



# Salt Awareness Week 2019 Report:

Salt levels in children's meals sold in the out of home sector



## Background

### Salt and Health

Strong evidence shows that regularly eating too much salt puts us at increased risk of developing high blood pressure. High blood pressure is a main cause of strokes and heart disease - the most common causes of death and disability worldwide.

While we do need a little bit of salt in our diets to help regulate fluid levels in the body and for proper cell and neuron function, we are currently eating far too much. The UK government recommends that we eat **no more than 6g** of salt a day but we are eating a third more than that (8g a day). Unfortunately, many people do not realise they are eating too much salt, with around 75% already present in everyday processed foods including bread, ready meals, soups and sauces. Therefore it can be tricky to reduce our salt intake, as it is often already in the foods we buy, and we cannot take it out.

### Salt and Children

It's not just adults who should be concerned about their salt intake. There is evidence that eating too much salt as a child can also affect blood pressure, increasing the risk of illness later in life.

Habits learned early in childhood tend to carry through to our adult years, including dietary habits. Adding salt or salty sauces to food at the dining table is typically something children learn from their family members. In addition, we are not born with an innate liking of salty foods, instead it becomes something we acquire over time after repeated exposure to salt in our diet. Therefore, government recommendations that adults reduce their salt intake would be much more successful if children did not learn to develop a taste for salt in the first place.

The UK government recommends the following maximum salt intakes for children:

Age	Maximum Salt Intake per day
0-6 months	<1g
6-12 months	1g
1-3 years	2g
4-6 years	3g
7-10 years	5g
11 years +	6g

Source: [Scientific Advisory Committee on Nutrition, Salt and Health, 2003](#)

## Eating out of home

Public Health England estimate that one in five children eat outside the home (OOH) at least once a week. Meals eaten outside of the home tend to be higher in salt, sugar and fat than food cooked at home, and portion sizes tend to be bigger.

To mark our 20<sup>th</sup> Salt Awareness Week (4<sup>th</sup> – 10<sup>th</sup> March 2019), Action on Salt have conducted a survey of popular family-friendly restaurants, pubs and fast food chains to assess salt levels in children's meals. We will be comparing this analysis to our previous survey, conducted in 2015.

World Action on Salt and Health have also conducted a comparison of salt levels in children's meals available from Subway, McDonald's, Burger King and KFC in thirteen countries.

## Method

In January and February 2019, Action on Salt surveyed the salt content of children's meals available at out of home outlets in England, including restaurants, fast food and pub chains (see appendix A for a full list of outlets surveyed). Data were collected from company websites or by emailing customer service departments.

Giraffe, TGI Friday, Chiquito and Frankie and Benny had no nutrition information available and therefore three main meals were purchased at random from each of their children's menus and taken away for analysis of their salt (sodium) content by Public Analysts. The results from the Public Analysts are available on request. Meals were analysed at Kent Scientific Services by a Public Analyst.

We recognise that this is a small sample and there is huge variation in restaurant cooking practices of different chefs; however this is an accurate reflection of three meals that three random children would have consumed had they eaten at that restaurant on that day.

World Action on Salt and Health (WASH) members from Brazil, Canada, Croatia, Denmark, Kuwait, Peru, Saudi Arabia, Serbia, South Africa, Spain, Sultanate of Oman, UK and USA also participated in an international survey of the salt content of children's meals available at Subway, McDonald's, Burger King and KFC. WASH members in each country collected data from company websites or by emailing customer services and this data was collated by WASH nutritionists in the UK. WASH members in Barbados, China and Costa Rica were unable to locate nutrition information for the four companies online and were unable to obtain nutrition information directly from the companies.



## Results

### 1. Salt levels in children's meals in the UK out of home sector

In total, 357 children's meals were surveyed from 26 outlets across the UK. Of these 42% had more than 1.8g of salt per portion -the maximum salt target for children's meals in the out of home sector. If colour-coded nutrition labelling was used on menus in the out of home sector, these meals would receive a red label for salt.

**Gourmet Burger Kitchen (GBK)** and **Toby Carvery** had the highest proportion of high salt meals, with 88% and 83% of their dishes containing high levels of salt respectively. **GBK** had the highest average salt content per meal, followed by **Weatherspoon**.

Examples of children's main meals with the highest salt content per portion

- **TGI Friday** Chicken burger with crispy fries and baked beans – 5.3g
- **Chiquito** Quesadilla pizza with baked beans – 4.3g
- **GBK** Junior Cheese Burger with skinny fries – 4.3g
- **Pizza Hut** Big Heroes Chicken and cheese wrap with fries – 4.07g
- **Harvester** Recommends Aubergine & Red Lentil Tagine with sweet potato fries & half corn on the cob – 4g

Lower salt dishes were available, but just 29% of dishes had 1g or less per portion, including all dishes available from **Jamie's Italian** and **Subway**. On average, **Jamie's Italian** had the lowest average salt content per meal, followed by **Wagamama**.

Examples of children's main meals with the lowest salt content per portion:

- **Loch Fyne Bream with petis pois – 0.19g**
- **Wagamama** Mini Yasai Cha Han – 0.5g
- **Beefeater/Brewers Fayre** Chicken Curry with brown rice and veggie sticks – 0.5g
- **Hungry Horse** Roast Chicken Breast with mini Jacket Spud and mini Corn on the cobs – 0.54g
- **Slug and Lettuce** Baked Salmon Fishcakes served with rice and crispy salad – 0.6g

Our survey revealed a large variation in the salt content of similar meals. For example, there was at least a 6-fold difference in salt content of burger and fries meals. Similarly, there was a 6-fold difference in the salt content of pasta Bolognese meals.

**Table 1: Variation in salt content of similar meal types**

Meal type	Higher salt example	Salt per portion	Lower salt example	Salt per portion
<b>Burger and fries</b>	GBK Cheeseburger with Skinny Fries	4.3g	Leon Mini Chicken Burger with Fries	0.7g
<b>Wrap</b>	Pizza Hut Big Heroes Chicken & Cheese Wrap with Fries	4.07g	McDonalds Grilled Chicken Wrap and Small Fries	1.23
<b>Fish Fingers</b>	Hungry Horse Large Fish Fingers with Fries and Baked Beans	2.43g	Brewers Fayre Breaded Cod Bites with Chips and Baked Beans	0.9g
<b>Pasta</b>	Zizzi Mini Pasta Bolognese	2.3g	Ask Penne Pasta in Bolognese Sauce	0.4g
<b>Sausage</b>	Loch Fyne Sausage Mash, Garden Peas and Gravy	3.57g	Harvester Bigger Appetites Mini Sausage and Yorkie Boat and Gravy with Fresh Vegetable Sticks and Roasted Butternut Squash	2.0g

## 2. Side Dishes

It is important to consider the meal in its entirety and not just the main, when thinking of total salt content. On average, high salt sides can add as much as an extra 1g of salt to a meal compared to a low salt side. For example, choosing skinny fries instead of a simple salad at GBK would add 1.9g of salt to the total salt content of the meal.

