

**Name:** Oldswinford Original Autumn Winter 2023 (Oct Half Term to Feb Half Term) Week 1 **Reference:** Oldswinford **Exported:** 08/12/2023 16:02

**Description:** Oldswinford

 Legend

-  Low Level
-  Per 100g
-  Dish Modifier
-  Percentages shown are the average RDA for an adult.
-  Medium Level
-  Per Portion
-  High Level
-  Dish Modifier

Main Course

| Dish                                              | Ref | Calories<br>(kcal)                                                                                   | Fat                                                                                                                                                                                    | Sat Fat                                                                                                                                                                                    | Sugar                                                                                                                                                                                      | Salt                                                                                                                                                                                        | Fibre                                                                                       | Protein                                                                                     | Carbs                                                                                       |
|---------------------------------------------------|-----|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| FFL Original Langford Sausages<br>56g per portion |     |  169kcal            |  09.4g                                                                                                |  03.5g                                                                                                  |  04.8g                                                                                                  |  01.00g                                                                                                  |  02.7g   |  14.8g   |  09.7g   |
|                                                   |     |  095kcal<br>(04%) |  05.3g<br>(07%)  |  02.0g<br>(09%)  |  02.7g<br>(02%)  |  00.56g<br>(09%)  |  01.5g |  08.3g |  05.4g |
| FFL Original Gravy<br>04g per portion             |     |  304kcal          |  01.5g                                                                                              |  00.1g                                                                                                |  05.0g                                                                                                |  13.90g                                                                                                |  01.5g |  02.0g |  69.9g |
|                                                   |     |  011kcal<br>(00%) |  00.1g<br>(00%)  |  00.0g<br>(00%)  |  00.2g<br>(00%)  |  00.52g<br>(08%)  |  00.1g |  00.1g |  02.6g |

| Dish                                              | Ref | Calories<br>(kcal) | Fat                 | Sat Fat             | Sugar               | Salt                 | Fibre    | Protein  | Carbs    |
|---------------------------------------------------|-----|--------------------|---------------------|---------------------|---------------------|----------------------|----------|----------|----------|
| FFL Original Beef Lasagne<br>176g per portion     | 🥗   | 139kcal            | 🥗 06.1g             | 🥗 02.7g             | 🥗 02.8g             | 🥗 00.22g             | 🥗 00.7g  | 🥗 09.6g  | 🥗 11.4g  |
|                                                   | 🍽️  | 244kcal<br>(12%)   | 🍽️ 10.7g<br>(15%)⚠️ | 🍽️ 04.8g<br>(23%)⚠️ | 🍽️ 05.0g<br>(05%)❤️ | 🍽️ 00.38g<br>(06%)❤️ | 🍽️ 01.3g | 🍽️ 16.9g | 🍽️ 20.0g |
| FFL Original Roast<br>Chicken<br>64g per portion  | 🥗   | 106kcal            | 🥗 01.1g             | 🥗 00.3g             | 🥗 00.0g             | 🥗 00.15g             | 🥗 00.0g  | 🥗 24.0g  | 🥗 00.0g  |
|                                                   | 🍽️  | 068kcal<br>(03%)   | 🍽️ 00.7g<br>(01%)❤️ | 🍽️ 00.2g<br>(00%)❤️ | 🍽️ 00.0g<br>(00%)❤️ | 🍽️ 00.10g<br>(01%)❤️ | 🍽️ 00.0g | 🍽️ 15.3g | 🍽️ 00.0g |
| FFL Original Chicken Wrap<br>156g per portion     | 🥗   | 139kcal            | 🥗 03.6g             | 🥗 00.4g             | 🥗 02.1g             | 🥗 00.78g             | 🥗 00.8g  | 🥗 11.7g  | 🥗 14.9g  |
|                                                   | 🍽️  | 217kcal<br>(10%)   | 🍽️ 05.6g<br>(08%)⚠️ | 🍽️ 00.6g<br>(02%)❤️ | 🍽️ 03.3g<br>(03%)❤️ | 🍽️ 01.21g<br>(20%)⚠️ | 🍽️ 01.2g | 🍽️ 18.2g | 🍽️ 23.3g |
| FFL Original Fish Fingers<br>75g per portion      | 🥗   | 175kcal            | 🥗 05.2g             | 🥗 00.7g             | 🥗 00.9g             | 🥗 00.60g             | 🥗 02.6g  | 🥗 13.5g  | 🥗 17.5g  |
|                                                   | 🍽️  | 131kcal<br>(06%)   | 🍽️ 03.9g<br>(05%)⚠️ | 🍽️ 00.5g<br>(02%)❤️ | 🍽️ 00.7g<br>(00%)❤️ | 🍽️ 00.45g<br>(07%)⚠️ | 🍽️ 02.0g | 🍽️ 10.1g | 🍽️ 13.1g |
| FFL Original Tomato<br>Ketchup<br>10g per portion | 🥗   | 157kcal            | 🥗 00.2g             | 🥗 00.0g             | 🥗 23.6g             | 🥗 01.91g             | 🥗 00.3g  | 🥗 01.2g  | 🥗 35.8g  |
|                                                   | 🍽️  | 016kcal<br>(00%)   | 🍽️ 00.0g<br>(00%)❤️ | 🍽️ 00.0g<br>(00%)❤️ | 🍽️ 02.4g<br>(02%)❗  | 🍽️ 00.19g<br>(03%)❗  | 🍽️ 00.0g | 🍽️ 00.1g | 🍽️ 03.6g |

