



<u>BREAKFAST</u>	<u>BREAK</u>	<u>SNACKS</u>	<u>MAIN MEAL</u>	<u>POST 16</u>
WAFFLE-61g	PIZZA-36g	COOKIE-31g	PORTION CHIPS-42g	SAUSAGE ROLL-45g
SAUSAGE IN A BUN-42g	CHICKEN WRAP-25g	BROWNIE-55g	POTATO WEDGES-42g	PIZZA SWIRL-53g
CHOCOLATE MUFFIN-53g	HAM WRAP-32g	FRUIT SALAD-35g	BAKED BEANS-13g	CHICKEN SLICE-35g
PAIN AU CHOCOLATE-25g	PANINI-28g	GRANOLA PORT-49g	LARGE CHICKEN SUB-84g	CHEESE SLICE-40g
HASH BROWN-9g	CHICKEN WINGS-4g		SMALL CHICKEN SUB-52g	CHEESE & HAM PANINI-56g
BACON ROLL-33g	CHICKEN BURGER-32g		LARGE MEATBALL SUB-78g	
	GARLIC BREAD-28g		SMALL MEATBALL SUB-50g	
	CHEESEBURGER-27g		PASTA POT SAUCE & CHEESE-138g	
	HOT DOG-53g			
	RIBSTEAK BURGER-36g			