



## Children's Out of Home Survey 2012 - High Meal Examples

Data was collected from company websites in June 2012. CASH accepts no responsibility for inaccuracies on company websites. All figures subject to change

Meals were calculated using the nutritional information and menus provided on the company websites. Appropriate sides were chosen.

Company	Meal Type	Product Name	Salt / portion (g)
Nando's	Calc. Meal	Nandino's Veggie Burger with creamy mash	5.3
Wetherspoons	Main	Wiltshire Cured Ham & Cheddar Cheese Sandwich (served with chips)	4.8
Harvester	Calc. Meal	Gammon and Chicken Combo with Mashed Potato with Beans	4.3
Sizzling Pub Co.	Calc. Meal	4oz Gammon with mash and beans	4.1
Wetherspoons	Main	Chicken Breast Nuggets with chips and baked beans	4
Nando's	Calc. Meal	Nandino's Chicken Breast Fillet Burger with mash	3.7
Sizzling Pub Co.	Calc. Meal	BBQ Chicken with mash and beans	3.7
Harvester	Calc. Meal	Flame Grilled Chicken Burger with Mashed Potato with Beans (small - 2.6g)	3.7
Wetherspoons	Main	Sausage & Mash with baked beans	3.6
Hungry Horse	Main	Sunday Roast - Half Open Cauliflower Pie & Portion of Veg	3.12
Hungry Horse	Calc. Meal	eight chicken nuggetts Mashed Potato and Beans (small - 2.08g)	3.1
Harvester	Calc Meal	The Original Spitroast with Mashed Potato with Beans	3.1
Hungry Horse	Main	BBQ ribs	3.05
Sizzling Pub Co.	Calc Meal	Scampi with mash and beans	3
Sizzling Pub Co.	Calc Meal	Sausages with mash and beans	2.9
KFC	Calc. Meal	Kids Mini Fillet Burger with BBQ Beans Regular	2.84
Harvester	Calc Meal	3 Juicy Pork Sausages with Mashed Potato with Beans (small - 1.9g)	2.8
Harvester	Calc Meal	Harvey's Burger with Mashed Potato with Beans	2.7
Harvester	Calc Meal	Chunky Battered Fish with Mashed Potato with Beans (small - 2.5)	2.6
Burger King	Calc Meal	BK Veggie Bean Burger - Kids with Small Fries	2.59



## Children's Out of Home Survey 2012 - Low Meal Examples

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Meals were calculated using the nutritional information and menus provided on the company websites. Appropriate sides were chosen.

Company	Meal Type	Product Name	Salt / portion (g)
Wetherspoons	Main	Annabel Karmel Spaghetti Bolognese	0.1
McDonalds	Calc. Meal	4 piece Chicken McNuggets & Fruit Bag	0.4
Wimpy	Main	Fish Bites with Salad	0.5
Subway	Main	Veggie Delite Mini Sub	0.6
Hungry Horse	Calc. Meal	Four cod fish fingers and jacket potato with peas/corn/salad (small [3] -0.62g)	0.73
KFC	Calc. Meal	Kids Popcorn Chicken with Corn Cobette	0.78
Nando's	Calc. Meal	Nandino's Chicken Breast Fillet Strips and Corn on the Cob/side salad	0.8
Sizzling Pub Co.	Calc. Meal	Chargrilled Chicken Breast with Jacket Boat and Side Salad/Peas	0.8
McDonalds	Calc. Meal	Fishfingers & Fruit Bag	0.8
Pizza Hut	Main	Cheesy Macaroni	0.9
Sizzling Pub Co.	Calc. Meal	2 oz. Beef Burger with Jacket Boat and Side Salad/Peas	0.9
Subway	Main	Beef Mini Sub	0.9
Hungry Horse	Main	pasta ribbons in tomato sauce	0.95
Pizza Hut	Main	Kids Spaghetti Bolognese	0.95
Burger King	Calc. Meal	Chicken Nuggets x 4 and apple Fries	0.97
Harvester	Main	Simply Pasta (Large)	1
Wimpy	Main	Chicken Chunks with Salad	1.0
Burger King	Calc. Meal	BK Angus Mini Burgers and apple fries	1.03
Burger King	Calc. Meal	KIDS Hamburger and apple fries	1.05
Hungry Horse	Calc. Meal	Whole chicken breast and jacket potato with peas/corn/salad (small/half - 0.68g)	1.05