g	6 g
Carbohydrate	24 g	9 g
Sugars	3 g	1 g
Sodium	2232 mg	791 mg

<b>Acai Bowl</b>	Average Quantity per 322 g (1 serve)	Average Quantity per 100 g
Energy	1807 kJ	561 kJ
Protein	6 g	2 g
Fat, total	14 g	4 g
Saturated	8 g	2 g
Carbohydrate	70 g	22 g
Sugars	44 g	14 g
Sodium	7 mg	2 mg

<b>Protein Pancakes</b>	Average Quantity per 252 g (1 serve)	Average Quantity per 100 g
Energy	3031 kJ	1203 kJ
Protein	45 g	18 g
Fat, total	9 g	4 g
Saturated	3 g	1 g
Carbohydrate	110 g	44 g
Sugars	62 g	25 g
Sodium	1752 mg	695 mg

<b>Big Breakfast</b>	Average Quantity per 520 g (1 serve)	Average Quantity per 100 g
Energy	3791 kJ	729 kJ
Protein	52 g	10 g
Fat, total	65 g	13 g
Saturated	24 g	5 g
Carbohydrate	26 g	5 g
Sugars	3 g	1 g
Sodium	2843 mg	547 mg

<b>Omelette</b>	Average Quantity per 207 g (1 serve)	Average Quantity per 100 g
Energy	1132 kJ	547 kJ
Protein	17 g	8 g
Fat, total	11 g	5 g
Saturated	3 g	1 g
Carbohydrate	24 g	12 g
Sugars	4 g	2 g
Sodium	406 mg	196 mg

<b>Breakfast Burger</b>	Average Quantity per 152 g (1 serve)	Average Quantity per 100 g
Energy	2057 kJ	1353 kJ
Protein	28 g	18 g
Fat, total	28 g	18 g
Saturated	12 g	8 g
Carbohydrate	32 g	21 g
Sugars	7 g	5 g
Sodium	1254 mg	825 mg

## CYO Breakfast

<b>Bacon</b>	Average Quantity per 150 g (1 serve)	Average Quantity per 100 g
Energy	1545 kJ	1030 kJ
Protein	23 g	15 g
Fat, total	31 g	21 g
Saturated	12 g	8 g
Carbohydrate	2 g	1 g
Sugars	2 g	1 g
Sodium	1545 mg	1030 mg

<b>Eggs (2)</b>	Average Quantity per 88 g (1 serve)	Average Quantity per 100 g
Energy	468 kJ	532 kJ
Protein	11 g	13 g
Fat, total	7 g	8 g
Saturated	2 g	2 g
Carbohydrate	0 g	0 g
Sugars	0 g	0 g
Sodium	132 mg	150 mg

<b>Smoked Salmon</b>	Average Quantity per 50 g (1 serve)	Average Quantity per 100 g
Energy	457 kJ	914 kJ
Protein	4 g	8 g
Fat, total	1 g	2 g
Saturated	0 g	0 g
Carbohydrate	20 g	40 g
Sugars	0 g	0 g
Sodium	273 mg	546 mg

<b>Mushroom</b>	Average Quantity per 165 g (1 serve)	Average Quantity per 100 g
Energy	401 kJ	243 kJ
Protein	4 g	2 g
Fat, total	8 g	5 g
Saturated	1 g	1 g
Carbohydrate	2 g	1 g
Sugars	0 g	0 g
Sodium	317 mg	192 mg

<b>Miche Sourdough</b>	Average Quantity per 50 g (1 serve)	Average Quantity per 100 g
Energy	457 kJ	914 kJ
Protein	4 g	8 g
Fat, total	1 g	2 g
Saturated	0 g	0 g
Carbohydrate	20 g	40 g
Sugars	0 g	0 g
Sodium	273 mg	546 mg

<b>Avocado</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	231 kJ	578 kJ
Protein	1 g	3 g
Fat, total	6 g	15 g
Saturated	1 g	3 g
Carbohydrate	1 g	3 g
Sugars	0 g	0 g
Sodium	3 mg	8 mg

