

Hamburger + salad + orange juice			
	PER 100 GRAMS	PER PRODUCT	RECOMMENDED INTAKE
Calories	1383.65	1672.3kJ	22%
	329.8kcal	398.6kcal	22%
Fats	8g	7.9g	12%
Saturated Fats	3g	3.1g	16%
Carbohydrates	49.4g	71g	26%
Sugar carbohydrates	26g	40.3g	52%
Fiber	5g	4.9g	
Proteins	14.8g	16.6g	23%
Salt	1g	1.3g	26%
ALLERGENS:			
Gluten, mustard, sesame, milk/lactose			

Hamburger + salad + mineral water			
	PER 100 GRAMS	PER PRODUCT	RECOMMENDED INTAKE
Calories	1146kJ	1197kJ	15%
	273kcal	285kcal	15%
Fats	8g	7.9g	12%
Saturated Fats	3g	3.1g	16%
Carbohydrates	36g	38g	14%
Sugar carbohydrates	13g	13.5g	15%
Fiber	5g	4.9g	
Proteins	14g	15g	20%
Salt	1g	1.3g	0%
ALLERGENS:			
Gluten, mustard, sesame, milk/lactose			

**Cheeseburger + salad + orange juice**

	PER 100 GRAMS	PER PRODUCT	RECOMMENDED INTAKE
Calories	1429.65kJ	1869.3kJ	24%
	340.80kcal	445.6kcal	24%
Fats	9g	11g	16%
Saturated Fats	5g	5.5g	28%
Carbohydrates	47.4g	72g	26%
Sugar carbohydrates	26g	40.8g	53%
Fiber	5g	4.9g	
Proteins	15.8g	18.6g	26%
Salt	2g	1.8g	36%

**ALLERGENS:**

Gluten, milk/lactose, mustard, sesame

**Cheeseburger + salad + mineral water**

	PER 100 GRAMS	PER PRODUCT	RECOMMENDED INTAKE
Calories	1192kJ	1394kJ	17%
	284kcal	332kcal	17%
Fats	9g	11g	16%
Saturated Fats	5g	5.5g	28%
Carbohydrates	34g	39g	14%
Sugar carbohydrates	13g	14g	16%
Fiber	5g	4.9g	
Proteins	15g	17g	23%
Salt	2g	1.8g	36%

**ALLERGENS:**

Gluten, milk/lactose, mustard, sesame

**4pcs chicken + salad + orange juice**

	PER 100 GRAMS	PER PRODUCT	RECOMMENDED INTAKE
Calories	1404.65kJ	976kJ	16%
	334.8kcal	232.93kcal	16%
Fats	13g	4.6g	10%
Saturated Fats	1g	0.53g	4%
Carbohydrates	36.4g	39.53g	17%
Sugar carbohydrates	18g	31.93g	43%
Fiber	4g	3.47g	
Proteins	18.8g	9.2g	17%
Salt	1g	0.4g	12%

**ALLERGENS:**

Eggs, gluten, milk/lactose, mustard, peanuts

**4pcs chicken + salad + mineral water**

	PER 100 GRAMS	PER PRODUCT	RECOMMENDED INTAKE
Calories	1167kJ	500.7kJ	9%
	278kcal	119.3kcal	9%
Fats	13g	4.6g	10%
Saturated Fats	1g	0.53g	4%
Carbohydrates	23g	12.2g	5%
Sugar carbohydrates	5g	5.13g	6%
Fiber	4g	3.47g	
Proteins	18g	7.6g	14%
Salt	1g	0.4g	12%

**ALLERGENS:**

Eggs, gluten, milk/lactose, mustard, peanuts

**McToast + salad + orange juice**

	PER 100 GRAMS	PER PRODUCT	RECOMMENDED INTAKE
Calories	1404.65kJ	1672.3kJ	16%
	334.8kcal	398.6kcal	16%
Fats	13g	10g	10%
Saturated Fats	1g	5.5g	4%
Carbohydrates	36.4g	67g	17%
Sugar carbohydrates	18g	36.9g	43%
Fiber	4g	4.3g	
Proteins	18.8g	15.6g	17%
Salt	1g	1.4g	12%

**ALLERGENS:**

Gluten, milk/lactose, sesame, soy

**McToast + salad + mineral water**

	PER 100 GRAMS	PER PRODUCT	RECOMMENDED INTAKE
Calories	1289kJ	1197kJ	15%
	307kcal	285kcal	15%
Fats	11g	10g	15%
Saturated Fats	6g	5.5g	28%
Carbohydrates	36g	34g	12%
Sugar carbohydrates	11g	10.1g	12%
Fiber	4g	4.3g	
Proteins	15g	14g	19%
Salt	2g	1.4g	28%

**ALLERGENS:**

Gluten, milk/lactose, sesame, soy

**Cheese Toast + salad + orange juice**

	PER 100 GRAMS	PER PRODUCT	RECOMMENDED INTAKE
Calories	1484.65kJ	1609.3kJ	21%
	353.8kcal	386.6kcal	21%
Fats	11g	10g	15%
Saturated Fats	7g	6g	30%
Carbohydrates	50.4g	67g	24%
Sugar carbohydrates	22g	35.8g	47%
Fiber	4g	4g	
Proteins	18.8g	17.6g	24%
Salt	2g	1.7g	34%
<b>ALLERGENS:</b>			
Gluten, milk/lactose, sesame			

<b>Cheese Toast + salad + mineral water</b>			
	PER 100 GRAMS	PER PRODUCT	RECOMMENDED INTAKE
Calories	1247kJ	1134kJ	14%
	297kcal	270kcal	14%
Fats	11g	10g	15%
Saturated Fats	7g	6g	30%
Carbohydrates	37g	34g	12%
Sugar carbohydrates	9g	9g	10%
Fiber	4g	4g	
Proteins	18g	16g	21%
Salt	2g	1.7g	34%
<b>ALLERGENS:</b>			
Gluten, milk/lactose, sesame			