

Name: World Book Day - Special Day - Oldswinford **Reference:** Oldswinford **Exported:** 07/12/2023 12:59

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	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
FFL Original Hotdog with Langford Sausages 101g per portion		 210kcal	 06.9g	 02.5g	 04.4g	 00.90g	 02.7g	 12.1g	 26.3g
		 213kcal (10%)	 06.9g (09%) 	 02.5g (12%) 	 04.4g (04%) 	 00.91g (15%) 	 02.8g	 12.2g	 26.6g

Vegetarian Main Course									
Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
FFL Original Cheese and Tomato Pizza 58g per portion		247kcal	08.6g	03.7g	01.9g	00.66g	01.6g	13.6g	30.8g
		143kcal (07%)	04.9g (07%)	02.1g (10%)	01.1g (01%)	00.38g (06%)	01.0g	07.9g	17.8g

Starch Accompaniment									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Dry Roasted Potato Wedges 120g per portion		075kcal	00.2g	00.0g	00.6g	00.02g	01.3g	02.1g	17.2g
		090kcal (04%)	00.2g (00%)	00.0g (00%)	00.7g (00%)	00.02g (00%)	01.6g	02.5g	20.6g

Vegetable									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Carrots 25g per portion		034kcal	00.4g	00.1g	07.2g	00.07g	02.4g	00.5g	07.7g
		009kcal (00%)	00.1g (00%)	00.0g (00%)	01.8g (02%)	00.02g (00%)	00.6g	00.1g	01.9g
FFL Original Mixed Garden Salad 25g per portion		019kcal	00.3g	00.0g	03.1g	00.02g	01.1g	00.7g	03.6g
		005kcal (00%)	00.1g (00%)	00.0g (00%)	00.8g (00%)	00.01g (00%)	00.3g	00.2g	00.9g
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

Jacket Potatoes									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Jacket Potato with Cheese 270g per portion		100kcal	02.8g	01.6g	00.6g	00.15g	01.2g	03.8g	15.9g
		271kcal (13%)	07.5g (10%)	04.4g (21%)	01.5g (01%)	00.41g (06%)	03.3g	10.3g	43.0g
FFL Original Jacket Potato with Baked Beans 300g per portion		076kcal	00.2g	00.0g	01.1g	00.11g	01.8g	02.6g	16.5g
		229kcal (11%)	00.7g (00%)	00.1g (00%)	03.3g (03%)	00.32g (05%)	05.3g	07.7g	49.4g

Dessert									
Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
FFL Original Chocolate Sponge 58g per portion		380kcal	20.7g	07.5g	23.9g	00.95g	02.1g	06.5g	41.0g
		219kcal (10%)	11.9g (17%)	04.3g (21%)	13.7g (15%)	00.55g (09%)	01.2g	03.7g	23.6g