| Vegetarian Main Course                                                |     |                    |                    |                    |                    |                     |         |         |         |
|-----------------------------------------------------------------------|-----|--------------------|--------------------|--------------------|--------------------|---------------------|---------|---------|---------|
| Dish                                                                  | Ref | Calories<br>(kcal) | Fat                | Sat Fat            | Sugar              | Salt                | Fibre   | Protein | Carbs   |
| FFL Original Vegan Quorn Sausage<br>50g per portion                   | 🥗   | 138kcal            | 🥗 04.6g            | 🥗 01.6g            | 🥗 00.1g            | 🥗 01.08g            | 🥗 03.3g | 🥗 15.0g | 🥗 08.1g |
|                                                                       | 🍷   | 069kcal<br>(03%)   | 🍷 02.3g<br>(03%)⚠️ | 🍷 00.8g<br>(04%)⚠️ | 🍷 00.1g<br>(00%)❤️ | 🍷 00.54g<br>(09%)⚠️ | 🍷 01.7g | 🍷 07.5g | 🍷 04.1g |
| FFL Original Vegetarian Mince Lasagne<br>176g per portion             | 🥗   | 130kcal            | 🥗 04.2g            | 🥗 02.3g            | 🥗 03.6g            | 🥗 00.32g            | 🥗 02.2g | 🥗 08.3g | 🥗 13.4g |
|                                                                       | 🍷   | 228kcal<br>(11%)   | 🍷 07.3g<br>(10%)⚠️ | 🍷 04.1g<br>(20%)⚠️ | 🍷 06.4g<br>(07%)❤️ | 🍷 00.57g<br>(09%)⚠️ | 🍷 03.9g | 🍷 14.6g | 🍷 23.5g |
| FFL Original Cauliflower and Broccoli Cheese Bake<br>178g per portion | 🥗   | 100kcal            | 🥗 06.3g            | 🥗 03.4g            | 🥗 02.2g            | 🥗 00.31g            | 🥗 01.3g | 🥗 05.7g | 🥗 05.1g |
|                                                                       | 🍷   | 179kcal<br>(08%)   | 🍷 11.3g<br>(16%)⚠️ | 🍷 06.0g<br>(30%)❗  | 🍷 03.9g<br>(04%)❤️ | 🍷 00.56g<br>(09%)⚠️ | 🍷 02.4g | 🍷 10.2g | 🍷 09.1g |
| FFL Original Vegetarian Enchilada<br>273g per portion                 | 🥗   | 112kcal            | 🥗 03.3g            | 🥗 01.2g            | 🥗 03.2g            | 🥗 00.23g            | 🥗 02.2g | 🥗 04.3g | 🥗 15.8g |
|                                                                       | 🍷   | 307kcal<br>(15%)   | 🍷 09.0g<br>(12%)⚠️ | 🍷 03.3g<br>(16%)❤️ | 🍷 08.7g<br>(09%)❤️ | 🍷 00.62g<br>(10%)❤️ | 🍷 06.0g | 🍷 11.6g | 🍷 43.0g |
| FFL Original Cheese and Tomato Pizza<br>58g per portion               | 🥗   | 247kcal            | 🥗 08.6g            | 🥗 03.7g            | 🥗 01.9g            | 🥗 00.66g            | 🥗 01.6g | 🥗 13.6g | 🥗 30.8g |
|                                                                       | 🍷   | 143kcal<br>(07%)   | 🍷 04.9g<br>(07%)⚠️ | 🍷 02.1g<br>(10%)⚠️ | 🍷 01.1g<br>(01%)❤️ | 🍷 00.38g<br>(06%)⚠️ | 🍷 01.0g | 🍷 07.9g | 🍷 17.8g |

