

MICRO MEALS AND SANDWICHES

ALLERGENS + NUTRITIONAL INFORMATION

			Eggs	Milk	Fish	Tree Nuts	Mustard	Seesame	Soy	Sulphites	Gluten	Wheat/Triticale	Unit Weight (g)	Calories	Fat (g)	Fat (%)	Saturated Fat (g)	Saturated Fat (%)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Sodium (%)	Potassium (g)	Potassium (%)	Carbohydrate (g)	Fibre (g)	Fibre (%)	Sugar (g)	Sugar (%)	Protein (g)	Calcium (g)	Calcium (% DV)	Iron (g)	Iron (% DV)	
TYPE	ITEM (ENG)	ITEM (FR)																																	
MM	Belgian Waffle	Gaufre Belge			*	*	*	*	*	*	*	*	130	440.0	18.0	24.0	4.0	20.0	-	10.0	800.0	35.0	200.0	4.0	59.0	2.0	7.0	11.0	11.0	9.0	50.0	4.0	3.5	19.0	
MM	Butter Chicken & Basmati	Poulet au Beurre et Basmati	*		*	*	*	*	*	*	*	*	205	280.0	5.0	6.0	3.5	18.0	-	30.0	520.0	23.0	380.0	8.0	45.0	2.0	7.0	3.0	3.0	13.0	20.0	2.0	0.5	2.0	
MM	Cheesy Omelette with Hash	Omelette au Fromage et Pommes de Terre Sautées			*	*	*	*	*	*	*	*	165	240.0	11.0	14.0	4.0	21.0	0.5	245.0	610.0	27.0	320.0	6.0	22.0	1.0	4.0	2.0	2.0	12.0	150.0	10.0	1.2	6.0	
MM	Chicken & Rice	Poulet et Riz	*	*	*	*	*	*	*	*	*	*	180	240.0	3.0	4.0	1.0	5.0	-	55.0	310.0	13.0	440.0	10.0	34.0	2.0	6.0	-	-	19.0	-	-	0.4	2.0	
MM	Chicken Fettuccini Alfredo	Fettuccini au Poulet Alfredo	*		*	*	*	*	*	*	*	*	220	270.0	4.0	5.0	2.0	9.0	-	30.0	440.0	19.0	380.0	8.0	41.0	2.0	6.0	2.0	2.0	17.0	50.0	4.0	1.8	10.0	
MM	Chickpea & Rice Curry	Curry aux Pois Chiches et Riz	*	*	*	*	*	*	*	*	*	*	230	320.0	5.0	7.0	1.0	5.0	-	-	410.0	18.0	300.0	6.0	58.0	7.0	25.0	2.0	2.0	4.0	50.0	5.0	1.0	6.0	
MM	Dry Ribs	Côtes Levées de Porc	*	*	*	*	*	*	*	*	*	*	180	396.0	25.0	34.0	9.0	45.0	-	108.0	1,152.0	50.0	630.0	13.0	2.0	2.0	7.0	-	-	38.0	180.0	14.0	3.0	14.0	
MM	Egg Sausage Breakfast	Petit-Déjeuner Oeufs et Saucisses		*	*	*	*	*	*	*	*	*	190	470.0	29.0	38.0	8.0	38.0	0.5	5.0	820.0	35.0	420.0	8.0	32.0	4.0	7.0	-	-	19.0	40.0	2.0	1.8	10.0	
MM	Garlic & Pesto Penne	Penne à l'Ail et Pesto	*		*	*	*	*	*	*	*	*	220	350.0	8.0	11.0	2.5	13.0	-	5.0	430.0	8.0	60.0	2.0	54.0	2.0	7.0	2.0	2.0	13.0	90.0	6.0	2.4	15.0	
MM	Jack Mac & Cheese	Macaroni et Fromage	*		*	*	*	*	*	*	*	*	220	280.0	4.0	5.0	3.0	15.0	-	5.0	360.0	16.0	200.0	4.0	50.0	2.0	6.0	5.0	5.0	11.0	140.0	10.0	2.3	15.0	
MM	Korean Chicken & Rice Stir-fry	Poulet Coréen avec Riz	*	*	*	*	*	*	*	*	*	*	225	260.0	2.0	3.0	0.5	3.0	-	30.0	620.0	27.0	320.0	6.0	46.0	3.0	10.0	5.0	5.0	13.0	20.0	2.0	0.3	6.0	
MM	Pepperoni Tray	Plat de Pepperoni	*		*	*	*	*	*	*	*	*	130	470.0	31.0	41.0	20.0	100.0	-	5.0	870.0	38.0	350.0	8.0	25.0	2.0	7.0	3.0	3.0	22.0	350.0	27.0	1.0	6.0	
MM	Roast Beef Dinner	Dîner de Boeuf Rôti	*		*	*	*	*	*	*	*	*	215	210.0	7.0	8.0	2.0	10.0	-	55.0	700.0	30.0	80.0	2.0	16.0	3.0	10.0	5.0	5.0	23.0	20.0	2.0	2.1	10.0	
MM	Spaghetti & Meat Sauce	Spaghetti et Sauce à la Viande			*	*	*	*	*	*	*	*	205	280.0	11.0	15.0	4.0	20.0	-	10.0	330.0	14.0	350.0	8.0	18.0	3.0	11.0	-	-	26.0	50.0	4.0	3.0	17.0	