There was also a big difference in the salt content of similar sides between different eating establishments - JD Weatherspoon's chips contained 1.2g salt per portion, whereas Brewers Fayre chips contained 0g salt per portion.

**Table 2: Variation in salt content of similar side types**

Side	Higher salt example	Salt per portion	Lower salt example	Salt per portion
<b>Baked Beans</b>	KFC Regular Beans	0.9g	Harvester Reduced Sat and Sugar Heinz Baked Beans	0.3g
<b>Mashed Potato</b>	JD Wetherspoons Mashed Potato	0.7g	Nando's Sweet Potato Mash	0.2g
<b>Garlic Bread</b>	Pizza Hut Garlic Bread	0.58g	Beefeater Garlic Bread	0.3g
<b>Chips</b>	JD Wetherspoons Chips	1.2g	Brewers Fayre Chips	0g

We should all be encouraging children to eat five portions of vegetables and fruit a day and our survey found are taking positive steps to promote this, with some including a symbol on their menu to highlight the side dishes that provide a portion of fruit or vegetables towards the '5 a day' recommendation. However, some outlets only offered one vegetable dish within their choice of side dishes.

Of the outlets surveyed, 19 out of 26 offered 'meal deals' as part of the children's menu. The majority of these deals included a main meal, side, dessert and drink for a promotional price. While it is important to offer food to families at an affordable price, encouraging children to consume more food in this way will contribute to their intake of salt, as well as calories.

### 3. Nutritional Information

Nutrition information is available online on company websites for many out of home outlets. However, this information can be hard to find as it is not clearly signposted, and it can be unclear as to what is included in the nutritional analysis of the meal (such as sides). Furthermore, not all meals listed on a company website are available to buy at all outlets.

Whilst nutrition information is technically available on many websites, it is only those already conscious of their diets that would be actively looking for this information. Detailed nutrition info should be made available at point of purchase on menus, to give customers and parents a more informed choice.

Not having the information to hand makes it difficult to know what is in your food. For example, Harvesters 'Smaller bites (under 5's) – Scrambled Egg (on Wholemeal Toast) with sweet potato fries & half corn on the cob' contained a staggering **4g of salt per portion**. A child aged 1 to 3 years is recommended to eat a maximum of just **2g of salt per day** and so this dish would provide double their daily recommended limit! Alone, the scrambled egg on toast without sides contained 3g salt per portion. In comparison, a dish that may sound less healthy, such as Harvesters 'Harvester Recommends 4oz Rump Steak with sweet potato fries & half corn on the cob', contained just 1g salt per portion - more than half the amount of salt.

Of all the outlets surveyed, just one provided a green-coloured heart symbol that showed when a product was 30% lower in salt than comparable items on the menu. Whilst this is a good step, outlets should ideally highlight all products that are high in salt with a warning label.

### 4. Comparison to 2015

Action on Salt previously assessed the salt content of children's meals in the out of home sector in 2015. Of the 218 meals surveyed at 23 outlets, 34% were higher in salt than the maximum salt per serve target (1.8g).

Worryingly, 29% of meals surveyed in 2015 had 2g of salt or more per meal but by 2019, this had increased to 36% of meals. Of the 112 meals that appear in both the 2015 and 2019 surveys, 20% have seen no change in salt content, while 40% have actually increased in salt.

**Table 3: Examples of children’s meals that increased in salt between 2015 and 2019**

Outlet	Dish	2015 Salt per Portion	2019 Salt per Portion
Hungry Horse	Double Cheesy Beef Burger	2.21g	2.75g
Harvester	Smaller Appetites Chicken Strips and Chips with Garden Peas	0.61g	1g
Pizza Express	Piccolo Pizza La Reine	2.5g	3.1g
Zizzi	Mini non-gluten Pasta Pomodoro	0.4g	1g

More than a third (39%) of meals did achieve a reduction in salt content. However, without nutrition information available at the point of sale it is still difficult to distinguish the lower salt meals for children.

### 5. International comparison of salt levels

Of the 343 children’s meals surveyed from McDonald’s, Subway, Burger King and KFC, 39% (133) contained more than 1.8g of salt per portion – more salt than the UK’s maximum salt per serve target for children’s meals in the out of home sector. 71% of meals surveyed had more than 1g of salt per portion.

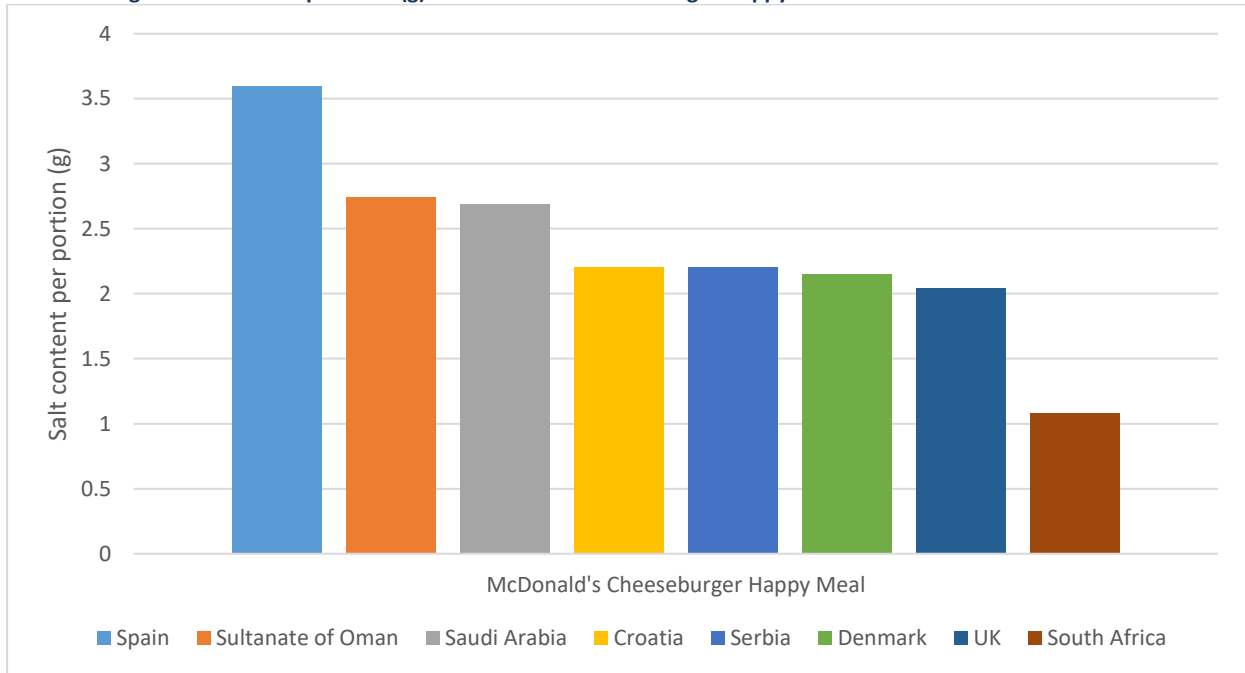
The saltiest meal was available from the Sultanate of Oman - KFC’s Popcorn Chicken meal with fries – with 5.95g of salt per meal. Of the saltiest meals surveyed, most were made by KFC

