

A Typical School Lunch



**Cost
£2.20**



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1.1g Sugar

(less than ½ a teaspoon)

Spaghetti bolognese

**Freshly baked herb
bread**

Salad bar

**Fresh fruit salad
A glass of milk**

6.7g Fat

0.86g Salt

12.6g Sugar

(just over 2 ½
teaspoons)

**Roast chicken fillet
with Bisto gravy and
sage and onion
stuffing**

**Roast potatoes
carrots, broccoli
slice of bread**

**Fruit yoghurt
A glass of water**

10.8g Fat

0.7g Salt