

## NUTRITIONAL INFORMATION- EXTRAS – APRIL 2010

<b>GARLIC BREAD (7 servings per package)</b>	Average Quantity per Serving 24g	Average Quantity per 100g	<b>CHOCOLATE BROWNIES (5 servings per package)</b>	Average Quantity per Serving 20g	Average Quantity per 100g	
<b>Energy</b>	324kJ (78Cal)	1350kJ (323Cal)	<b>Energy</b>	380kJ (91Cal)	1900kJ (454Cal)	
<b>Protein</b>	2.0g	8.2g	<b>Protein</b>	0.9g	4.7g	
<b>Fat, Total</b>	3.2g	13.4g	<b>Fat, Total</b>	5.7g	28.3g	
<b>- Saturated</b>	1.4g	5.8g	<b>- Saturated</b>	3.6g	17.9g	
<b>- Trans</b>	less than 0.1g	0.2g	<b>- Trans</b>	0.0g	0.0g	
<b>Carbohydrate</b>	10.1g	42.1g	<b>Carbohydrate</b>	9.1g	45.5g	
<b>- Sugars</b>	0.8g	3.2g	<b>- Sugars</b>	7.7g	38.5g	
<b>Sodium</b>	147mg	612mg	<b>Sodium</b>	6mg	28mg	
<b>CHEESY GARLIC BREAD (4 servings per package)</b>	Average Quantity per Serving 45g	Average Quantity per 100g	<b>CHOCOLATE DIPPING SAUCE TUB</b>	Average Quantity per Serving 25g	Average Quantity per 100g	
<b>Energy</b>	633kJ (151Cal)	1410kJ (336Cal)	<b>Energy</b>	296kJ (71Cal)	1190kJ (283Cal)	
<b>Protein</b>	3.5g	7.7g	<b>Protein</b>	0.3g	1.2g	
<b>Fat, Total</b>	7.7g	17.2g	<b>Fat, Total</b>	0.3g	1.1g	
<b>- Saturated</b>	3.2g	7.2g	<b>- Saturated</b>	0.1g	0.4g	
<b>- Trans</b>	less than 0.1g	0.2g	<b>- Trans</b>	0.0g	0.0g	
<b>Carbohydrate</b>	17.0g	37.7g	<b>Carbohydrate</b>	17.2g	68.7g	
<b>- Sugars</b>	1.4g	3.1g	<b>- Sugars</b>	11.2g	45.0g	
<b>Sodium</b>	287mg	638mg	<b>Sodium</b>	16mg	64mg	
<b>CHICKEN WINGS (4 servings per package)</b>	Average Quantity per Serving 72g	Average Quantity per 100g	<b>RANCH DIPPING SAUCE TUB</b>	Average Quantity per Serving 20g	Average Quantity per 100g	
<b>Energy</b>	752kJ (180Cal)	1040kJ (250Cal)	<b>Energy</b>	311kJ (68Cal)	1555Kj	
<b>Protein</b>	9.6g	13.3g	<b>Protein</b>	0.5g	2.4	
<b>Fat, Total</b>	11.1g	15.4g	<b>Fat, Total</b>	7.5g	37.7	
<b>- Saturated</b>	3.2g	4.5g	<b>- Saturated</b>	0.7g	3.5	
<b>- Trans</b>	less than 0.1g	less than 0.1g	<b>- Trans</b>	less than 0.1g	0.2g	
<b>Carbohydrate</b>	10.6g	14.7g	<b>Carbohydrate</b>	1.3g	6.6	
<b>- Sugars</b>	0.2g	0.3g	<b>- Sugars</b>	0.8g	4.0	
<b>Sodium</b>	536mg	744mg	<b>Sodium</b>	128g	640	
<b>MILD CHICKEN KICKERS (5 or 10 servings per package)</b>	Average Quantity per Serving 27g	Average Quantity per 100g	<b>CHOCOLATE LAVA CAKE</b>	Average Quantity per Serving 87g	Average Quantity per 100g	
<b>Energy</b>	216kJ (52Cal)	800kJ (191Cal)	<b>Energy</b>	1500kJ (359Cal)	1720kJ (411Cal)	
<b>Protein</b>	4.5g	16.5g	<b>Protein</b>	4.6g	5.3g	
<b>Fat, Total</b>	2.2g	8.2g	<b>Fat, Total</b>	22.3g	25.5g	
<b>- Saturated</b>	0.8g	2.8g	<b>- Saturated</b>	11.0g	12.6g	
<b>- Trans</b>	less than 0.1g	less than 0.1g	<b>- Trans</b>	0.0g	0.0g	
<b>Carbohydrate</b>	3.4g	12.7g	<b>Carbohydrate</b>	35.5g	40.7g	
<b>- Sugars</b>	0.2g	0.9g	<b>- Sugars</b>	28.1g	32.2g	
<b>Sodium</b>	265mg	980mg	<b>Sodium</b>	127mg	145mg	
<b>SPICY CHICKEN KICKERS (5 or 10 servings per package)</b>	Average Quantity per Serving 27g	Average Quantity per 100g	<b>CRÈME BRULE PUFFLE</b>	Average Quantity per Serving 71g	Average Quantity per 100g	
<b>Energy</b>	192kJ (46Cal)	711kJ (170Cal)	<b>Energy</b>	1030kJ (245Cal)	1450kJ (347Cal)	
<b>Protein</b>	4.9g	18.0g	<b>Protein</b>	3.5g	5.0g	
<b>Fat, Total</b>	1.4g	5.1g	<b>Fat, Total</b>	10.2g	14.4g	
<b>- Saturated</b>	0.4g	1.4g	<b>- Saturated</b>	5.8g	8.2g	
<b>- Trans</b>	less than 0.1g	less than 0.1g	<b>- Trans</b>	0.5g	0.7g	
<b>Carbohydrate</b>	3.3g	12.1g	<b>Carbohydrate</b>	34.3g	48.6g	
<b>- Sugars</b>	0.2g	0.9g	<b>- Sugars</b>	19.5g	27.6g	
<b>Sodium</b>	239mg	886mg	<b>Sodium</b>	170mg	241mg	