- **Sultanate of Oman:** KFC Kids meal – popcorn chicken (small) with fries 5.95g
- **Spain:** KFC Menu infantile – 2 chicken breast strips with fries 4.5g
- **USA:** KFC popcorn nuggets kids meal with BBQ baked beans and applesauce 4.23g
- **UK:** Burger King Chicken nuggets 9pc with Fries 3.85g
- **Argentina:** Ham and Cheese Sandwich with small fries 3.61g

No country is on track to achieve a 30% relative reduction in salt intake by 2025, as recommended by the World Health Organization<sup>8</sup>, and global companies may be hampering salt reduction efforts by using different recipes in different countries. WASH found a huge variation in salt levels of the same meal depending on the country it is sold in. We were pleased to see that Subway do not sell any high salt items to children (data available from UK, USA, Canada and Denmark).

For example, a McDonald’s Cheeseburger Happy Meal sold in Spain, with 3.6g of salt per portion, has three times as much salt as the same meal sold in South Africa (1.08g). This clearly demonstrates the success of South Africa’s mandated salt content targets in comparison to the voluntary targets in place in the UK.

**Chart 1: Range in salt content per meal (g) of McDonald's Cheeseburger Happy Meal**



Although lower salt children's meals were available, lack of nutrition information available at the point of sale is a problem worldwide, not just the UK. In many countries nutrition information is simply not available. WASH members in China, Costa Rica and Barbados were unable to locate nutrition information for children's meals on the company websites, and information was not provided when requested direct from the companies.

**Table 4: Examples of lower salt meals surveyed**

Country	Outlet	Meal	Salt per meal
Denmark	Subway	Veggie Delite	0.4g
UK	McDonald's	4 piece Chicken McNugget Happy Meal	0.42g
Canada	Subway	Veggie Delite 3 inch	0.48g
USA	Subway	Veggie Delite Mini for Kids	0.45g
USA	KFC	Drumstick Kids Meal	0.55g



## Salt Awareness Week 2019

### TIME FOR ACTION



**High salt warning labels** on all children's meals with more than **1.8g of salt per portion**



Commitment from the out of home sector to **salt reduction**



Ambitious **salt reduction plans** from **the Secretary of State for Health** by Easter 2019



This Salt Awareness Week, Action on Salt and WASH are calling for **better nutrition labelling** on all food marketed to children. In the UK, we want to see **high salt warning labels on all children's meals with more than 1.8g of salt per portion**, enabling families to find the healthier option.

Globally we want to see new statements of commitment from the food industry to salt reduction work, and especially companies in the out of home sector who have made less progress with salt reduction.

Finally, we want to see **ambitious salt reduction plans** from the UK's Secretary of State for Health in his green paper, due to be published by Easter 2019. We hope the Secretary's leadership will inspire **renewed salt reduction efforts worldwide**.

With thanks to the following WASH members for providing information for the international survey:

- **Brazil** Eliana Bistriche Giutini, Cumming School of Medicine, University of Calgary
- **Canada** Ellen Burgess, Alberta Health Services
- **China** Yuan Li, The George Institute China (no data available online/upon request)
- **Costa Rica** Jaritza Vega Solano and Adriana Blanco Metzler, INCIENSA (no data available online or upon request)
- **Croatia** Sanja Milanovic and Lea Pollak, Croatia Institute for Public Health
- **Denmark** Natasha Selberg, Danish Heart Foundation
- **Kuwait** Nawal M. Al Hamad and Shahad B. Al-Muneer, Public Authority for Food and Nutrition
- **Peru** Lorena Saavedra Garcia, CRONICAS
- **Saudi Arabia** Hessah Abdullah Al-Hussaini, Ministry of Health and Bader Almustafa, Qatif Primary Health Care
- **Serbia** Dr Milka Popovic, University of Novi Sad
- **South Africa** Pamela Naidoo, Heart and Stroke Foundation South Africa
- **Spain** Cecilia Callejo Fernandez, Organización de Consumidores y Usuarios (OCU)
- **Sultanate of Oman** Salima Almamary, Ministry of Health
- **USA** Sara Ribakove, Center for Science in the Public Interest (CSPI)

## Appendix A

### Companies included in the survey

UK – Online Information	
ASK Italian	Loch Fyne
Beefeater	McDonalds
Brewer's Fayre	Nandos
Burger King	Pizza Express
Costa	Pizza Hut
GBK	Slug and lettuce
Harvester	Starbucks
Hungry Horse	Subway
Jamie's Italian	Toby Carvery
J D Weatherspoon's	Wagamama
KFC	Wimpy
Leon	Zizzi

The following dishes were purchased and random and sent for analysis by Kent Scientific Services by Public Analyst Jon Griffin, 8 Abbey Wood Road, Kings Hill, Kent, ME19 4YT:

#### Chiquito

- Kids battered cod bites with skin-on fries
- Southern fried chicken fingers with Mexican rice
- Quesadilla pizza with baked beans

#### Frankie & Benny

- Crispy battered cod goujons with mash potato and peas
- Piccolo Spaghetti & Meatballs with garlic bread and corn on the cob
- Mini slider beef burger duo with fries and mixed salad

#### Giraffe

- Kids Beef Burger with Fries
- Bangers, fries and beans
- Kids Pasta al Pomodoro in a tomato sauce

#### TGI Friday

- Chicken burger with crispy fries and baked beans
- Tomato tubes
- Boneless bites with crispy fries and baked beans



## Salt Awareness Week 2019 - Children's Meals in Out of Home Sector

Notes:

Data table sorted highest to lowest salt content per portion

Product information collected week commencing 7th January from company websites or by emailing customer services

\* Public Health England salt content target for children's meals sold in the out of home sector = 1.8g per portion

\*\* Products bought week commencing 14th January and analysed at Kent Scientific Services by Public Analyst Jon Griffin, 8 Abbey Wood Road, Kings Hill, Kent, ME19 4YT

Colour coding according to Department of Health Front of Pack Guidance: RED >1.8g/portion for salt ; RED >6g/portion for saturated fat ; RED >21g/portion for fat

Where menus provide an option of sides, only the two combinations with the highest salt and lowest salt value was included in the survey data. Other combinations are available in store.