<b>Corn &amp; Zucchini Fritters</b>	Average Quantity per 230 g (1 serve)	Average Quantity per 100 g
Energy	1139 kJ	495 kJ
Protein	11 g	5 g
Fat, total	6 g	3 g
Saturated	1 g	0 g
Carbohydrate	39 g	17 g
Sugars	6 g	3 g
Sodium	897 mg	390 mg

<b>Spinach</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	27 kJ	68 kJ
Protein	1 g	3 g
Fat, total	0 g	0 g
Saturated	0 g	0 g
Carbohydrate	0 g	0 g
Sugars	0 g	0 g
Sodium	36 mg	90 mg

<b>Tahini dressing</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	315 kJ	788 kJ
Protein	2 g	5 g
Fat, total	7 g	18 g
Saturated	5 g	13 g
Carbohydrate	3 g	8 g
Sugars	0 g	0 g
Sodium	146 mg	365 mg

<b>Halloumi</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	544 kJ	1360 kJ
Protein	9 g	23 g
Fat, total	11 g	28 g
Saturated	7 g	18 g
Carbohydrate	0 g	0 g
Sugars	0 g	0 g
Sodium	440 mg	1100 mg

<b>Beetroot Hummus</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	352 kJ	880 kJ
Protein	1 g	3 g
Fat, total	6 g	15 g
Saturated	1 g	3 g
Carbohydrate	6 g	15 g
Sugars	5 g	13 g
Sodium	306 mg	765 mg

<b>Kale, Tomato &amp; Onion</b>	Average Quantity per 70 g (1 serve)	Average Quantity per 100 g
Energy	99 kJ	141 kJ
Protein	2 g	3 g
Fat, total	0 g	0 g
Saturated	0 g	0 g
Carbohydrate	3 g	4 g
Sugars	2 g	3 g
Sodium	16 mg	23 mg

## Wraps & Burgers

<b>Chipotle Chicken Wrap</b>	Average Quantity per 361 g (1 serve)	Average Quantity per 100 g
Energy	3183 kJ	882 kJ
Protein	34 g	9 g
Fat, total	49 g	14 g
Saturated	9 g	2 g
Carbohydrate	44 g	12 g
Sugars	5 g	1 g
Sodium	1006 mg	279 mg

<b>Steak Wrap</b>	Average Quantity per 361 g (1 serve)	Average Quantity per 100 g
Energy	2893 kJ	801 kJ
Protein	40 g	11 g
Fat, total	36 g	10 g
Saturated	7 g	2 g
Carbohydrate	50 g	14 g
Sugars	11 g	3 g
Sodium	906 mg	251 mg

<b>Falafel Wrap</b>	Average Quantity per 386 g (1 serve)	Average Quantity per 100 g
Energy	3365 kJ	872 kJ
Protein	24 g	6 g
Fat, total	41 g	11 g
Saturated	7 g	2 g
Carbohydrate	83 g	22 g
Sugars	12 g	3 g
Sodium	1408 mg	365 mg

<b>The Crispy Chook</b>	Average Quantity per 311 g (1 serve)	Average Quantity per 100 g
Energy	2544 kJ	818 kJ
Protein	34 g	11 g
Fat, total	29 g	9 g
Saturated	4 g	1 g
Carbohydrate	50 g	16 g
Sugars	14 g	5 g
Sodium	902 mg	290 mg

<b>Chief Beef Burger</b>	Average Quantity per 271 g (1 serve)	Average Quantity per 100 g
Energy	3063 kJ	1130 kJ
Protein	45 g	17 g
Fat, total	44 g	16 g
Saturated	11 g	4 g
Carbohydrate	37 g	14 g
Sugars	10 g	4 g
Sodium	809 mg	299 mg

<b>Simply chicken burger</b>	Average Quantity per 221 g (1 serve)	Average Quantity per 100 g
Energy	2470 kJ	1118 kJ
Protein	32 g	14 g
Fat, total	34 g	15 g
Saturated	4 g	2 g
Carbohydrate	39 g	18 g
Sugars	11 g	5 g
Sodium	1155 mg	523 mg