| Starch Accompaniment                                       |     |                    |                |                |                |                 |       |         |       |
|------------------------------------------------------------|-----|--------------------|----------------|----------------|----------------|-----------------|-------|---------|-------|
| Dish                                                       | Ref | Calories<br>(kcal) | Fat            | Sat Fat        | Sugar          | Salt            | Fibre | Protein | Carbs |
| FFL Original Mashed Potato<br>123g per portion             |     | 085kcal            | 02.1g          | 00.8g          | 01.3g          | 00.09g          | 01.0g | 01.7g   | 15.7g |
|                                                            |     | 104kcal<br>(05%)   | 02.6g<br>(03%) | 01.0g<br>(04%) | 01.6g<br>(01%) | 00.12g<br>(01%) | 01.2g | 02.0g   | 19.3g |
| FFL Original Diced Potatoes with Herbs<br>120g per portion |     | 076kcal            | 00.2g          | 00.0g          | 00.6g          | 00.02g          | 01.4g | 02.1g   | 17.2g |
|                                                            |     | 091kcal<br>(04%)   | 00.3g<br>(00%) | 00.0g<br>(00%) | 00.7g<br>(00%) | 00.02g<br>(00%) | 01.7g | 02.6g   | 20.7g |
| FFL Original Roast Potatoes<br>72g per portion             |     | 098kcal            | 03.0g          | 00.2g          | 00.6g          | 00.02g          | 01.3g | 02.0g   | 16.7g |
|                                                            |     | 070kcal<br>(03%)   | 02.1g<br>(03%) | 00.2g<br>(00%) | 00.4g<br>(00%) | 00.01g<br>(00%) | 00.9g | 01.5g   | 12.0g |
| FFL Original Fluffy Rice<br>45g per portion                |     | 360kcal            | 02.2g          | 00.6g          | 00.4g          | 00.03g          | 01.0g | 07.4g   | 77.1g |
|                                                            |     | 162kcal<br>(08%)   | 01.0g<br>(01%) | 00.3g<br>(01%) | 00.2g<br>(00%) | 00.01g<br>(00%) | 00.5g | 03.3g   | 34.7g |
| FFL Original Oven Chips<br>93g per portion                 |     | 127kcal            | 02.5g          | 00.3g          | 00.4g          | 00.33g          | 01.8g | 02.5g   | 24.5g |
|                                                            |     | 119kcal<br>(05%)   | 02.3g<br>(03%) | 00.2g<br>(01%) | 00.4g<br>(00%) | 00.31g<br>(05%) | 01.7g | 02.3g   | 22.9g |



