

Name: Special Day 2023-24 Chinese New Year **Reference:** 2023-2024 **Exported:** 06/12/2023 15:27

Description: 2023-2024

 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	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
FFL Original Chinese Chicken with Noodles 118g per portion		 161kcal	 02.1g	 00.4g	 03.7g	 00.82g	 02.1g	 13.2g	 21.6g
		 190kcal (09%)	 02.4g (03%) 	 00.5g (02%) 	 04.4g (04%) 	 00.96g (16%) 	 02.4g	 15.6g	 25.6g

Vegetarian Main Course									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Vegetable Chow Mein 170g per portion		139kcal	02.4g	00.3g	03.9g	01.21g	02.7g	04.5g	24.1g
		236kcal (11%)	04.0g (05%)	00.5g (02%)	06.7g (07%)	02.06g (34%)	04.7g	07.7g	41.0g

Starch Accompaniment									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Egg Noodles 45g per portion		358kcal	01.6g	00.4g	01.4g	01.60g	05.2g	13.0g	70.0g
		161kcal (08%)	00.7g (01%)	00.2g (00%)	00.6g (00%)	00.72g (12%)	02.3g	05.9g	31.5g

Vegetable									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Garden Peas 25g per portion		066kcal	00.0g	00.0g	01.7g	00.04g	05.0g	05.4g	08.5g
		017kcal (00%)	00.0g (00%)	00.0g (00%)	00.4g (00%)	00.01g (00%)	01.3g	01.4g	02.1g
FFL Original Sweetcorn 25g per portion		060kcal	01.8g	00.2g	02.0g	00.01g	01.5g	03.4g	08.1g
		015kcal (00%)	00.5g (00%)	00.1g (00%)	00.5g (00%)	00.00g (00%)	00.4g	00.9g	02.0g

Dessert									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Shortbread 38g per portion		485kcal	26.8g	09.9g	10.5g	00.96g	02.2g	05.0g	54.8g
		186kcal (09%)	10.3g (14%)	03.8g (19%)	04.0g (04%)	00.37g (06%)	00.8g	01.9g	21.0g
FFL Original Fresh Apple Slices 46g per portion		051kcal	00.5g	00.1g	11.6g	00.00g	01.3g	00.6g	11.6g
		023kcal (01%)	00.2g (00%)	00.1g (00%)	05.3g (05%)	00.00g (00%)	00.6g	00.3g	05.3g
FFL Original Vanilla Ice Cream 59g per portion		151kcal	06.1g	03.0g	18.8g	00.16g	00.8g	04.7g	19.0g
		089kcal (04%)	03.6g (05%)	01.8g (08%)	11.1g (12%)	00.09g (01%)	00.5g	02.8g	11.2g