



LUNCH	MEAL	Sweet And Sour Pork	1	400	581	145	5.6	1.7	17.7	10.7	0.6	5.7	0.6
	BISQUIT	Biscuits Digestive	1	100	458	460	18.5	8.4	61.2	14.2	4.4	9.5	1.1
	SPREAD	mixed fruit jam	1	15	40	270	0.4	0.2	65.2	59.8	0.7	0.5	0.5
	BAR	Chocolate energy bar	1	45	178	400	9	3.6	65.4	43.8	4.1	11.3	0.18
	SNACK	Fruit Cubes	1	60	215	358	0.2	0.2	87.3	68	2.7	0.3	0.26
	SNACK	Dates	1	60	189	320	0.2	0.1	72.9	67.1	7.4	1.9	0
	DRINK	Isotonic Tropical	1	50	201	402	0.1	0.1	99.6	98.2	0.5	0.3	0.12
	DRINK	3-in-1 coffee	1	20	73	369	0.1	0.1	71	60.4	5.7	17	
				1 935		45.3	17.1	331.3	227.9	16.2	42.3	3.9	

CONDIMENT	Salt 2x1 g	1	3
	black pepper 2x1 g	1	3
	Sterilizing wipes	3	5
	Heating kit (3 pads)	1	160
	Chewing gum 1x2pcs	3	3
	napkins	1	10
	toothpick	1	2
	Garbage bag- 10 liters volum	1	8
	Spork	1	5
	Packaging for weight purpose	1	250

TOTAL PACK		
KCAL	4 270	E%
FAT g	132	27,9%
OF WITCH SATURATED g	50	
CARBOHYDRATES g	636	59,6%
OF WITCH SUGARS g	401	
FIBER g	35	
PROTEIN g	116	10,8%
SALT g	13	

	BREAKFAST	LUNCH	DINNER
E%	31,3%	45,3%	23,4%
DEMAND	25 - 35 %	40 - 50 %	20 - 30 %

 $X = \mathbb{N}$

T = CAN BE TRACES

ALLERGENS													
Gluten	Shellfish	Egg	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame se	SO2 sulfu	Lupin	Molluscs
X		X	T			T	X	T	T	T			
X					X								
						x							

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