



**YD!**

**allergen & nutritional information**

**kids menu**

**september 2024**

# Menu FIR Intolerance Report

Version 2

10 Sep 2024

## Kids Bento Boxes

Dish Name	<b>Cereals containing Gluten :</b>							Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	<b>Tree Nuts :</b>												
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats							Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin

### Bento

Chicken Gyoza Kids Bento	✓	✓					M	M	M	M	✓	M												M	✓		
Chicken Katsu Kids Bento	✓	✓					M	M	M	M	✓	M												M	✓		
Chicken Teriyaki Kids Bento	✓	✓									✓														✓		
Prawn Katsu Kids Bento	✓	✓					M	✓	M	M	✓	M												M	✓		
Pumpkin Katsu Kids Bento	✓	✓				M					✓	M													✓		

### Dips

Curry Sauce Dip	✓	✓									✓																
Katsu Sauce Dip																											
Mayonnaise Dip										✓																	

**Nutritional Information Recipe List (values per typical serving)**

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>saturates (g)</b>	<b>mono (g)</b>	<b>poly (g)</b>	<b>Carb (g)</b>	<b>Starch (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>
Chicken Gyoza Kids Bento	480.3	2008.2	10.7	1.7	2.0	1.2	77.3	0.0	6.9	20.4	7.8	859.0
Chicken Katsu Kids Bento	582.5	2434.2	19.0	5.7	2.0	1.2	76.5	0.0	6.3	28.1	8.0	843.0
Chicken Teriyaki Kids Bento	501.7	2095.5	13.3	2.5	1.6	1.4	70.2	0.6	9.1	28.0	6.4	968.9
Curry Sauce Dip	26.4	110.6	1.8	1.2	0.0	0.0	2.3	0.0	0.9	0.3	0.2	182.0
Katsu Sauce Dip	37.8	158.1	0.0	0.0	0.0	0.0	9.3	0.0	8.3	0.1	0.0	648.0
Mayonnaise Dip	214.5	882.6	23.8	1.7	0.0	0.0	0.5	0.0	0.0	0.5	0.0	156.0
Prawn Katsu Kids Bento	455.1	1900.3	9.5	1.6	2.0	1.1	75.1	0.0	5.8	19.7	7.2	870.8
Pumpkin Katsu Kids Bento	488.0	2037.7	9.5	1.4	2.0	1.1	85.1	0.0	11.9	18.2	7.3	666.8