<b>CHICKEN SCALLOPS WITH GARDEN SALAD</b>	Average Quantity per Serving 195g	Average Quantity per 100g	<b>CHICKEN SCALLOPS (4 Servings per package)</b>	Average Quantity per Serving 30g	Average Quantity per 100g	
<b>Energy</b>	1090kJ (260Cal)	559kJ (134Cal)	<b>Energy</b>	213kJ (51Cal)	710kJ (170Cal)	
<b>Protein</b>	20.9g	10.7g	<b>Protein</b>	5.0g	16.7g	
<b>Fat, Total</b>	11.3g	5.8g	<b>Fat, Total</b>	2.6g	8.7g	
<b>- Saturated</b>	3.7g	1.9g	<b>- Saturated</b>	0.9g	2.9g	
<b>- Trans</b>	less than 0.1g	less than 0.1g	<b>- Trans</b>	less than 0.1g	less than 0.1g	
<b>Carbohydrate</b>	16.8g	8.6g	<b>Carbohydrate</b>	1.8g	6.1g	
<b>- Sugars</b>	1.6g	0.8g	<b>- Sugars</b>	0.7g	2.3g	
<b>Sodium</b>	708mg	363mg	<b>Sodium</b>	68mg	225mg	
<b>GARDEN SALAD</b>	Average Quantity per Serving 60g	Average Quantity per 100g	<b>GARLIC MAYO DIPPING SAUCE TUB</b>	Average Quantity per Serving 20g	Average Quantity per 100g	
<b>Energy</b>	49kJ (12Cal)	82kJ (20Cal)	<b>Energy</b>	333kJ (44Cal)	1665Kj	
<b>Protein</b>	1.3g	2.1g	<b>Protein</b>	0.3g	1.5g	
<b>Fat, Total</b>	0.2g	0.4g	<b>Fat, Total</b>	8.34g	41.7g	
<b>- Saturated</b>	less than 0.1g	0.1g	<b>- Saturated</b>	0.8g	4.2g	
<b>- Trans</b>	less than 0.1g	0.1g	<b>- Trans</b>	less than 0.1g	0.2g	
<b>Carbohydrate</b>	0.4g	0.7g	<b>Carbohydrate</b>	0.98g	4.9g	
<b>- Sugars</b>	0.4g	0.7g	<b>- Sugars</b>	0.4g	2.0g	
<b>Sodium</b>	48mg	80mg	<b>Sodium</b>	142.6mg	713g	

\* This information is correct as from April 2010