<b>Veggie Burger</b>	Average Quantity per 351 g (1 serve)	Average Quantity per 100 g
Energy	2799 kJ	797 kJ
Protein	19 g	5 g
Fat, total	29 g	8 g
Saturated	4 g	1 g
Carbohydrate	79 g	23 g
Sugars	19 g	5 g
Sodium	1608 mg	458 mg

## Salads

<b>Chicken Avo Salad</b>	Average Quantity per 362 g (1 serve)	Average Quantity per 100 g
Energy	2777 kJ	767 kJ
Protein	32 g	9 g
Fat, total	51 g	14 g
Saturated	7 g	2 g
Carbohydrate	19 g	5 g
Sugars	8 g	2 g
Sodium	1073 mg	296 mg

<b>Vegan Bowl</b>	Average Quantity per 432 g (1 serve)	Average Quantity per 100 g
Energy	1632 kJ	378 kJ
Protein	13 g	3 g
Fat, total	23 g	5 g
Saturated	8 g	2 g
Carbohydrate	28 g	6 g
Sugars	9 g	2 g
Sodium	463 mg	107 mg



<b>Crispy Chicken Slaw</b>	Average Quantity per 347 g (1 serve)	Average Quantity per 100 g
Energy	1289 kJ	371 kJ
Protein	28 g	8 g
Fat, total	8 g	2 g
Saturated	2 g	1 g
Carbohydrate	25 g	7 g
Sugars	9 g	3 g
Sodium	739 mg	213 mg

<b>Nourish Plate</b>	Average Quantity per 385 g (1 serve)	Average Quantity per 100 g
Energy	2936 kJ	763 kJ
Protein	24 g	6 g
Fat, total	23 g	6 g
Saturated	4 g	1 g
Carbohydrate	98 g	25 g
Sugars	10 g	3 g
Sodium	1123 mg	292 mg

## **CYO**

### **Protein**

<b>Garlic Herb Chicken Breast</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	673 kJ	673 kJ
Protein	24 g	24 g
Fat, total	2 g	2 g
Saturated	1 g	1 g
Carbohydrate	11 g	11 g
Sugars	1 g	1 g
Sodium	200 mg	200 mg

<b>Chipotle Chicken Thigh</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	676 kJ	676 kJ
Protein	24 g	24 g
Fat, total	7 g	7 g
Saturated	2 g	2 g
Carbohydrate	2 g	2 g
Sugars	1 g	1 g
Sodium	346 mg	346 mg

<b>Quinoa Crusted Tenderloins</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	673 kJ	673 kJ
Protein	24 g	24 g
Fat, total	2 g	2 g
Saturated	1 g	1 g
Carbohydrate	11 g	11 g
Sugars	1 g	1 g
Sodium	200 mg	200 mg

<b>Rosemary Beef Rump</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	823 kJ	823 kJ
Protein	30 g	30 g
Fat, total	9 g	9 g
Saturated	2 g	2 g
Carbohydrate	0 g	0 g
Sugars	0 g	0 g
Sodium	226 mg	226 mg

<b>Salmon Fillet</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	1215 kJ	1215 kJ
Protein	25 g	25 g
Fat, total	22 g	22 g
Saturated	2 g	2 g
Carbohydrate	1 g	1 g
Sugars	1 g	1 g
Sodium	225 mg	225 mg

<b>Barramundi Fillet</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	505 kJ	505 kJ
Protein	22 g	22 g
Fat, total	3 g	3 g
Saturated	1 g	1 g
Carbohydrate	1 g	1 g
Sugars	1 g	1 g
Sodium	104 mg	104 mg

<b>Beetroot Falafel</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	1225 kJ	1225 kJ
Protein	13 g	13 g
Fat, total	13 g	13 g
Saturated	2 g	2 g
Carbohydrate	33 g	33 g
Sugars	2 g	2 g
Sodium	566 mg	566 mg

