

NUTRITIONAL INFORMATION

SPICY PRAWN MTO – NO DRESSING			
Serving size: regular 265g, small 187g			
	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	470	292	177
Protein (g)	19.1	12.4	7.2
Fat (g)	0.9	0.5	0.3
- Sat.Fat (g)	0.1	0.1	0.0
Carbohydrate (g)	5.0	2.6	1.9
- Sugar (g)	4.7	2.3	1.8
Sodium (mg)	302	206	114

SPICY PRAWN MTO – WITH DRESSING			
Serving size: regular 295g, small 207g			
	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	854	548	289
Protein (g)	19.4	12.6	6.6
Fat (g)	9.2	6.0	3.1
- Sat.Fat (g)	0.7	0.5	0.2
Carbohydrate (g)	9.0	5.2	3.1
- Sugar (g)	7.8	4.4	2.6
Sodium (mg)	569	383	193

CHICKEN LOW GI MTO – NO DRESSING			
Serving size: regular 335g, small 253g			
	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1461	1182	436
Protein (g)	24.0	18.9	7.2
Fat (g)	22.8	18.7	6.8
- Sat.Fat (g)	6.3	5.4	1.9
Carbohydrate (g)	10.4	8.5	3.1
- Sugar (g)	5.8	4.4	1.7
Sodium (mg)	1257	1077	375

CHICKEN LOW GI MTO – WITH DRESSING			
Serving size: regular 365g, small 273g			
	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1531	1229	419
Protein (g)	24.2	19.0	6.6
Fat (g)	23.5	19.2	6.4
- Sat.Fat (g)	6.4	5.4	1.8
Carbohydrate (g)	11.8	9.4	3.2
- Sugar (g)	6.4	4.9	1.8
Sodium (mg)	1497	1237	410

THAI BEEF MTO – NO DRESSING			
Serving size: regular 342g, small 302g			
	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1456	1293	426
Protein (g)	26.9	21.3	7.9
Fat (g)	8.7	7.1	2.5
- Sat.Fat (g)	2.4	1.9	0.7
Carbohydrate (g)	39.1	38.6	11.4
- Sugar (g)	5.6	5.2	1.6
Sodium (mg)	23	65	7

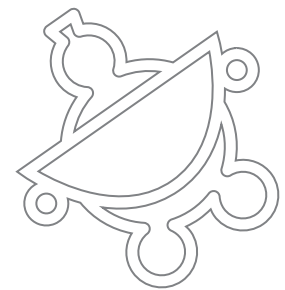
THAI BEEF MTO – WITH DRESSING			
Serving size: regular 372g, small 322g			
	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1632	1410	439
Protein (g)	27.5	21.7	7.4
Fat (g)	11.2	8.7	3.0
- Sat.Fat (g)	2.6	2.0	0.7
Carbohydrate (g)	43.2	41.4	11.6
- Sugar (g)	9.5	7.8	2.6
Sodium (mg)	761	519	205

CHICKEN CAESAR MTO – NO DRESSING			
Serving size: regular 278g, small 224g			
	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1547	1262	556
Protein (g)	36.8	30.1	13.2
Fat (g)	20.8	17.3	7.5
- Sat.Fat (g)	7.7	6.5	2.8
Carbohydrate (g)	7.0	4.9	2.5
- Sugar (g)	2.5	1.8	0.9
Sodium (mg)	1315	994	473

CHICKEN CAESAR MTO – WITH DRESSING			
Serving size: regular 308g, small 244g			
	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	2042	1592	663
Protein (g)	37.5	30.6	12.2
Fat (g)	32.8	25.3	10.6
- Sat.Fat (g)	9.0	7.4	2.9
Carbohydrate (g)	8.8	6.2	2.9
- Sugar (g)	3.7	2.7	1.2
Sodium (mg)	1642	1212	533

MOROCCAN LAMB MTO – NO DRESSING			
Serving size: regular 332g, small 257g			
	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1061	840	320
Protein (g)	24.4	19.9	7.3
Fat (g)	9.7	8.0	2.9
- Sat.Fat (g)	4.1	3.5	1.2
Carbohydrate (g)	14.6	10.3	4.4
- Sugar (g)	6.0	4.7	1.8
Sodium (mg)	189	128	57

MOROCCAN LAMB MTO – WITH DRESSING			
Serving size: regular 362g, small 277g			
	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1502	1134	415
Protein (g)	24.5	19.9	6.8
Fat (g)	20.3	15.1	5.6
- Sat.Fat (g)	4.9	4.0	1.4
Carbohydrate (g)	17.2	12.1	4.8
- Sugar (g)	7.7	5.9	2.1
Sodium (mg)	624	418	172



NUTRITIONAL INFORMATION

MARINATED CHICKEN & MUSHROOM MTO – NO DRESSING

Serving size: regular 320g, small 248g

	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1700	1392	531
Protein (g)	27.5	21.9	8.6
Fat (g)	29.5	24.5	9.2
- Sat.Fat (g)	6.8	5.8	2.1
Carbohydrate (g)	7.1	5.6	2.2
- Sugar (g)	3.2	2.5	1.0
Sodium (mg)	1180	988	369

MARINATED CHICKEN & MUSHROOM MTO – WITH DRESSING

Serving size: regular 350g, small 268g

	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1914	1534	547
Protein (g)	27.7	22.0	7.9
Fat (g)	34.9	28.1	10.0
- Sat.Fat (g)	6.8	5.8	1.9
Carbohydrate (g)	8.7	6.7	2.5
- Sugar (g)	4.3	3.3	1.2
Sodium (mg)	1312	1076	375

PUMPKIN & PINENUT MTO – NO DRESSING

Serving size: regular 248g, small 190g

	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1043	811	421
Protein (g)	8.7	7.1	3.5
Fat (g)	19.4	15.1	7.8
- Sat.Fat (g)	3.8	3.5	1.5
Carbohydrate (g)	8.5	6.4	3.4
- Sugar (g)	5.9	4.3	2.4
Sodium (mg)	446	439	180

PUMPKIN & PINENUT MTO – WITH DRESSING

Serving size: regular 278g, small 210g

	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1466	1093	527
Protein (g)	9.1	7.4	3.3
Fat (g)	29.5	21.8	10.6
- Sat.Fat (g)	5.1	4.4	1.8
Carbohydrate (g)	10.7	7.8	3.8
- Sugar (g)	7.3	5.2	2.6
Sodium (mg)	672	590	242

VIETNAMESE CHICKEN MTO – NO DRESSING

Serving size: regular 342g, small 251g

	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1388	1015	406
Protein (g)	23.2	17.6	6.8
Fat (g)	7.7	6.3	2.3
- Sat.Fat (g)	1.6	1.3	0.5
Carbohydrate (g)	40.9	27.5	12.0
- Sugar (g)	5.6	4.2	1.6
Sodium (mg)	707	529	207

VIETNAMESE CHICKEN MTO – WITH DRESSING

Serving size: regular 372g, small 271g

	Av. Qty per reg	Av. Qty per sml	Av. Qty per 100g
Energy (kJ)	1564	1132	420
Protein (g)	23.8	18.0	6.4
Fat (g)	10.3	8.1	2.8
- Sat.Fat (g)	1.8	1.4	0.5
Carbohydrate (g)	45.0	30.1	12.1
- Sugar (g)	9.5	6.8	2.6
Sodium (mg)	1388	983	373