See Action on Salt website for more information

n/a = not available

Outlet	Product Name	Meal Category	Salt/portion (g)	Exceeds 2017 Target*?	Total fat / portion (g)	Saturates/ portion (g)	Calories (kcal) / portion
TGI Friday's	Chicken burger**	Burger	5.3	Yes	n/a	n/a	n/a
JD Wetherspoons	Fish - Freshly battered, sustainable cod with no added sugar baked beans and chips	Fish	4.9	Yes	14.7	1.7	679
JD Wetherspoons	Fish - Freshly battered, sustainable haddock with no added sugar baked beans and chips	Fish	4.6	Yes	14.8	1.6	658
Chiquito	Quesadilla Pizza with Baked Beans**	Pizza	4.3	Yes	n/a	n/a	n/a
GBK	Junior Cheese Burger with skinny fries	Burger	4.3	Yes	54.6	14.8	992
GBK	Junior Veggie burger with skinny fries	Burger	4.3	Yes	45.8	8.3	921
GBK	Junior Chicken Grilled Burger with skinny fries	Burger	4.1	Yes	43	4.7	802
Pizza Hut	Big Heroes Chicken & Cheese Wrap with Fries (fried)	Wrap	4.07	Yes	38.5	10.4	888
Harvester	Harvester Bigger Appetites - Veggie Sausage & Yorkie Boat & gravy with sweet potato fries & half corn on the cob	Sausage meal	4	Yes	30	7	692
Harvester	Harvester Recommends Aubergine & Red Lentil Tagine with sweet potato fries & half corn on the cob	Tagine	4	Yes	33	5	629
Harvester	Harvester Smaller Bites (under 5s) - Scrambled Egg (on Wholemeal Toast) with sweet potato fries & half corn on the cob	Scrambled egg on toast	4	Yes	27	5	591
Burger King	Chicken Nuggets 9pc with fries	Chicken nuggets	3.85	Yes	28	6	640
Ask Italian	Margherita topped with pepperoni & extra cheese	Pizza	3.7	Yes	36	19.9	674
JD Wetherspoons	Fish - Freshly battered, sustainable cod with cucumber sticks, tomato wedges & jacket potato	Fish	3.6	Yes	2.6	0.5	526
Loch Fyne	Sausage and Mash, Garden Peas and Gravy	Sausage meal	3.57	Yes	41.6	15.3	579
Pizza Hut	Big Heroes Gluten Free Margherita topped with pepperoni, sliced ham and chicken with Fries (fried)	Pizza	3.49	Yes	33.4	8	836
Pizza Hut	Big Heroes Pan Pizza Margherita topped with pepperoni, sliced ham and chicken with Fries (fried)	Pizza	3.43	Yes	34.7	8.3	856
GBK	Junior Chicken Panko Burger with skinny fries	Burger	3.4	Yes	47.3	4.9	953
Pizza Hut	Big Heroes Chicken & Sweetcorn Wrap with Fries (fried)	Wrap	3.37	Yes	28.8	4.9	781
Pizza Hut	Big Heroes Chicken Wrap with Fries (fried)	Wrap	3.37	Yes	28.1	4.5	743
Giraffe	Bangers, fries and beans**	Sausage meal	3.3	Yes	n/a	n/a	n/a
JD Wetherspoons	Fish - Freshly battered, sustainable haddock with cucumber sticks, tomato wedges & jacket potato	Fish	3.3	Yes	2.7	0.4	505
Pizza Hut	Big Heroes Thin Pizza Margherita with pepperoni, sliced ham and chicken with Fries (fried)	Pizza	3.21	Yes	33.6	8	777
Hungry Horse	Large Lasagne with Fries & Baked Beans	Lasagne	3.16	Yes	n/a	7.3	747
Pizza Express	Pizza La Reine	Pizza	3.1	Yes	13.7	7	509
Loch Fyne	Burger with mash	Burger	3.06	Yes	35.8	14.2	668
Pizza Hut	Big Heroes Chicken & Cheese Wrap with Vegetable Sticks	Wrap	3.05	Yes	23.7	9.4	571
Harvester	Harvester Bigger Appetites - Mini Beef Burger with burger sauce with sweet potato fries & half corn on the cob	Burger	3	Yes	45	12	691
Harvester	Harvester Bigger Appetites - Mini Sausage & Yorkie Boat & gravy with sweet potato fries & half corn on the cob	Sausage meal	3	Yes	43	12	703
Harvester	Harvester Recommends BBQ Chicken topped with melted cheese with sweet potato fries & half corn on the cob	Chicken meal	3	Yes	28	7	643
Harvester	Harvester Smaller Bites (under 5s) - Veggie Sausage & Yorkie Boat with sweet potato fries & half corn on the cob	Sausage meal	3	Yes	27	6	612
Harvester	Harvester Bigger Appetites - Veggie Sausage & Yorkie Boat & gravy with fresh vegetable sticks and garden peas	Sausage meal	3	Yes	13	4	470
Harvester	Harvester Recommends Aubergine & Red Lentil Tagine with fresh vegetable sticks and garden peas	Tagine	3	Yes	16	2	407
Harvester	Harvester Smaller Bites (under 5s) - Scrambled Egg (on Wholemeal Toast) with fresh vegetable sticks and garden peas	Scrambled egg on toast	3	Yes	10	2	369
Pizza Express	Pizza American	Pizza	3	Yes	18.2	8.5	510
Toby Carvery	BBQ Chicken Mickey Sandwich with garlic bread	Sandwich	3	Yes	13	4	551
Hungry Horse	Macaroni Cheese served with 4 garlic ciabatta fingers and a mini corn on the cob (over 8s)	Macaroni cheese	2.97	Yes	25.7	12	621
Hungry Horse	Large Chunky Chicken Nuggets (6) with Fries & Baked Beans	Chicken nuggets	2.96	Yes	n/a	5.2	820
Pizza Hut	Big Heroes Mac & Cheese with Fries (fried)	Macaroni cheese	2.93	Yes	34.1	12.5	748
JD Wetherspoons	Pork sausages with no added sugar baked beans and chips	Sausage meal	2.9	Yes	43	12	743
Slug and Lettuce	Pork Sausages with mashed potato and baked beans	Sausage meal	2.9	Yes	34	13.2	686
Hungry Horse	Large Double Cheesy Burger with Fries & Baked Beans	Burger	2.89	Yes	n/a	21.4	1054
Burger King	Kids Chicken Burger with fries	Burger	2.88	Yes	23	6.5	550
Pizza Hut	Big Heroes Gluten Free Margherita topped with mixed peppers, pineapple and sweetcorn with Fries (fried)	Pizza	2.84	Yes	29.9	6.7	807
Burger King	Kids Veggie Burger with fries	Burger	2.83	Yes	22	5.5	550
Slug and Lettuce	Grilled Halloumi with mashed potato and baked beans	Halloumi	2.8	Yes	22.7	12.7	540
Wagamama	Mini Chicken Ramen	Noodles	2.8	Yes	8.7	1.5	371
Wagamama	Mini Yasai Ramen	Noodles	2.8	Yes	6.3	1.2	259
Pizza Hut	Big Heroes Pan Pizza Margherita topped with mixed peppers, pineapple and sweetcorn with Fries (fried)	Pizza	2.78	Yes	31.2	7	827
Pizza Hut	Big Heroes Lasagne with Fries (fried)	Lasagne	2.74	Yes	36.5	11.4	731

