

Nutritional Guide Report

* Nutritional base values are calculated per 100g

3 Nuggets Kid's Meal

Ingredients: Mt Franklin Still Water (Spring Water), Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Yeast, Yeast Extract, Spice Extract), Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: Natural Sulphites

May be present: Added Sulphites, Wheat, Eggs, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
▼ 3 Nuggets Kid's Meal	Permanent	No	Yes	640	251	1609	1.6	10.5	2.8	18.1	0.4	2.6	6.9	44.5	0.1	0.8	112	719
Chips Small	Permanent	No	Yes	89	166	1063	0.5	3.1	1.8	11.8	0.2	1.6	5.3	33.9	0	0.2	76	489
Nugget 3 Pack	LTO	No	Yes	51	85	546	1.2	7.4	1	6.4	0.1	1	1.7	10.7	0.1	0.6	36	229

6 Nuggets Kid's Meal

Ingredients: Mt Franklin Still Water (Spring Water), Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Yeast, Yeast Extract, Spice Extract), Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415), Maltodextrin), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: Natural Sulphites

May be present: Added Sulphites

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
▼ 6 Nuggets Kid's Meal	Permanent	No	Yes	691	312	2154	2.6	17.9	3.5	24.4	0.5	3.5	8	55.1	0.2	1.3	137	948
Chips Small	Permanent	No	Yes	89	154	1063	0.4	3.1	1.7	11.8	0.2	1.6	4.9	33.9	0	0.2	71	489
Nugget 6 Pack	LTO	No	Yes	102	158	1092	2.1	14.8	1.8	12.7	0.3	1.9	3.1	21.3	0.1	1.1	66	458

Cheeseburger Kid's Meal

Ingredients: Mt Franklin Still Water (Spring Water), Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), Bun Sesame Glazed 4" (Wheat Flour, Water, Baker's Yeast, Sugar, Canola Oil, Wheat Gluten, Sesame Seeds, Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Beef Patty 4" (Beef (100%)), Cheese SOS (Cheese (Cows Milk, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat Milk Solids (Cow's Milk), Milk Solids (Cow's Milk), Emulsifiers (331 (ii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Sauce Ketchup (Concentrated Tomatoes, Sugar, Concentrated White Vinegar, Salt, Natural Flavours, Food Acid (Citric Acid), Spice), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Natural Flavours), Sauce Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: Natural Sulphites, Wheat (Gluten), Milk, Sesame, Soy

May be present: Added Sulphites, Eggs

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
▼ Cheeseburger Kid's Meal	Permanent	Yes	No	708	333	2359	2.6	18.7	3.7	26.5	1.1	7.7	8.8	62.3	0.9	6.5	156	1102
Chips Small	Permanent	No	Yes	89	150	1063	0.4	3.1	1.7	11.8	0.2	1.6	4.8	33.9	0	0.2	69	489
Cheeseburger	Permanent	Yes	No	119	183	1299	2.2	15.6	2.1	14.8	0.9	6.1	4	28.5	0.9	6.4	87	615

Kid's Meal 6 Nuggets and Salad

Ingredients: Mt Franklin Still Water (Spring Water), Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Yeast, Yeast Extract, Spice Extract), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

May be present: Added Sulphites, Eggs, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
▼ Kid's Meal 6 Nuggets and Salad	Permanent	No	Yes	644	174	1119	2.3	15	2	12.7	0.3	1.9	3.5	22.4	0.3	2	72	464
Kids Salad	Permanent	Yes	Yes	49	4	32	0	0.3	0	0.1	0	0	0.2	1.3	0.2	1.2	1	7
Nugget 6 Pack	LTO	No	Yes	102	169	1092	2.3	14.8	2	12.7	0.3	1.9	3.3	21.3	0.2	1.1	71	458

Kids Salad

Ingredients: Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Kids Salad	Permanent	Yes	Yes	49	64	32	0.4	0.3	0	0.1	0	0	2.6	1.3	2.3	1.2	13	7

Kid's Meal Hamburger and Salad

Ingredients: Mt Franklin Still Water (Spring Water), Tomato Slice (Tomato), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat** Gluten, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Lettuce (Iceberg Lettuce), Beef Patty 4" (Beef (100%)), Sauce Ketchup (Concentrated Tomatoes, Sugar, Concentrated White Vinegar, Salt, Natural Flavours, Food Acid (Citric Acid), Spice), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Natural Flavours), Sauce **Mustard** (Water, **Mustard** Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice)

Contains: Wheat (Gluten), **Sesame, Soy**

May be present: Added Sulphites, Eggs, Milk

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
▼ Kid's Meal Hamburger and Salad	Permanent	No	No	650	180	1171	2.1	13.5	1.8	11.9	0.6	4.1	4.5	29.2	1.1	7	71	462
Hamburger	Permanent	Yes	No	108	176	1145	2	13.3	1.8	11.8	0.6	4.1	4.3	28.1	0.9	6	70	457
Kids Salad	Permanent	Yes	Yes	49	4	32	0	0.3	0	0.1	0	0	0.2	1.3	0.2	1.2	1	7

Kid's Meal 3 Nuggets and Salad

Ingredients: Mt Franklin Still Water (Spring Water), Chicken Nugget (Chicken (55%), Flour (**Wheat**, Maize, Rice), Water, Vegetable Oil, **Wheat** Starch, **Wheat** Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Yeast, Yeast Extract, Spice Extract), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

May be present: Added Sulphites, Eggs, Milk, Soy

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
▼ Kid's Meal 3 Nuggets and Salad	Permanent	No	Yes	593	97	573	1.3	7.6	1.1	6.4	0.2	1	2	11.8	0.3	1.5	40	235
Kids Salad	Permanent	Yes	Yes	49	5	32	0	0.3	0	0.1	0	0	0.2	1.3	0.2	1.2	1	7
Nugget 3 Pack	LTO	No	Yes	51	92	546	1.2	7.4	1.1	6.4	0.2	1	1.8	10.7	0.1	0.6	39	229