| Dish                                        | Ref | Calories<br>(kcal)                           | Fat                                        | Sat Fat                                    | Sugar                                      | Salt                                        | Fibre                                      | Protein                                    | Carbs                                      |
|---------------------------------------------|-----|----------------------------------------------|--------------------------------------------|--------------------------------------------|--------------------------------------------|---------------------------------------------|--------------------------------------------|--------------------------------------------|--------------------------------------------|
| FFL Original Green Beans<br>25g per portion |     | <div><div>031kcal</div><div>000%</div></div> | <div><div>00.5g</div><div>000%</div></div> | <div><div>00.1g</div><div>000%</div></div> | <div><div>02.3g</div><div>000%</div></div> | <div><div>00.00g</div><div>000%</div></div> | <div><div>03.4g</div><div>000%</div></div> | <div><div>01.9g</div><div>000%</div></div> | <div><div>05.4g</div><div>000%</div></div> |
|                                             |     | <div><div>008kcal</div><div>000%</div></div> | <div><div>00.1g</div><div>000%</div></div> | <div><div>00.0g</div><div>000%</div></div> | <div><div>00.6g</div><div>000%</div></div> | <div><div>00.00g</div><div>000%</div></div> | <div><div>00.9g</div><div>000%</div></div> | <div><div>00.5g</div><div>000%</div></div> | <div><div>01.4g</div><div>000%</div></div> |
| FFL Original Broccoli<br>25g per portion    |     | <div><div>034kcal</div><div>000%</div></div> | <div><div>00.5g</div><div>000%</div></div> | <div><div>00.1g</div><div>000%</div></div> | <div><div>01.6g</div><div>000%</div></div> | <div><div>00.02g</div><div>000%</div></div> | <div><div>02.8g</div><div>000%</div></div> | <div><div>03.3g</div><div>000%</div></div> | <div><div>02.8g</div><div>000%</div></div> |
|                                             |     | <div><div>009kcal</div><div>000%</div></div> | <div><div>00.1g</div><div>000%</div></div> | <div><div>00.0g</div><div>000%</div></div> | <div><div>00.4g</div><div>000%</div></div> | <div><div>00.01g</div><div>000%</div></div> | <div><div>00.7g</div><div>000%</div></div> | <div><div>00.8g</div><div>000%</div></div> | <div><div>00.7g</div><div>000%</div></div> |
| FFL Original Baked Beans<br>25g per portion |     | <div><div>082kcal</div><div>000%</div></div> | <div><div>00.4g</div><div>000%</div></div> | <div><div>00.1g</div><div>000%</div></div> | <div><div>03.6g</div><div>000%</div></div> | <div><div>00.54g</div><div>000%</div></div> | <div><div>04.1g</div><div>000%</div></div> | <div><div>04.8g</div><div>000%</div></div> | <div><div>12.8g</div><div>000%</div></div> |
|                                             |     | <div><div>021kcal</div><div>001%</div></div> | <div><div>00.1g</div><div>000%</div></div> | <div><div>00.0g</div><div>000%</div></div> | <div><div>00.9g</div><div>001%</div></div> | <div><div>00.14g</div><div>002%</div></div> | <div><div>01.0g</div><div>000%</div></div> | <div><div>01.2g</div><div>000%</div></div> | <div><div>03.2g</div><div>000%</div></div> |

| Jacket Potatoes                                                        |     |                                                          |                                                                   |                                                                   |                                                                   |                                                                    |                                        |                                        |                                        |
|------------------------------------------------------------------------|-----|----------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|
| Dish                                                                   | Ref | Calories<br>(kcal)                                       | Fat                                                               | Sat Fat                                                           | Sugar                                                             | Salt                                                               | Fibre                                  | Protein                                | Carbs                                  |
| FFL Original Jacket Potato<br>with Cheese<br>270g per portion          |     | <div><div></div><div>100kcal</div></div>                 | <div><div></div><div>02.8g</div></div>                            | <div><div></div><div>01.6g</div></div>                            | <div><div></div><div>00.6g</div></div>                            | <div><div></div><div>00.15g</div></div>                            | <div><div></div><div>01.2g</div></div> | <div><div></div><div>03.8g</div></div> | <div><div></div><div>15.9g</div></div> |
|                                                                        |     | <div><div></div><div>271kcal</div><div>(13%)</div></div> | <div><div></div><div>07.5g</div><div>(10%)</div><div></div></div> | <div><div></div><div>04.4g</div><div>(21%)</div><div></div></div> | <div><div></div><div>01.5g</div><div>(01%)</div><div></div></div> | <div><div></div><div>00.41g</div><div>(06%)</div><div></div></div> | <div><div></div><div>03.3g</div></div> | <div><div></div><div>10.3g</div></div> | <div><div></div><div>43.0g</div></div> |
| FFL Original Jacket Potato<br>with Baked Beans<br>300g per portion     |     | <div><div></div><div>076kcal</div></div>                 | <div><div></div><div>00.2g</div></div>                            | <div><div></div><div>00.0g</div></div>                            | <div><div></div><div>01.1g</div></div>                            | <div><div></div><div>00.11g</div></div>                            | <div><div></div><div>01.8g</div></div> | <div><div></div><div>02.6g</div></div> | <div><div></div><div>16.5g</div></div> |
|                                                                        |     | <div><div></div><div>229kcal</div><div>(11%)</div></div> | <div><div></div><div>00.7g</div><div>(00%)</div><div></div></div> | <div><div></div><div>00.1g</div><div>(00%)</div><div></div></div> | <div><div></div><div>03.3g</div><div>(03%)</div><div></div></div> | <div><div></div><div>00.32g</div><div>(05%)</div><div></div></div> | <div><div></div><div>05.3g</div></div> | <div><div></div><div>07.7g</div></div> | <div><div></div><div>49.4g</div></div> |
| FFL Original Jacket Potato<br>with Tuna Mayonnaise<br>315g per portion |     | <div><div></div><div>090kcal</div></div>                 | <div><div></div><div>01.6g</div></div>                            | <div><div></div><div>00.2g</div></div>                            | <div><div></div><div>00.6g</div></div>                            | <div><div></div><div>00.21g</div></div>                            | <div><div></div><div>01.1g</div></div> | <div><div></div><div>05.5g</div></div> | <div><div></div><div>13.9g</div></div> |
|                                                                        |     | <div><div></div><div>282kcal</div><div>(14%)</div></div> | <div><div></div><div>05.0g</div><div>(07%)</div><div></div></div> | <div><div></div><div>00.5g</div><div>(02%)</div><div></div></div> | <div><div></div><div>02.0g</div><div>(02%)</div><div></div></div> | <div><div></div><div>00.68g</div><div>(11%)</div><div></div></div> | <div><div></div><div>03.3g</div></div> | <div><div></div><div>17.4g</div></div> | <div><div></div><div>43.9g</div></div> |