Burger King	Chicken Nuggets 9pc with apple fries	Chicken nuggets	2.7	Yes	18	3	450
JD Wetherspoons	Hot dog - A pork hot dog with no added sugar baked beans and chips	Hot dog	2.7	Yes	27.8	7.1	662
JD Wetherspoons	Breaded scampi with no added sugar baked beans and chips	Scampi	2.7	Yes	14	1.5	505
Slug and Lettuce	Grilled Chicken with mashed potato and baked beans	Chicken meal	2.7	Yes	13.1	5.4	544
Loch Fyne	Burger with petis pois	Burger	2.61	Yes	34.3	13.3	609
Giraffe	Kids beef burger with fries**	Burger	2.6	Yes	n/a	n/a	n/a
Hungry Horse	Large Smothered Chicken with Fries & Baked Beans	Chicken meal	2.6	Yes	n/a	7.4	719
Wimpy	Sausages with Beans	Sausage meal	2.6	Yes	18.7	6.1	337
Zizzi	Mini Pasta Formaggi	Pizza	2.6	Yes	20	9.2	441
Burger King	Kids Cheeseburger with fries	Burger	2.58	Yes	22	8	520
Pizza Hut	Big Heroes Thin Pizza Margherita topped with mixed peppers, pineapple and sweetcorn with Fries (fried)	Pizza	2.56	Yes	30.1	6.7	748
Burger King	Chicken Nuggets 6pc with fries	Chicken nuggets	2.53	Yes	28	8	510
JD Wetherspoons	Wiltshire cured ham, fried free-range egg and chips	Ham meal	2.5	Yes	20.3	3.5	453
Nandos	3 Chicken Wings + Supergrain + Garlic Bread	Chicken wings	2.5	Yes	33.3	9.5	616
TGI Friday's	Boneless bites**	Chicken meal	2.5	Yes	n/a	n/a	n/a
Hungry Horse	Super Sausages with Fries and Baked Beans	Sausage meal	2.49	Yes	n/a	4.9	682
Pizza Hut	Big Heroes Chicken & Fries (Fried)	Chicken meal	2.48	Yes	25.3	2.8	619
Pizza Hut	Big Heroes Gluten Free Margherita topped with pepperoni, sliced ham and chicken with Vegetable Sticks	Pizza	2.47	Yes	18.6	7	519
Hungry Horse	Large Fish Fingers with Fries & Baked Beans	Fish	2.43	Yes	n/a	4.5	860
Hungry Horse	Chunky Chicken Nuggets (4) with Fries and Baked Beans	Chicken nuggets	2.42	Yes	n/a	4.2	714
Pizza Hut	Big Heroes Tuna & Cheese Wrap with Fries (fried)	Wrap	2.41	Yes	30.7	9.4	686
Pizza Hut	Big Heroes Pan Pizza Margherita topped with pepperoni, sliced ham and chicken with Vegetable Sticks	Pizza	2.41	Yes	19.9	7.3	539
GBK	Junior Cheese Burger with simple salad	Burger	2.4	Yes	36.3	13.5	621
GBK	Junior Veggie burger with simple salad	Burger	2.4	Yes	27.5	7	550
JD Wetherspoons	Grilled chicken breast with no added sugar baked beans and chips	Chicken meal	2.4	Yes	16.5	2.3	582
Nandos	Chicken Burger + Supergrain + Garlic Bread	Burger	2.4	Yes	24.2	8.3	625
Wimpy	Cheese Toastie with Beans	Sandwich	2.4	Yes	10.3	6.8	406
Pizza Hut	Big Heroes Chicken & Sweetcorn Wrap with Vegetable Sticks	Wrap	2.35	Yes	14	3.9	464
Pizza Hut	Big Heroes Chicken Wrap with Vegetable Sticks	Wrap	2.35	Yes	13.3	3.5	426
Pizza Hut	Big Heroes Gluten Free Margherita topped with pepperoni, sliced ham and chicken	Pizza	2.33	Yes	18.3	6.9	500
Hungry Horse	Quorn Sausages with Fries and Baked Beans	Sausage meal	2.3	Yes	n/a	3	653
JD Wetherspoons	Five chicken breast nuggets with no added sugar baked beans and chips	Chicken nuggets	2.3	Yes	18.1	3.3	545
Pizza Express	Pizza Margherita	Pizza	2.3	Yes	11	6.6	448
Pizza Express	Pizza Pollo	Pizza	2.3	Yes	10.8	6.2	456
Wimpy	Junior Cheese Burger with Beans	Burger	2.3	Yes	19.1	8.5	492
Zizzi	Mini Pasta Bolognese	Pasta	2.3	Yes	12	3.7	365
