Heatree Activity Centre Breakfast
Analyse by: Per Portion
Food Labelling: Default

Monday

Tuesday

Wednesday

Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Cooked Breakfast	269.44	487.3	22.6	7.5	2.6	1.7	-	46.7	23.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		24.4%	32.3%	37.5%	42.8%	1.8%	-	18.0%	46.4%	-	-	-	-	-	-	-	-	-	-	-	-

Thursday

Friday

Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
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