| Sandwiches                                                   |     |                                                    |                                                  |                                                  |                                                  |                                                   |                                        |                                        |                                        |
|--------------------------------------------------------------|-----|----------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|---------------------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|
| Dish                                                         | Ref | Calories<br>(kcal)                                 | Fat                                              | Sat Fat                                          | Sugar                                            | Salt                                              | Fibre                                  | Protein                                | Carbs                                  |
| FFL Original Tuna<br>Mayonnaise Sandwich<br>144g per portion |     | <div><div></div><div>189kcal</div></div>           | <div><div></div><div>03.2g</div></div>           | <div><div></div><div>00.4g</div></div>           | <div><div></div><div>02.3g</div></div>           | <div><div></div><div>01.08g</div></div>           | <div><div></div><div>01.2g</div></div> | <div><div></div><div>12.4g</div></div> | <div><div></div><div>28.9g</div></div> |
|                                                              |     | <div><div></div><div>272kcal<br/>(13%)</div></div> | <div><div></div><div>04.7g<br/>(06%)</div></div> | <div><div></div><div>00.6g<br/>(03%)</div></div> | <div><div></div><div>03.3g<br/>(03%)</div></div> | <div><div></div><div>01.55g<br/>(25%)</div></div> | <div><div></div><div>01.7g</div></div> | <div><div></div><div>17.9g</div></div> | <div><div></div><div>41.6g</div></div> |
| FFL Original Cheese<br>Sandwich<br>123g per portion          |     | <div><div></div><div>256kcal</div></div>           | <div><div></div><div>09.7g</div></div>           | <div><div></div><div>04.2g</div></div>           | <div><div></div><div>02.5g</div></div>           | <div><div></div><div>01.47g</div></div>           | <div><div></div><div>01.4g</div></div> | <div><div></div><div>08.4g</div></div> | <div><div></div><div>35.6g</div></div> |
|                                                              |     | <div><div></div><div>316kcal<br/>(15%)</div></div> | <div><div></div><div>12.0g<br/>(17%)</div></div> | <div><div></div><div>05.2g<br/>(26%)</div></div> | <div><div></div><div>03.0g<br/>(03%)</div></div> | <div><div></div><div>01.82g<br/>(30%)</div></div> | <div><div></div><div>01.7g</div></div> | <div><div></div><div>10.3g</div></div> | <div><div></div><div>43.9g</div></div> |
| FFL Original Ham Sandwich<br>146g per portion                |     | <div><div></div><div>204kcal</div></div>           | <div><div></div><div>05.6g</div></div>           | <div><div></div><div>01.7g</div></div>           | <div><div></div><div>02.1g</div></div>           | <div><div></div><div>01.41g</div></div>           | <div><div></div><div>01.2g</div></div> | <div><div></div><div>12.1g</div></div> | <div><div></div><div>28.1g</div></div> |
|                                                              |     | <div><div></div><div>298kcal<br/>(14%)</div></div> | <div><div></div><div>08.2g<br/>(11%)</div></div> | <div><div></div><div>02.5g<br/>(12%)</div></div> | <div><div></div><div>03.1g<br/>(03%)</div></div> | <div><div></div><div>02.06g<br/>(34%)</div></div> | <div><div></div><div>01.7g</div></div> | <div><div></div><div>17.7g</div></div> | <div><div></div><div>41.0g</div></div> |
| FFL Original Egg<br>Mayonnaise Sandwich<br>159g per portion  |     | <div><div></div><div>190kcal</div></div>           | <div><div></div><div>06.1g</div></div>           | <div><div></div><div>01.2g</div></div>           | <div><div></div><div>02.1g</div></div>           | <div><div></div><div>00.88g</div></div>           | <div><div></div><div>01.1g</div></div> | <div><div></div><div>09.1g</div></div> | <div><div></div><div>26.3g</div></div> |
|                                                              |     | <div><div></div><div>302kcal<br/>(15%)</div></div> | <div><div></div><div>09.7g<br/>(13%)</div></div> | <div><div></div><div>02.0g<br/>(09%)</div></div> | <div><div></div><div>03.4g<br/>(03%)</div></div> | <div><div></div><div>01.39g<br/>(23%)</div></div> | <div><div></div><div>01.7g</div></div> | <div><div></div><div>14.4g</div></div> | <div><div></div><div>41.7g</div></div> |





