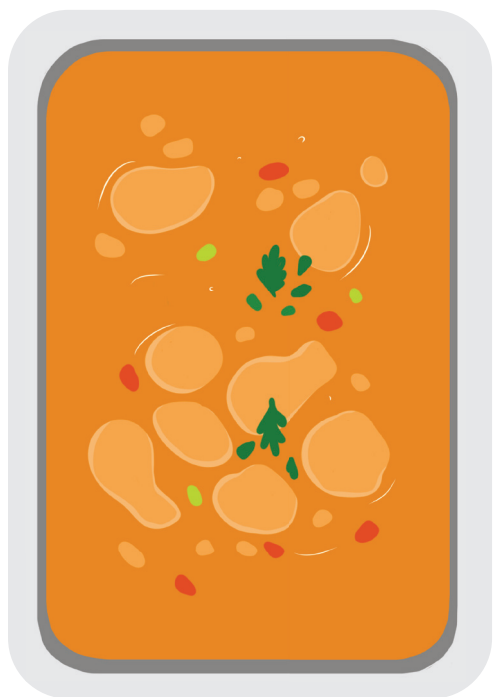


WHAT'S FOR LUNCH TODAY?

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



TODAY'S HOT LUNCH CONSISTS OF:

- Meatloaf
- Mash Potatoes
- Baby Carrots
- Gravy

Nutrition Information for a Full Hot Lunch

Serving Size	Per Serving (YO-3 Hot Lunch)	Per 100g (YO-3 Hot Lunch)
Energy	797.1kJ	419.5kJ
Total fat	10.1g	5.3g
Saturated fat	3g	1.6g
Carbs	17.9g	9.4g
Total sugars	2.4g	1.3g
Protein	9.2g	4.8g
Iron	0.3mg	0.2mg
Sodium	584.9mg	307.8mg
Fibre	1.2g	0.6g

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 B DAY 7&8
YO-3



TODAY'S LUNCH PACK CONSISTS OF:

- Chicken Salad Baguette (*chicken, diced celery, diced onion, diced capsicum, dijon mustard, mayo, baguette loaf*)
- Carrot Sticks
- Potato Salad
- Grain Waves

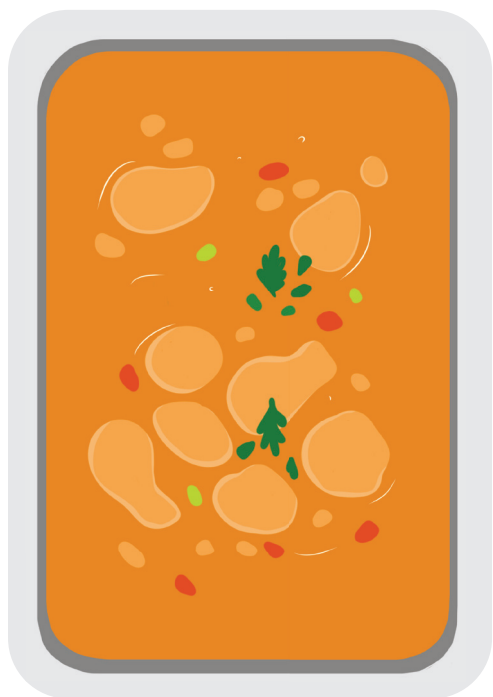
Nutrition Information for a Full Lunch Pack

Serving Size	Per Serving (YO-3 Lunch Pack)	Per 100g (YO-3 Lunch Pack)
Energy	1416.8kJ	787.1kJ
Total fat	7.6g	4.2g
Saturated fat	0.9g	0.5g
Carbs	50g	27.8g
Total sugars	5.3g	2.9g
Protein	15.1g	8.4g
Iron	0.1mg	0.1mg
Sodium	783.6mg	435.4mg
Fibre	5.8g	3.2g

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WHAT'S FOR LUNCH TODAY?

WEEK B DAY 7&8
YO-3



TODAY'S HOT LUNCH CONSISTS OF:

- Spaghetti Bolognese (*beef mince, tomato pasta sauce, spaghetti pasta, diced carrot, grated cheese*)

Nutrition Information for a Full Hot Lunch

Serving Size	Per Serving (YO-3 Hot Lunch)	Per 100g (YO-3 Hot Lunch)
Energy	926.4kJ	463.2kJ
Total fat	6.4g	3.2g
Saturated fat	3.5g	1.8g
Carbs	26.5g	13.2g
Total sugars	5.5g	2.8g
Protein	13.3g	6.7g
Iron	0mg	0mg
Sodium	619.5mg	309.8mg

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WHAT'S FOR LUNCH TODAY?

WEEK B DAY 9&10
YO-3



TODAY'S LUNCH PACK CONSISTS OF:

- Corned Beef Salad Bap (*corned beef, lettuce, sliced cheese, mustard mayo, bap bun*)
- Corn Salad
- Moogurt

Nutrition Information for a Full Lunch Pack

Serving Size	Per Serving (YO-3 Lunch Pack)	Per 100g (YO-3 Lunch Pack)
Energy	1801kJ	667kJ
Total fat	18.8g	7g
Saturated fat	8.3g	3.1g
Carbs	41.2g	15.2g
Total sugars	13.7g	5.1g
Protein	22g	8.1g
Iron	0mg	0mg
Sodium	1033.1mg	382.6mg
Fibre	3.3g	1.2g

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 B DAY 9&10
YO-3



TODAY'S HOT LUNCH CONSISTS OF:

- Slow Cooked Lamb Shoulder
- Roast Potatoes
- Carrots
- Peas
- Gravy

Nutrition Information for a Full Hot Lunch

Serving Size	Per Serving (YO-3 Hot Lunch)	Per 100g (YO-3 Hot Lunch)
Energy	765.9kJ	383kJ
Total fat	6.7g	3.3g
Saturated fat	1.5g	0.8g
Carbs	19.5g	9.8g
Total sugars	5.1g	2.5g
Protein	10.7g	5.4g
Iron	1mg	0.5mg
Sodium	220.8mg	110.4mg
Fibre	2.3g	1.1g

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.