Hungry Horse	Build your own pasta with Quorn Cumberland Sausage topping served with 2 garlic ciabatta fingers	Pasta	2.27	Yes	26.6	7.9	658
Ask Italian	Margherita topped with mushroom & roasted red peppers	Pizza	2.2	Yes	16.9	9.3	445
GBK	Junior Chicken Grilled Burger with simple salad	Burger	2.2	Yes	24.7	3.4	431
Loch Fyne	Mighty Mussels + Fries	Seafood	2.2	Yes	39.3	15.6	763
Nandos	Sweet Potato & Butternut Burger + Supergrain + Garlic Bread	Burger	2.2	Yes	24.1	8.2	669
Pizza Hut	Big Heroes Thin Pizza Margherita with pepperoni, sliced ham and chicken with Vegetable Sticks	Pizza	2.19	Yes	18.8	7	460
Hungry Horse	Build your own pasta, pork & carrot meatballs served with 2 garlic ciabatta fingers	Pasta	2.18	Yes	29.9	10.4	705
Hungry Horse	Yummy Cheese & Tomato Pizza with Fries (up to 8yrs)	Pizza	2.16	Yes	n/a	10.1	904
Pizza Hut	Little Heroes Chicken & Fries (Fried)	Chicken meal	2.15	Yes	22.8	2.4	548
Hungry Horse	2oz* Beef Burger with Fries and Baked Beans	Burger	2.11	Yes	n/a	11.3	826
Beefeater	Veggie Sausage and Mash, peas and gravy	Sausage meal	2.1	Yes	11.8	3.5	354
Brewers Fayre	Veggie Bangers n Mash, peas and gravy	Sausage meal	2.1	Yes	11.8	3.5	354
JD Wetherspoons	Quorn vegan sausages with no added sugar baked beans and chips	Sausage meal	2.1	Yes	19.2	3.9	515
Hungry Horse	DIY Wrapper with veggie sticks, grated cheese, lettuce, tomato dip and sour cream with quorn cumberland sausage (over 8s)	Wrap	2.09	Yes	29.3	13.8	553
Burger King	Chicken Nuggets 4pc with fries	Chicken nuggets	2.05	Yes	22	6.5	410
McDonald's	Cheeseburger with small fries	Burger	2.04	Yes	24	7.1	538
Burger King	Kids Hamburger with fries	Burger	2	Yes	19	6.5	470
Frankie & Benny's	Mini slider beef burger duo with fries and mixed salad**	Burger	2	Yes	n/a	n/a	n/a
Harvester	Harvester Recommends Build Your Own Chicken Wrap (tomato salsa, sour cream and grated cheese on the side) with sweet potato fries & half corn on the cob	Wrap	2	Yes	37	12	757
Harvester	Harvester Recommends Half Rack of Ribs with BBQ sauce and grilled pineapple with sweet potato fries & half corn on the cob	Ribs	2	Yes	34	9	674
Harvester	Harvester Bigger Appetites - Macaroni Cheese with sweet potato fries & half corn on the cob	Macaroni cheese	2	Yes	34	9	641
Harvester	Harvester Bigger Appetites - Mini Beef Burger with burger sauce with fresh vegetable sticks and garden peas	Burger	2	Yes	28	9	469
Harvester	Harvester Smaller Bites (under 5s) - Mini Sausage & Yorkie Boat & gravy with sweet potato fries & half corn on the cob	Sausage meal	2	Yes	36	9	619
Harvester	Harvester Bigger Appetites - Mini Sausage & Yorkie Boat & gravy with fresh vegetable sticks and garden peas	Sausage meal	2	Yes	26	9	481
Harvester	Harvester Bigger Appetites - Buttermilk - Fried Chicken with sweet potato fries & half corn on the cob	Chicken meal	2	Yes	38	7	666
Harvester	Harvester Recommends Rotisserie Chicken with sweet potato fries & half corn on the cob	Chicken meal	2	Yes	30	6	578
Harvester	Harvester Smaller Bites (Under 5s) - Simply Pasta with sweet potato fries & half corn on the cob	Pasta	2	Yes	28	4	563
Harvester	Harvester Bigger Appetites - Mini Chicken Burger with burger sauce with sweet potato fries & half corn on the cob	Burger	2	Yes	29	4	572



