

# WHAT'S FOR LUNCH TODAY?

WEEK A DAY 1&2  
YO-3



## TODAY'S LUNCH PACK CONSISTS OF:

- Meatball Sub (long roll, beef meatballs, meatball sauce, slaw, grated cheese)
- Fruit Salad
- Carrot Cake Muffin

### Nutrition Information for a Full Lunch Pack

Serving Size	Per Serving (YO-3 Lunch Pack)	Per 100g (YO-3 Lunch Pack)
Energy	2116.5kJ	940.7kJ
Total fat	21g	9.3g
Saturated fat	6g	2.7g
Carbs	57.4g	25.5g
Total sugars	16.7g	7.4g
Protein	19.8g	8.8g
Iron	0.1mg	0mg
Sodium	914.4mg	406.4mg
Fibre	3.5g	1.6g

Please note that while we try our best to provide accurate nutritional information, the nutritional analyses are approximations. Nutritional information is taken from the The New Zealand Food Compositional Database and back of pack labelling.

# WHAT'S FOR LUNCH TODAY?

WEEK A DAY 1&2  
YO-3



## TODAY'S HOT LUNCH CONSISTS OF:

- Beef Lasagne  
(*beef mince*, tomato pasta sauce, lasagne pasta, carrots, grated cheese)

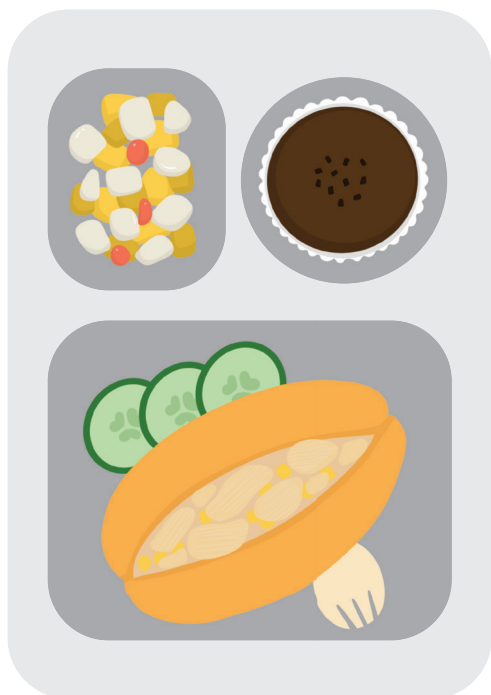
### Nutrition Information for a Full Hot Lunch

Serving Size	Per Serving (YO-3 Hot Lunch)	Per 100g (YO-3 Hot Lunch)
Energy	944.6kJ	429.4kJ
Total fat	10g	4.5g
Saturated fat	4g	1.8g
Carbs	16.7g	7.6g
Total sugars	7.6g	3.5g
Protein	16g	7.3g
Iron	0.7mg	0.3mg
Sodium	747.9mg	340mg

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# WHAT'S FOR LUNCH TODAY?

WEEK A DAY 3&4  
YO-3



## TODAY'S LUNCH PACK CONSISTS OF:

- Ham & Cheese Sandwich (*shaved ham, grated cheese, diced onion, mayo*)
- Carrot Sticks
- Moogurt

### Nutrition Information for a Full Lunch Pack

Serving Size	Per Serving (YO-3 Lunch Pack)	Per 100g (YO-3 Lunch Pack)
Energy	1155.5kJ	592.2kJ
Total fat	9.3g	4.8g
Saturated fat	3.5g	1.8g
Carbs	32.4g	16.6g
Total sugars	12.7g	6.5g
Protein	14.7g	7.5g
Iron	0.1mg	0mg
Sodium	598.3mg	306.7mg
Fibre	3.2g	1.7g

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# WHAT'S FOR LUNCH TODAY?

WEEK A DAY 3&4  
YO-3



## TODAY'S HOT LUNCH CONSISTS OF:

- Chicken Katsu
- Steamed Rice
- Shaved Cabbage
- Carrots
- Japanese Curry Sauce

### Nutrition Information for a Full Hot Lunch

Serving Size	Per Serving (YO-3 Hot Lunch)	Per 100g (YO-3 Hot Lunch)
Energy	1322.7kJ	734.8kJ
Total fat	7g	3.9g
Saturated fat	1.5g	0.9g
Carbs	12.7g	7g
Total sugars	4.3g	2.4g
Protein	10.3g	5.7g
Iron	0.1mg	0.1mg
Sodium	492.2mg	273.4mg
Fibre	2.9g	1.6g

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# WHAT'S FOR LUNCH TODAY?

WEEK A DAY 5 &  
WEEK B DAY 6  
YO-3



## TODAY'S LUNCH PACK CONSISTS OF:

- Chicken 'Big Mac' Sandwich (sliced chicken mix w/ mayo, pickles & onion, 'big mac' sauce, sliced cheese, rustic white bread)
- Fruit Crumble Muffin
- Whole Fruit

### Nutrition Information for a Full Lunch Pack

Serving Size	Per Serving (YO-3 Lunch Pack)	Per 100g (YO-3 Lunch Pack)
Energy	1788.6kJ	729.4kJ
Total fat	16.8g	6.8g
Saturated fat	3.7g	1.5g
Carbs	51.9g	21.2g
Total sugars	22.7g	9.3g
Protein	15.5g	6.3g
Iron	0.2mg	0.1mg
Sodium	739.5mg	301.6mg
Fibre	4.6g	1.9g

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