

Nutrition Facts

DV: Recommended Daily Value

Menu	Serving	Calories	Fat (g)	%DV Fat	Saturated fat (g)	Trans fat (g)	%DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	%DV Sodium	Carbohydrate (g)	%DV Carbohydrate	Fibre (g)	%DV Fibre	Sugars (g)	Protein (g)	%DV Vitamin A	%DV Vitamin C	%DV Calcium	%DV Iron
Salad bar - Fresh fruit																				
Pineappale	100g	50	0,1	1	0	0	0	0	1	1	13	4	1	4	10	1	0	80	2	2
Cantaloupe	100g	35	0,2	1	0,1	0	1	0	15	1	8	3	1	4	7	1	35	60	0	2
Clementine	100g	45	0,2	1	0	0	0	0	1	1	12	4	2	8	9	1	0	80	2	2
Kiwi	100g	60	0,5	1	0	0	0	0	3	1	15	5	3	12	9	1	0	150	4	2
Watermelon	100g	30	0	0	0	0	0	0	4	1	10	3	1	4	9	0,4	4	8	0	2
Honeydew melon	100g	35	0,1	1	0	0	0	0	20	1	9	3	1	4	8	1	0	30	0	2
Orange	100g	45	0,1	1	0	0	0	0	0	0	12	4	2	8	9	1	2	90	4	0
Pears	100g	60	0,1	1	0	0	0	0	1	1	15	5	3	12	10	0,4	0	6	0	2
Apples	100g	50	0,2	1	0	0	0	0	1	1	14	5	2	8	10	0,3	0	8	0	0
Prunes	100g	45	0,3	1	0	0	0	0	0	0	11	4	1	4	10	1	4	15	0	2