Harvester	Harvester Recommends BBQ Chicken topped with melted cheese with fresh vegetable sticks and garden peas	Chicken meal	2	Yes	11	4	421
Harvester	Harvester Smaller bites (Under 5s) - Grilled Chicken Strips with sweet potato fries & half corn on the cob	Chicken meal	2	Yes	19	3	418
Harvester	Harvester Smaller Bites (under 5s) - Veggie Sausage & Yorkie Boat with fresh vegetable sticks and garden peas	Sausage meal	2	Yes	10	3	390
Hungry Horse	DIY Wrapper with veggie sticks, grated cheese, lettuce, tomato dip and sour cream with 6 pork & carrot meatballs (over 8s)	Wrap	2	Yes	32.6	16.3	600
Hungry Horse	Cod fish fingers with Fries and Baked Beans	Fish	2	Yes	n/a	3.7	716
Leon	GFC & Fries	Chicken nuggets	2	Yes	23	3	447
Toby Carvery	Sausages and Giant Yorkshire Pud (excluding unlimited veg and potatoes)	Sausage meal	2	Yes	19	6	274
Toby Carvery	Mac & Cheese with garlic bread	Macaroni cheese	2	Yes	13	5	382
Toby Carvery	Spaghetti bolognese with garlic bread	Pasta	2	Yes	15	4	415
Toby Carvery	Chicken Breast Nuggets with Garlic Bread	Chicken nuggets	2	Yes	13	4	372
Toby Carvery	BBQ Chicken Mickey Sandwich with veg sticks	Sandwich	2	Yes	5	2	400
Toby Carvery	Quorn Sausages and Giant Yorkshire Pud (excluding unlimited veg and potatoes)	Sausage meal	2	Yes	14	1	292
Wimpy	Sausages with Salad	Sausage meal	2	Yes	18.6	6.1	267
Zizzi	Vegan Mini Pizza Margherita (Toppings Not Included)	Pizza	2	Yes	9.9	7.3	414
Zizzi	Mini Non-Gluten Pizza Margherita (Toppings Not Included)	Pizza	2	Yes	10	5.4	360
Zizzi	Mini Pasta Pomodoro	Pasta	2	Yes	25	3.9	402
Zizzi	Mini Pasta Super Green Pesto	Pasta	2	Yes	25	3.9	402
Hungry Horse	Large Lasagne with Mini Jacket Spud & Corn Cobs Mini	Lasagne	1.96	Yes	12.4	5.2	452
Pizza Hut	Big Heroes Chicken & Fries (Oven Baked)	Chicken meal	1.95	Yes	17.5	2.6	472
Hungry Horse	Hot Dog (Pork Sausage) with Fries and Baked Beans	Hot dog	1.92	Yes	n/a	3.7	690
Pizza Hut	Big Heroes Mac & Cheese with Vegetable Sticks	Macaroni cheese	1.91	Yes	19.3	11.5	431
Ask Italian	Cheese & vegetable Dip & Tip tortellini with tomato sauce and cheese	Pasta	1.9	Yes	19	3.8	281
Frankie & Benny's	Piccolo spaghetti & meatballs with garlic bread and corn on the cob**	Pasta	1.9	Yes	n/a	n/a	n/a
JD Wetherspoons	Five bean chilli	Chilli	1.9	Yes	2.3	0.3	309
Pizza Hut	Little Heroes Gluten Free Margherita topped with sliced ham	Pizza	1.9	Yes	13.2	4.5	425
Slug and Lettuce	Baked Salmon Fishcakes served with mashed potato and baked beans	Fishcakes	1.9	Yes	13.6	5.2	536
Slug and Lettuce	Southern-Fried Chicken Strips served with chips and baked beans	Chicken meal	1.9	Yes	22.2	5.1	659
Loch Fyne	Chicken Goujons with mash	Chicken meal	1.86	Yes	10.8	4.6	277
Pizza Hut	Little Heroes Pan Pizza Margherita topped with Sliced Ham	Pizza	1.84	Yes	13.5	4.8	436
Hungry Horse	Hot Dog (Quorn Sausage) with Fries and Baked Beans	Hot dog	1.83	Yes	n/a	2.7	676
Pizza Hut	Big Heroes Gluten Free Margherita topped with mixed peppers, pineapple and sweetcorn with Vegetable Sticks	Pizza	1.82	Yes	15.1	5.7	490
Beefeater	Bangers and Mash served with mash, peas and gravy	Sausage meal	1.8	No	21	8.4	401
Nandos	Chicken Breast Fillet Strips + Supergrain + Garlic Bread	Chicken meal	1.8	No	18.4	6	466
Wagamama	Cod Cubes with Amai Sauce	Fish	1.8	No	15.8	1.3	579
Wimpy	Junior Burger with Beans	Burger	1.8	No	15.9	7	451
Wimpy	Cheese Toastie with Salad	Sandwich	1.8	No	10.2	6.8	335
Wimpy	Chicken Strips with Beans	Chicken Meal	1.8	No	14	5.2	325
Zizzi	Mini Pizza Margherita (Toppings Not Included)	Pizza	1.8	No	12	6.2	422
Hungry Horse	Roast Beef served with mash, peas and gravy (up to 8yrs)	Roast Meal	1.76	No	8.9	5.1	322
Hungry Horse	Large Chunky Chicken Nuggets (6) with Mini Jacket Spud & Corn Cobs Mini	Chicken nuggets	1.76	No	19.2	3.1	525
Pizza Hut	Big Heroes Pan Pizza Margherita with mixed peppers, pineapple and sweetcorn with Vegetable Sticks	Pizza	1.76	No	16.4	6	510
Pizza Hut	Big Heroes Tuna & Sweetcorn Wrap with Fries (fried)	Wrap	1.76	No	20.7	3.3	581
Hungry Horse	Roast Chicken Breast with Fries and Baked Beans	Chicken meal	1.74	No	n/a	2.9	602
Burger King	Kids Chicken Burger with apple fries	Burger	1.73	No	13	3.5	360
Pizza Hut	Big Heroes Lasagne with Vegetable Sticks	Lasagne	1.72	No	21.7	10.4	414
Hungry Horse	Build your own pasta with roast chicken fillets served with 2 garlic ciabatta fingers	Pasta	1.71	No	21.8	7.8	607
Pizza Hut	Big Heroes Tuna Wrap with Fries (fried)	Wrap	1.71	No	20.1	3.1	546
Beefeater	Poppin Chicken with chips and beans	Chicken meal	1.7	No	16.4	2	400
KFC	Kids meal - Burger	Burger	1.7	No	12	3.3	455
Slug and Lettuce	Grilled Chicken Salad	Salad	1.7	No	12.7	1.9	269
Wimpy	Junior Cheese Burger with Salad	Burger	1.7	No	19	8.5	422
Hungry Horse	Large Double Cheesey Burger with Mini Jacket Spud & Corn Cobs Mini	Burger	1.69	No	41.7	19.3	759
Burger King	Kids Veggie Burger with apple fries	Burger	1.68	No	12	2.5	360
McDonald's	Cheeseburger with carrot bag	Burger	1.68	No	12.2	6.1	335
Pizza Hut	Big Heroes Gluten Free Margherita topped with mixed peppers, pineapple and sweetcorn	Pizza	1.68	No	14.8	5.6	471
McDonald's	Hamburger with small fries	Burger	1.64	No	20.3	4.4	487
Pizza Hut	Little Heroes Chicken & Fries (Oven Baked)	Chicken meal	1.62	No	14.9	2.1	400
Pizza Hut	Little Heroes Thin Pizza Margherita topped with Sliced Ham	Pizza	1.61	No	10.6	4.4	340
Frankie & Benny's	Crispy battered cod goujons with mash potato and peas**	Fish	1.6	No	n/a	n/a	n/a
JD Wetherspoons	Pork sausages with cucumber sticks, tomato wedges & jacket potato	Sausage meal	1.6	No	30.9	10.8	590
Nandos	Sweet Potato & Butternut Pattie + Supergrain + Garlic Bread	Burger	1.6	No	23.4	6.2	555
Nandos	3 Chicken Wings + Corn on the Cob + Little Tomatoes	Chicken wings	1.6	No	18.4	4.3	365
Slug and Lettuce	Pork Sausages with rice and crispy salad	Sausage meal	1.6	No	28.6	10.2	603
Wagamama	Cod Cubes with Curry Sauce	Fish	1.6	No	21.2	3.2	614
Pizza Hut	Little Heroes Gluten Free Margherita topped with mixed peppers	Pizza	1.58	No	12.9	4.4	414