<b>Beef Meatballs in Napoli Sauce</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	625 kJ	625 kJ
Protein	26 g	26 g
Fat, total	5 g	5 g
Saturated	2 g	2 g
Carbohydrate	0 g	0 g
Sugars	0 g	0 g
Sodium	537 mg	537 mg

## Carbs

<b>Brown Rice</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	735 kJ	735 kJ
Protein	4 g	4 g
Fat, total	1 g	1 g
Saturated	0 g	0 g
Carbohydrate	36 g	36 g
Sugars	1 g	1 g
Sodium	3 mg	3 mg

<b>Basmati Rice</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	679 kJ	679 kJ
Protein	3 g	3 g
Fat, total	0 g	0 g
Saturated	0 g	0 g
Carbohydrate	36 g	36 g
Sugars	0 g	0 g
Sodium	0 mg	0 mg

<b>Rosemary Baked Sweet Potato</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	484 kJ	484 kJ
Protein	3 g	3 g
Fat, total	1 g	1 g
Saturated	0 g	0 g
Carbohydrate	21 g	21 g
Sugars	8 g	8 g
Sodium	301 mg	301 mg

<b>Sweet Potato Wedges</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	946 kJ	946 kJ
Protein	2 g	2 g
Fat, total	8 g	8 g
Saturated	1 g	1 g
Carbohydrate	35 g	35 g
Sugars	11 g	11 g
Sodium	277 mg	277 mg

<b>Quinoa</b>	Average Quantity per 80 g (1 serve)	Average Quantity per 100 g
Energy	346 kJ	433 kJ
Protein	3 g	4 g
Fat, total	1 g	1 g
Saturated	0 g	0 g
Carbohydrate	13 g	16 g
Sugars	1 g	1 g
Sodium	3 mg	4 mg

## Veg

<b>Broccoli</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	100 kJ	100 kJ
Protein	3 g	3 g
Fat, total	0 g	0 g
Saturated	0 g	0 g
Carbohydrate	1 g	1 g
Sugars	1 g	1 g
Sodium	13 mg	13 mg

<b>Coconut Oil Baked Pumpkin</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	251 kJ	251 kJ
Protein	2 g	2 g
Fat, total	2 g	2 g
Saturated	1 g	1 g
Carbohydrate	8 g	8 g
Sugars	5 g	5 g
Sodium	126 mg	126 mg

<b>Green Beans</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	115 kJ	115 kJ
Protein	2 g	2 g
Fat, total	0 g	0 g
Saturated	0 g	0 g
Carbohydrate	4 g	4 g
Sugars	3 g	3 g
Sodium	0 mg	0 mg

<b>Miso Eggplant</b>	Average Quantity per 80 g (1 serve)	Average Quantity per 100 g
Energy	174 kJ	217 kJ
Protein	2 g	3 g
Fat, total	2 g	3 g
Saturated	0 g	0 g
Carbohydrate	4 g	5 g
Sugars	3 g	4 g
Sodium	115 mg	144 mg

<b>Baked Carrot Medley</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	348 kJ	348 kJ
Protein	1 g	1 g
Fat, total	3 g	3 g
Saturated	0 g	0 g
Carbohydrate	11 g	11 g
Sugars	10 g	10 g
Sodium	195 mg	195 mg

<b>Maple Baked Brussel Sprouts</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	334 kJ	334 kJ
Protein	5 g	5 g
Fat, total	2 g	2 g
Saturated	0 g	0 g
Carbohydrate	8 g	8 g
Sugars	8 g	8 g
Sodium	308 mg	308 mg

<b>Fresh Avocado</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	231 kJ	578 kJ
Protein	1 g	3 g
Fat, total	6 g	15 g
Saturated	1 g	3 g
Carbohydrate	1 g	3 g
Sugars	0 g	0 g
Sodium	3 mg	8 mg