| Dish                                                | Ref | Calories (kcal)                                          | Fat                                                               | Sat Fat                                                           | Sugar                                                             | Salt                                                               | Fibre                                  | Protein                                | Carbs                                  |
|-----------------------------------------------------|-----|----------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|
| FFL Original Fruity Friday<br>44g per portion       |     | <div><div></div><div>055kcal</div></div>                 | <div><div></div><div>00.1g</div></div>                            | <div><div></div><div>00.1g</div></div>                            | <div><div></div><div>12.9g</div></div>                            | <div><div></div><div>00.00g</div></div>                            | <div><div></div><div>01.0g</div></div> | <div><div></div><div>00.6g</div></div> | <div><div></div><div>13.3g</div></div> |
|                                                     |     | <div><div></div><div>024kcal</div><div>(01%)</div></div> | <div><div></div><div>00.0g</div><div>(00%)</div><div></div></div> | <div><div></div><div>00.0g</div><div>(00%)</div><div></div></div> | <div><div></div><div>05.7g</div><div>(06%)</div><div></div></div> | <div><div></div><div>00.00g</div><div>(00%)</div><div></div></div> | <div><div></div><div>00.5g</div></div> | <div><div></div><div>00.3g</div></div> | <div><div></div><div>05.8g</div></div> |
| FFL Original Fresh Orange Slices<br>39g per portion |     | <div><div></div><div>036kcal</div></div>                 | <div><div></div><div>00.0g</div></div>                            | <div><div></div><div>00.1g</div></div>                            | <div><div></div><div>08.2g</div></div>                            | <div><div></div><div>00.00g</div></div>                            | <div><div></div><div>01.2g</div></div> | <div><div></div><div>00.8g</div></div> | <div><div></div><div>08.2g</div></div> |
|                                                     |     | <div><div></div><div>014kcal</div><div>(00%)</div></div> | <div><div></div><div>00.0g</div><div>(00%)</div><div></div></div> | <div><div></div><div>00.0g</div><div>(00%)</div><div></div></div> | <div><div></div><div>03.2g</div><div>(03%)</div><div></div></div> | <div><div></div><div>00.00g</div><div>(00%)</div><div></div></div> | <div><div></div><div>00.5g</div></div> | <div><div></div><div>00.3g</div></div> | <div><div></div><div>03.2g</div></div> |

| Bread                                 |     |                                                          |                                                                   |                                                                   |                                                                   |                                                                    |                                        |                                        |                                        |
|---------------------------------------|-----|----------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|
| Dish                                  | Ref | Calories (kcal)                                          | Fat                                                               | Sat Fat                                                           | Sugar                                                             | Salt                                                               | Fibre                                  | Protein                                | Carbs                                  |
| FFL Original Bread<br>10g per portion |     | <div><div></div><div>207kcal</div></div>                 | <div><div></div><div>02.0g</div></div>                            | <div><div></div><div>00.4g</div></div>                            | <div><div></div><div>03.4g</div></div>                            | <div><div></div><div>01.11g</div></div>                            | <div><div></div><div>03.5g</div></div> | <div><div></div><div>07.9g</div></div> | <div><div></div><div>42.1g</div></div> |
|                                       |     | <div><div></div><div>020kcal</div><div>(00%)</div></div> | <div><div></div><div>00.2g</div><div>(00%)</div><div></div></div> | <div><div></div><div>00.0g</div><div>(00%)</div><div></div></div> | <div><div></div><div>00.3g</div><div>(00%)</div><div></div></div> | <div><div></div><div>00.11g</div><div>(01%)</div><div></div></div> | <div><div></div><div>00.3g</div></div> | <div><div></div><div>00.8g</div></div> | <div><div></div><div>04.0g</div></div> |