

allergen information & dietary guide: kiddo menu

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Kids Avocado Maki July 20	199.3	838.1	6.4	1.2	3.0	0.6	32.2	0.0	4.4	0.9	1.4	382.9
Kids California Hand Roll July 20	228.6	953.0	14.5	1.7	2.4	0.4	19.9	0.0	3.0	3.5	1.1	250.7
Kids Chicken Fried Rice March 22	413.0	1739.0	12.4	2.0	2.3	5.7	58.0	0.0	3.2	13.1	1.3	715.5
Kids Chicken Katsu Curry July 20	462.6	1951.1	12.0	5.6	0.6	0.3	71.7	0.0	2.0	13.3	0.8	540.8
Kids Chicken Yakisoba March 22	318.9	1337.2	12.8	2.0	2.5	6.5	35.1	19.2	14.2	15.1	1.9	1436.8
Kids Cucumber Maki July 20	145.5	616.1	0.4	0.1	0.0	0.0	32.1	0.0	4.6	0.7	0.5	371.1
Kids Dorayaki July 20	130.0	543.9	1.7	0.6	0.0	0.0	26.0	0.0	15.2	2.1	0.0	2.6
Kids Mixed Maki July 20	194.8	824.0	5.1	1.0	2.4	0.8	31.9	0.0	4.3	3.1	0.9	386.6
Kids Salmon & Avocado Hand Roll July 20	164.6	693.3	9.0	1.2	2.6	1.0	14.8	0.0	2.0	4.5	0.7	209.5
Kids Salmon Maki July 20	190.4	810.0	3.7	0.7	1.7	1.0	31.7	0.0	4.2	5.3	0.4	390.4
Kids Vegetable Fried Rice March 22	386.9	1627.3	12.2	1.8	2.3	5.8	60.6	0.1	4.8	4.4	2.0	639.8
Kids Vegetable Yakisoba March 22	278.6	1166.3	12.3	1.7	2.5	6.6	35.6	19.5	14.3	5.6	1.9	1382.6
Kids Veggie Hand Roll July 20	141.3	591.2	6.7	1.1	1.8	0.3	17.0	0.0	4.2	1.5	0.9	220.7