

Nutrition_Kids-Sept 2011

Name of Product	Average Weight of Food Portion (g)	Energy per Food Portion (kcal)	Protein per Food Portion (g)	Carbohydrate per Food Portion (g)	Fat per Food Portion (g)	Saturated Fat per Food Portion (g)	Salt per Food Portion (g)	Sugar per Food Portion (g)
Grated Parmesan Reggiano (added at table according to guest's taste. Average serving 5g.)	5	20	1.7	0.0	1.4	1.0	0.08	0.00

Plain Pizzas

Margherita Thick Pizza	214	447	20.1	68.1	11.2	3.6	1.91	4.93
Smiley Face Margherita Thick Pizza	236	451	20.4	68.9	11.3	3.6	1.93	5.18
Ham Thick Pizza	226	481	21.1	68.2	13.9	4.9	2.21	5.02
Smiley Face Ham Thick Pizza	236	482	21.2	68.4	14.0	5.0	2.22	5.03
Pepperoni Thick Pizza	222	509	20.7	68.2	17.2	5.7	2.17	4.97
Smiley Face Pepperoni Thick Pizza	239	511	20.9	68.6	17.3	5.7	2.19	4.98
Margherita Thin Pizza	168	408	14.1	51.1	15.6	5.7	1.46	6.05
Smiley Face Margherita Thin Pizza	190	412.37	14.3	51.78	15.63	5.74	1.49	6.31
Ham Thin Pizza	180	420	16.2	51.2	15.9	5.8	1.76	6.15
Smiley Face Ham Thin Pizza	197	423	16.4	51.6	16.0	5.9	1.79	6.16
Pepperoni Thin Pizza	176	448	15.9	51.1	19.2	6.6	1.72	6.09
Smiley Face Pepperoni Thin Pizza	193	450.88	16.06	51.57	19.22	6.62	1.75	6.1

Pastas

Ham & Cheese Pasta	218	311	13.2	37.7	11.9	6.8	1.45	5.14
Cheesy Macaroni	200	294	10.0	37.6	11.4	6.6	1.00	5.00
New Kids Spaghetti Bolognese	250	225	19.0	28.5	3.8	1.5	1.00	5.25

Classics

3 Breaded Chicken Strips & Wedges	267	416	22.3	48.5	14.8	7.7	1.54	11.62
Ultimate Garlic bread	34	128	2.2	12.5	7.7	2.2	0.31	0.95

Desserts

Ice Cream Factory (Values Given)

Ice Cream Mix	100	147	4.0	18.8	6.2	4.1	0.15	18.8
Raspberry Sauce	100	220	0.1	54.8	0.0	trace	0.01	39.6
Chocolate Sauce	100	265	1.9	61.0	1.3	0.7	0.02	51.1
Mint Choc Sauce	100	265	1.9	61.0	1.3	0.7	0.02	51.1
Butterscotch Sauce	100	280	0.4	57.1	5.5	2.3	0.30	33.9
Chocolate Raisins	100	405	5.4	63.3	14.2	8.3	0.25	51.7
Coloured Milk Chocolate Beans	100	451	3.3	78.8	13.6	7.9	0.20	78.6
Dew Drops	100	345	0.0	83.4	0.0	0.0	trace	72.0
Milk Chocolate Coated Honeycomb	100	475	3.6	72.9	19.0	11.9	1.02	59.0
Teddy Bears	100	340	4.0	80.4	0.0	0.0	0.25	57.9
Jelly Babies	100	330	3.8	79.2	0.0	0.0	0.25	74.8
Midget Gems	100	340	4.0	80.4	0.0	0.0	0.25	57.9
Milk Chocolate Digestive Biscuits	100	495	7.4	65.4	22.6	12.1	0.76	41.4
Milk Chocolate Buttons	100	530	7.2	61.3	28.5	17.2	0.25	55.1
Milk Chocolate Halloweenies	100	465	3.9	77.5	15.5	9.2	0.25	61.9
Milk Chocolate Mini Snowballs	100	465	3.9	77.5	15.5	9.2	0.25	61.9
Reindeer Noses	100	465	3.9	77.5	15.5	9.2	0.25	61.9
Chilly Billy Lolly	115	49	0.2	11.6	0.1	0.0	0.00	0.00
Happy Birthday Cake (value given per whole cake as uncut)	1040	3942	56.2	641.7	127.9	56.2	5.20	489.84