

Children's Food Boxes (under 10's)

FOOD LABELLING...

Serves

CONTAINS:



MAY CONTAIN:



NUTRIENT BREAKDOWN PER 100G...

ENERGY

Energy(kcal) 4% RI **88kcal**
Energy(Kj) 4% RI **368kJ**

MACRONUTRIENTS

Carbohydrate 3% RI **8.9g**
Protein 9% RI **4.7g**
Fat **5% RI** **3.7g**
Water **81g**
Water from Drinks **0g**
Alcohol -

CARBOHYDRATE

Starch **3.5g**
Oligosaccharide -
Fibre 3% RI **0.7552g**
NSP **0.5809g**
Sugars **6% RI** **5.5g**
Glucose -
Galactose -
Fructose -
Sucrose -
Maltose -
Lactose -

LIPID COMPONENTS

Saturated Fat **9% RI** **1.8g**
Monounsaturated fat -
cis-Mono -
Polyunsaturated fat -
Omega3(n-3) -
Omega6(n-6) -
cis-Poly -
Trans-fatty acids -
Cholesterol -

MINERALS & TRACE ELEMENTS

Sodium **7% RI** **157mg**
Potassium -
Chloride 30% RI **237mg**
Calcium -
Phosphorus -
Magnesium -
Iron -
Zinc -
Copper -
Manganese -
Selenium -
Iodine -

VITAMINS

Vitamin A (ret eq) -
Retinol -
Carotene -
Vitamin D -
Vitamin E -
Vitamin K₁ -
Thiamin (B₁) -
Riboflavin (B₂) -
Niacin total (B₃) -
Niacin -
Tryptophan -
Pantothenic Acid (B₅) -
Vitamin B₆ -
Folates (B₉) Total **0ug**
Vitamin B₁₂ -
Biotin (B₇) -
Vitamin C -

OTHER

GI (estimated) **0**
GL -
Caffeine -

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

111639 Brakes Essentials Thick Square Sliced 2 in 1 Loaves.. - BRAKES

111639 BREAD

BRAKES

44g

0.99 x Each

unchanged

74704 Sysco Classic Sliced Ham..

SLICED HAM

BRAKES

50g

0.11x Each

unchanged

71256 Brakes Mild White Cheddar Cheese Slices..

CHEDDAR

BRAKES

30g

Each

unchanged

10230 Cucumber.. - BRAKES 👉 10230 CUCUMBER FRESH DIRECT	BRAKES	25g	0.06 x Each	unchanged
450693 Carrots CLASS II.. - BRAKES 👉 450693 CARROTS CLASS II FRESH DIRECT	BRAKES	25g	0.01 x Each	unchanged
121392 Sysco Classic Reduced Fat Houmous.. - BRAKES 👉 121392 HOUMOUS	BRAKES	25g	0.03 x Each	N/A
29341 Brakes Mild White Cheddar portions.. - BRAKES 👉 29341 MILD WHITE CHEDDAR PORTIONS	BRAKES	20g	1 x Each	unchanged
150746 Flawsome! Sweet Apples Wonky Fruit Water Cartons.. - BRAKES 👉 150746 SWEET APPLES WONKY FRUIT WATER CARTONS	BRAKES	215g	1 x Each	N/A
5000513 Innocent Kids Apples & Strawberries Juicy Water 200ml.. - BR... 👉 5000513 KIDS APPLES & STRAWBERRIES JUICY WATER	BRAKES	206g	1 x Each	N/A

COOKING INSTRUCTIONS & NOTES

METHOD

This offer allows a pick and mix selection.

Simply one slice of bread into a ham or cheese sandwich

Cut the carrot & cucumber into baton & serve the houmous in a small pot