<b>Parmesan baked cauliflower</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	292 kJ	292 kJ
Protein	4 g	4 g
Fat, total	4 g	4 g
Saturated	1 g	1 g
Carbohydrate	4 g	4 g
Sugars	3 g	3 g
Sodium	320 mg	320 mg

<b>Side Salad</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	737 kJ	737 kJ
Protein	1 g	1 g
Fat, total	18 g	18 g
Saturated	2 g	2 g
Carbohydrate	2 g	2 g
Sugars	2 g	2 g
Sodium	191 mg	191 mg

<b>Baked Mushrooms</b>	Average Quantity per 100 g (1 serve)	Average Quantity per 100 g
Energy	401 kJ	401 kJ
Protein	4 g	4 g
Fat, total	8 g	8 g
Saturated	1 g	1 g
Carbohydrate	2 g	2 g
Sugars	0 g	0 g
Sodium	317 mg	317 mg

## Sides

<b>Boiled Egg</b>	Average Quantity per 41 g (1 serve)	Average Quantity per 100 g
Energy	235 kJ	573 kJ
Protein	5 g	12 g
Fat, total	4 g	10 g
Saturated	1 g	2 g
Carbohydrate	0 g	0 g
Sugars	0 g	0 g
Sodium	52 mg	127 mg

<b>Beetroot Hommus</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	352 kJ	880 kJ
Protein	1 g	3 g
Fat, total	6 g	15 g
Saturated	1 g	3 g
Carbohydrate	6 g	15 g
Sugars	5 g	13 g
Sodium	306 mg	765 mg

<b>Aioli</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	1140 kJ	2850 kJ
Protein	1 g	3 g
Fat, total	30 g	75 g
Saturated	2 g	5 g
Carbohydrate	1 g	3 g
Sugars	0 g	0 g
Sodium	201 mg	503 mg

<b>Chilli Aioli</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	968 kJ	2420 kJ
Protein	1 g	3 g
Fat, total	24 g	60 g
Saturated	2 g	5 g
Carbohydrate	3 g	8 g
Sugars	3 g	8 g
Sodium	353 mg	882 mg

<b>Harissa</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	595 kJ	1488 kJ
Protein	0 g	0 g
Fat, total	15 g	38 g
Saturated	2 g	5 g
Carbohydrate	1 g	3 g
Sugars	0 g	0 g
Sodium	172 mg	430 mg

<b>Herb Mayo</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	824 kJ	2060 kJ
Protein	0 g	0 g
Fat, total	20 g	50 g
Saturated	2 g	5 g
Carbohydrate	4 g	10 g
Sugars	3 g	8 g
Sodium	278 mg	695 mg

<b>Tahini Dressing</b>	Average Quantity per 40 g (1 serve)	Average Quantity per 100 g
Energy	315 kJ	788 kJ
Protein	2 g	5 g
Fat, total	7 g	18 g
Saturated	5 g	13 g
Carbohydrate	3 g	8 g
Sugars	0 g	0 g
Sodium	146 mg	365 mg

## Kids

<b>Kids waffles</b>	Average Quantity per 197 g (1 serve)	Average Quantity per 100 g
Energy	2803 kJ	1423 kJ
Protein	10 g	5 g
Fat, total	36 g	18 g
Saturated	29 g	15 g
Carbohydrate	75 g	38 g
Sugars	42 g	21 g
Sodium	268 mg	136 mg

<b>Cheese Toasty</b>	Average Quantity per 121 g (1 serve)	Average Quantity per 100 g
Energy	1278 kJ	1056 kJ
Protein	13 g	11 g
Fat, total	9 g	7 g
Saturated	5 g	4 g
Carbohydrate	41 g	34 g
Sugars	0 g	0 g
Sodium	696 mg	575 mg

<b>Kids' Eggs, Bacon &amp; Toast</b>	Average Quantity per 200 g (1 serve)	Average Quantity per 100 g
Energy	1480 kJ	740 kJ
Protein	22 g	11 g
Fat, total	19 g	10 g
Saturated	7 g	4 g
Carbohydrate	23 g	12 g
Sugars	3 g	2 g
Sodium	916 mg	458 mg

