

## SUMMER SCHOOL PACKED LUNCH

NUTRITIONAL VALUES (SUPPLIED BY ASDA [Online Food Shopping - ASDA Groceries](#))

Each day children will be offered a sandwich, piece of fruit, packet of crisps and a biscuit.

The items below will be used in school to make up packed lunches each day.

Some additional food will be provided by Gateshead Council but we don't have nutritional details for those.

All children should bring their own bottle of water which they can refill from the fountains in school.



Nutritional Values

Typical values	Per 100g of product	Per average roll (55g)
Energy	1113kJ 265kcal	612kJ 146kcal
Fat	3.9g	2.1g
of which saturates	0.8g	0.4g
Carbohydrate	46.6g	25.6g
of which sugars	3.0g	1.7g
Fibre	2.4g	1.3g
Protein	9.7g	5.3g
Salt	0.98g	0.54g



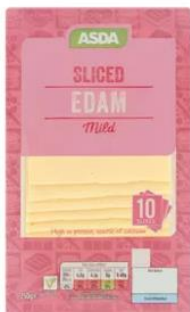
#### Nutritional Values

Typical values	per 100g	per 10g serving
Energy	2072kJ/504kcal	207kJ/50kcal
Fat	56g	5.6g
of which saturates	11.8g	1.2g
of which mono-unsaturates	29.5g	3g
of which polyunsaturates	12.4g	1.2g
Carbohydrate	0g	0g
of which sugars	0g	0g
Protein	0g	0g
Salt	1.5g	0.2g
Riboflavin	0.96mg (69% RI)	0.1mg (7% RI)
Vitamin B6	1.2mg (86% RI)	0.12mg (9% RI)
Niacin	10.8mg (68% RI)	1.1mg (7% RI)
Folic Acid	120µg (60% RI)	12µg (6% RI)
Vitamin B12	0.6µg (24% RI)	0.06µg (2% RI)
Vitamin E	9.4mg (78% RI)	0.9mg (8% RI)

RI = Reference Intake

Vitalite contains 3.8g of Omega 3 (from plant sources) and 8g of Omega 6 per 100g

Pack contains 50 servings



#### Nutritional Values

Typical values	Per 100g	Per slice
Energy kJ	1321	
Energy kcal	318	
Fat	24g	
of which saturates	17g	
Carbohydrate	0g	
of which sugars	0g	
Fibre	0g	
Protein	26g	
Salt	1.6g	
Minerals	%RI	%RI
Calcium	833mg 104%	208mg 26%

RI means Reference Intake

We suggest this product provides 10 servings



#### Nutritional Values

Typical values	Per 100g	Reference Intake
Energy kJ	541	8400
Energy kcal	129	2000
Fat	6.0g	70g
of which saturates	2.4g	20g
Carbohydrate	3.1g	260g
of which sugars	3.1g	90g
Fibre	<0.5g	
Protein	15g	50g
Salt	1.6g	6g

RI = Reference Intake



#### Nutritional Values

Typical values	Per 100g	Per Bar
Energy (kJ)	2178	545
(kcal)	521	130
Fat	27.0g	6.8g
of which Saturates	15.3g	3.8g
Carbohydrate	62.7g	15.7g
of which Sugars	40.6g	10.1g
Fibre	2.5g	0.6g
Protein	5.2g	1.3g
Salt	0.17g	0.04g

Typical number of bars per pack: 14



#### Nutritional Values

Typical values	Per 100g	Per Biscuit
Energy (kJ)	2123	480
(kcal)	507	115
Fat	26.1g	5.9g
of which Saturates	16.1g	3.6g
Carbohydrate	61.2g	13.8g
of which Sugars	39.6g	9.0g
Fibre	2.3g	0.5g
Protein	5.6g	1.3g
Salt	0.76g	0.17g

Typical number of biscuits per pack: 7



#### Nutritional Values

Typical values	/ 100 g	/ 20 g (%*)
Energy	2065kJ 403kcal	413kJ (5%) 99kcal (5%)
Fat	24g	4.7g (7%)
of which saturates	14g	2.8g (14%)
Carbohydrate	65g	13g (5%)
of which sugars	49g	9.8g (11%)
Protein	4.4g	0.9g (2%)
Salt	0.40g	0.08g (1%)

#### Nutritional Values

Typical values	Per 100g	Per Biscuit
Energy (kJ)	2128	482
(kcal)	509	115
Fat	26.2	5.9
of which Saturates	16.2	3.7
Carbohydrate	61.3	13.9
of which Sugars	39.6	9.0
Fibre	2.3	0.5
Protein	5.6	1.3
Salt	0.62	0.14

Typical number of biscuits per pack: 7



#### Nutritional Values

Typical values	Per 100g	Per Biscuit
Energy (kJ)	2135	483
Energy (kcal)	510	115
Fat	26.4g	6.0g
of which Saturates	16.4g	3.7g
Carbohydrate	61.2g	13.9g
of which Sugars	39.5g	8.9g
Fibre	2.3g	0.5g
Protein	5.7g	1.3g
Salt	0.75g	0.17g





## Ready Salted Crisps

### Ingredients

Potatoes, Vegetable Oils in varying proportions (Rapeseed Oil, Sunflower), Sea Salt

### Nutritional Values

Typical values	Per 100g	Per bag
Energy kJ	2296	574
Energy kcal	551	138
Fat	35g	8.7g
of which saturates	3.2g	0.8g
Carbohydrate	52g	13g
of which sugars	<0.5g	<0.5g
Fibre	3.7g	0.9g
Protein	6.1g	1.5g
Salt	0.98g	0.25g



NO NUTRITIONAL DETAILS AVAILABLE ON ASDA WEBSITE



Nutritional Values

Typical values	Per 100g	Reference Intake
Energy kJ	231	8400
Energy kcal	55	2000
Fat	0.1g	70g
of which saturates	<0.01g	20g
Carbohydrate	12g	260g
of which sugars	12g	90g
Fibre	2.0g	
Protein	0.4g	50g
Salt	<0.01g	6g



Nutritional Values

Typical values	Per 100g	Reference Intake
Energy kJ	359	8400
Energy kcal	84	2000
Fat	0.1g	70g
of which saturates	<0.1g	20g
Carbohydrate	20g	260g
of which sugars	18g	90g
Fibre	1.4g	
Protein	1.2g	50g
Salt	<0.01g	6g
Vitamins	%RI	
Vitamin B6	0.31mg	22%

RI means Reference Intake