

Breakfast

39.14 9.46 0.91 9.46 32.33 **578**

Fried Egg with Fat 2 large	✘	13.51	0.86	0.76	0.86	12.48	178
Tesco Bacon 3 x 1 rasher	✘	10.95	1.50		1.50	6.00	180
Tesco Lincolnshire Sausages 2 sausages, 80 g	✘	14.30	6.80		6.80	12.50	210
Tesco Mushrooms 75 g	✘	0.38	0.30	0.15	0.30	1.35	10
+ Add Item							

Lunch

18.38 71.73 **470**

Roasted Grilled or Baked Chicken (Skin Not Eaten) 250 g	✘	18.38				71.73	470
+ Add Item							

Dinner

10.93 36.58 7.14 33.28 29.47 **363**

Firm Silken Tofu 340 g	✘	9.18	8.16	4.32	7.86	23.46	211
Blue Dragon Thai Sweet Chilli Dipping Sauce 1 serving, 30 ml	✘	0.20	16.50		16.50	0.20	69
Tesco Mushrooms 110 g	✘	0.55	0.44	0.22	0.44	1.98	14
Sainsbury's Baby Leaf Spinach 100 g	✘	0.80	3.00	0.20	0.80	2.50	34
Yellow Sweet Peppers 1/2 large (9.5 cm long, 7.5 cm dia)	✘	0.20	5.88		5.08	0.93	25
Amoy Dark Soy Sauce 2 x 1 serving, 10 ml	✘		2.60	2.40	2.60	0.40	10
+ Add Item							

Snacks/Other