<b>Kids' Pancakes</b>	Average Quantity per 114 g (1 serve)	Average Quantity per 100 g
Energy	1243 kJ	1090 kJ
Protein	13 g	11 g
Fat, total	2 g	2 g
Saturated	1 g	1 g
Carbohydrate	53 g	46 g
Sugars	39 g	34 g
Sodium	512 mg	449 mg



<b>Kids Cheeseburger</b>	Average Quantity per 192 g (1 serve)	Average Quantity per 100 g
Energy	2621 kJ	1365 kJ
Protein	50 g	26 g
Fat, total	31 g	16 g
Saturated	13 g	7 g
Carbohydrate	35 g	18 g
Sugars	10 g	5 g
Sodium	760 mg	396 mg

<b>Kids Juicy Meatballs with Basmati rice</b>	Average Quantity per 220 g (1 serve)	Average Quantity per 100 g
Energy	1304 kJ	593 kJ
Protein	28 g	13 g
Fat, total	5 g	2 g
Saturated	2 g	1 g
Carbohydrate	36 g	16 g
Sugars	0 g	0 g
Sodium	537 mg	244 mg

<b>Chicken Tenders &amp; Sweet Potato Wedges</b>	Average Quantity per 260 g (1 serve)	Average Quantity per 100 g
Energy	2574 kJ	990 kJ
Protein	25 g	10 g
Fat, total	39 g	15 g
Saturated	4 g	2 g
Carbohydrate	41 g	16 g
Sugars	10 g	4 g
Sodium	624 mg	240 mg

<b>Chicken Breast with Broccoli &amp; rice</b>	Average Quantity per 330 g (1 serve)	Average Quantity per 100 g
Energy	1679 kJ	509 kJ
Protein	30 g	9 g
Fat, total	12 g	4 g
Saturated	2 g	1 g
Carbohydrate	41 g	12 g
Sugars	3 g	1 g
Sodium	576 mg	175 mg

## Set Plates

<b>Meatball Plate</b>	Average Quantity per 365 g (light)	Average Quantity per 485 g (large)	Average Quantity per 100 g
Energy	1667 kJ	2292 kJ	473 kJ
Protein	34 g	60 g	12 g
Fat, total	10 g	15 g	3 g
Saturated	3 g	5 g	1 g
Carbohydrate	40 g	41 g	8 g
Sugars	4 g	4 g	1 g
Sodium	877 mg	1414 mg	292 mg

<b>Thai Curry Chicken Plate</b>	Average Quantity per 462 g (light)	Average Quantity per 592 g (large)	Average Quantity per 100 g
Energy	1625 kJ	2525 kJ	427 kJ
Protein	30 g	54 g	9 g
Fat, total	20 g	32 g	5 g
Saturated	8 g	9 g	2 g
Carbohydrate	19 g	23 g	4 g
Sugars	13 g	16 g	3 g
Sodium	1088 mg	1651 mg	279 mg

<b>Honey Ginger Barra Plate</b>	Average Quantity per 330 g (light)	Average Quantity per 460 g (large)	Average Quantity per 100 g
Energy	1368 kJ	1925 kJ	418 kJ
Protein	30 g	52 g	11 g
Fat, total	4 g	7 g	2 g
Saturated	1 g	2 g	0 g
Carbohydrate	39 g	41 g	9 g
Sugars	2 g	3 g	1 g
Sodium	1086 mg	2149 mg	467 mg

<b>Vegan Plate</b>	Average Quantity per 430 g (light)	Average Quantity per 530 g (large)	Average Quantity per 100 g
Energy	2520 kJ	3745 kJ	707 kJ
Protein	27 g	40 g	8 g
Fat, total	27 g	39 g	7 g
Saturated	2 g	5 g	1 g
Carbohydrate	61 g	94 g	18 g
Sugars	16 g	18 g	3 g
Sodium	1305 mg	1871 mg	353 mg