MM	Turkey Nuggets	Pépites de Dinde			*	*	*	*	*	*	*	*	180	346.0	9.0	12.0	2.0	12.0	-	58.0	648.0	29.0	180.0	4.0	37.0	1.0	6.0	1.0	1.0	24.0	36.0	3.0	3.0	17.0	
SW	Bologna & Cheddar on White	Bologne et Cheddar	*		*	*	*	*	*	*	*	*	147	370.0	18.0	24.0	7.0	34.0	-	65.0	1,020.0	44.0	410.0	8.0	34.0	2.0	7.0	3.0	3.0	19.0	160.0	10.0	2.7	15.0	
SW	Bologna & Cheddar on Whole Wheat	Bologne et Cheddar sur Blé Entier	*		*	*	*	*	*	*	*	*	147	370.0	18.0	24.0	7.0	36.0	-	65.0	1,000.0	43.0	480.0	10.0	34.0	4.0	14.0	4.0	4.0	19.0	160.0	10.0	3.4	20.0	
SW	Cheeseburger	Hamburger au Fromage			*	*	*	*	*	*	*	*	207	550.0	29.0	37.0	12.0	60.0	1.0	60.0	1,110.0	49.0	350.0	8.0	48.0	1.0	4.0	7.0	7.0	29.0	150.0	10.0	4.1	25.0	
SW	Chipotle Chicken Wrap	Wrap au Poulet Chipotle			*	*	*	*	*	*	*	*	200	440.0	13.0	17.0	5.0	25.0		15.0	1,410.0	61.0	450.0	10.0	58.0	4.0	14.0	7.0	7.0	24.0	150.0	12.0	4.0	22.0	
SW	Egg Salad Sandwich	Sandwich à la salade d'oeufs		*	*	*	*	*	*	*	*	*	167	330.0	11.0	15.0	2.5	13.0	-	275.0	540.0	23.0	200.0	6.0	41.0	5.0	18.0	3.0	3.0	20.0	125.0	10.0	3.5	19.0	
SW	Ham & Cheese Croissant	Croissant au Fromage et Jambon			*	*	*	*	*	*	*	*	133	320.0	17.0	21.0	9.0	47.0	-	40.0	730.0	32.0	940.0	20.0	26.0	1.0	4.0	3.0	3.0	19.0	90.0	6.0	1.7	10.0	
SW	Ham & Cheese on White	Jambon et Fromage	*		*	*	*	*	*	*	*	*	147	290.0	7.0	9.0	6.0	30.0	-	55.0	1,050.0	46.0	1,230.0	25.0	33.0	2.0	7.0	4.0	4.0	26.0	150.0	10.0	2.7	15.0	
SW	Ham & Cheese on Whole Wheat	Jambon et Fromage sur Blé Entier	*		*	*	*	*	*	*	*	*	147	260.0	6.0	8.0	5.0	27.0	-	40.0	880.0	38.0	1,040.0	20.0	32.0	4.0	14.0	4.0	4.0	22.0	130.0	10.0	3.2	20.0	
SW	Philly Cheesesteak	Cheesesteak de Philadelphie	*		*	*	*	*	*	*	*	*	176	420.0	18.0	24.0	7.0	35.0	0.2	45.0	540.0	23.0	250.0	7.0	39.0	2.0	5.0	6.0	6.0	27.0	225.0	17.0	3.0	17.0	
SW	Pulled Pork Sandwich	Sandwich au Porc Effiloché		*	*	*	*	*	*	*	*	*	146	340.0	10.0	14.0	6.0	46.0	3.5	-	790.0	34.0	125.0	4.0	43.0	1.0	5.0	12.0	12.0	25.0	50.0	4.0	2.0	11.0	
SW	Roast Beef & Cheddar on White	Boeuf Rôti avec Cheddar	*		*	*	*	*	*	*	*	*	147	340.0	13.0	17.0	7.0	37.0	-	50.0	630.0	27.0	270.0	6.0	30.0	2.0	7.0	2.0	2.0	27.0	130.0	10.0	3.9	20.0	
SW	Roast Beef & Cheddar on Whole Wheat	Boeuf Rôti avec Cheddar sur Blé Entier	*		*	*	*	*	*	*	*	*	147	340.0	13.0	17.0	8.0	40.0	-	50.0	610.0	26.0	340.0	8.0	30.0	4.0	14.0	3.0	3.0	27.0	130.0	10.0	4.6	25.0	
SW	Sausage & Egg Breakfast Wrap	Wrap de Petit Déjeuner aux Saucisses et Oeuf			*	*	*	*	*	*	*	*	260	610.0	29.0	37.0	9.0	47.0	-	150.0	1,450.0	63.0	340.0	8.0	62.0	3.0	11.0	2.0	2.0	22.0	290.0	20.0	4.9	25.0	
SW	Turkey & Havarti Croissant	Croissant à la Dinde et Havarti			*	*	*	*	*	*	*	*	136	360.0	18.0	23.0	8.0	42.0	-	65.0	700.0	30.0	380.0	8.0	25.0	1.0	4.0	4.0	4.0	28.0	120.0	10.0	1.8	10.0	
SW	Turkey Bacon Wrap	Wrap de Bacon à la Dinde	*		*	*	*	*	*	*	*	*	230	560.0	16.0	21.0	4.5	24.0	0.1	50.0	1,790.0	78.0	450.0	13.0	75.0	2.0	8.0	18.0	18.0	31.0	125.0	10.0	4.0	22.0	