Pizza Hut	Little Heroes Gluten Free Margherita	Pizza	1.58	No	12.9	4.4	412
McDonald's	Crispy Chicken Wrap with small fries	Wrap	1.54	No	20	2.5	485
Pizza Hut	Big Heroes Thin Pizza Margherita with mixed peppers, pineapple and sweetcorn with Vegetable Sticks	Pizza	1.54	No	15.3	5.7	431
Hungry Horse	DIY Wrapper with veggie sticks, grated cheese, lettuce, tomato dip and sour cream with slices of chicken fillet (over 8s)	Wrap	1.53	No	24.5	13.7	502
Pizza Hut	Little Heroes Pan Pizza Margherita topped with Mixed Peppers	Pizza	1.52	No	13.2	4.7	425
Pizza Hut	Little Heroes Pan Pizza Margherita	Pizza	1.52	No	13.2	4.7	423
Ask Italian	Cartwheel pasta Dip & Tip with tomato sauce and cheese	Pasta	1.5	No	16	4.1	459
Brewers Fayre	Bangers n Bash, peas and gravy	Sausage meal	1.5	No	20.1	7.9	389
Brewers Fayre	Kicking Chicken (breaded chicken bites) with chips and baked beans	Chicken meal	1.5	No	15.8	2.4	394
GBK	Junior Chicken Panko Burger with simple salad	Burger	1.5	No	29	3.6	582
Leon	Meatballs Rice Box	Meatballs	1.5	No	13.4	3.7	351
Leon	Falafel Rice Box	Falafel	1.5	No	9	1	302
Nandos	Chicken Burger + Corn on the Cob + Little Tomatoes	Burger	1.5	No	9.3	3.1	374
Slug and Lettuce	Grilled Halloumi with rice and crispy salad	Halloumi	1.5	No	17.3	9.7	457
Slug and Lettuce	Southern-Fried Chicken Burger in a bun with lettuce and tomato and served with chips and beans	Burger	1.5	No	20.4	5.2	631
TGI Friday's	Tomato tubes**	Pasta	1.5	No	n/a	n/a	n/a
Wagamama	Mini Grilled Chicken Noodles	Noodles	1.5	No	12.6	1.6	421
Burger King	Kids Cheeseburger with apple fries	Burger	1.43	No	12	5	330
Loch Fyne	Chicken Goujons with petits pois	Chicken meal	1.41	No	9.3	3.7	218
Ask Italian	Penne Pasta in perfect pesto	Pasta	1.4	No	24.2	5	542
Beefeater	Chicken Burger served in 50/50 bun, lettuce, mayo, 2 mini jacket potatoes and beans	Burger	1.4	No	7.7	1.6	439
Brewers Fayre	The Big, Bad Dog served with chips and mini corn on the cob	Hot dog	1.4	No	21.2	6.6	510
Brewers Fayre	Chicken Burger in 50/50 bun, mayo, lettuce with two mini jacket potatoes and baked beans	Burger	1.4	No	7.6	1.6	448
Chiquito	Kids battered cod bites with skin-on fries**	Fish	1.4	No	n/a	n/a	n/a
Hungry Horse	Large Smothered Chicken with Mini Jacket Spud & Corn Cobs Mini	Chicken meal	1.4	No	12.3	5.3	424
JD Wetherspoons	Hot dog - A pork hot dog with cucumber sticks, tomato wedges & jacket potato	Hot dog	1.4	No	15.7	5.9	509
JD Wetherspoons	Breaded scampi with cucumber sticks, tomato wedges & jacket potato	Scampi	1.4	No	1.9	0.3	352
Slug and Lettuce	Southern-Fried Chicken Strips served with chips and crispy salad	Chicken meal	1.4	No	22.3	5.1	610
Slug and Lettuce	Grilled Chicken with rice and crispy salad	Chicken meal	1.4	No	7.7	2.4	461
Wagamama	Mini Grilled Fish Noodles	Noodles	1.4	No	11.9	1.1	350
Pizza Hut	Big Heroes Tuna & Cheese Wrap with Vegetable Sticks	Wrap	1.39	No	15.9	8.4	369
Burger King	Chicken Nuggets 6pc with apple fries	Chicken nuggets	1.38	No	18	5	320
Pizza Hut	Little Heroes Cheesy Pasta Shapes	Pasta	1.38	No	15.2	6.7	385
Hungry Horse	Yummy Cheese & Tomato Pizza with Corn Cobs Mini (up to 8yrs)	Pizza	1.32	No	21.3	7.9	579
Hungry Horse	Tomato Pasta with Fries (up to 8yrs)	Pasta	1.32	No	n/a	3.4	699
Beefeater	Beef Burger in 50/50 bun with chips and two mini corn on the cob	Burger	1.3	No	27.3	8.6	607
Nandos	Sweet Potato & Butternut Burger + Corn on the Cob + Little Tomatoes	Burger	1.3	No	9.2	3	418
Pizza Express	Pollo Salad with Dough Balls	Salad	1.3	No	9.4	2.9	283
Slug and Lettuce	Grilled Beef Burger (reduced salt and fat) in a bun with lettuce and tomato and served with chips and beans	Burger	1.3	No	19.8	7.2	552
Hungry Horse	Super Sausages with Mini Jacket Spud and Corn Cobs Mini	Sausage meal	1.29	No	9.6	2.8	387
Pizza Hut	Little Heroes Thin Pizza Margherita topped with Mixed Peppers	Pizza	1.29	No	10.3	4.3	329
Pizza Hut	Little Heroes Thin Pizza Margherita	Pizza	1.29	No	10.3	4.3	327
McDonald's	Hamburger with carrot bag	Burger	1.28	No	8.5	3.4	284
Loch Fyne	Fish and Chips	Fish	1.26	No	44.9	19.6	794
Pizza Hut	Little Heroes Tuna & Cheese Wrap	Wrap	1.25	No	15.6	8.3	350
Hungry Horse	Large Fish Fingers with Mini Jacket Spud & Corn Cobs Mini	Fish	1.23	No	21.2	2.4	565
McDonald's	Grilled Chicken Wrap with small fries	Wrap	1.23	No	14.9	2	418
Hungry Horse	Chunky Chicken Nuggets (4) with Mini Jacket Spud and Corn Cobs Mini	Chicken nuggets	1.22	No	13.6	2.1	419
JD Wetherspoons	Jacket potato with tuna	Jacket potato	1.2	No	9.5	1.1	387
KFC	Kids meal - original recipe chicken	Chicken meal	1.2	No	18.8	5	430
Pizza Express	Pollo Salad with Polenta Sticks	Salad	1.2	No	17	3.5	265
Slug and Lettuce	Fish Fingers & Chips and baked beans	Fish	1.2	No	18.1	5.2	444
Wagamama	Mini Chicken Yaki Soba	Noodles	1.2	No	16.1	3.1	374
Wimpy	Junior Burger with Salad	Burger	1.2	No	15.8	7	381
Wimpy	Chicken Strips with Salad	Chicken Meal	1.2	No	13.9	5.2	254
Wimpy	Fish Bites with Beans	Fish	1.2	No	8.7	0.7	270
McDonald's	Crispy Chicken Wrap with carrot bag	Wrap	1.18	No	8.2	1.5	282
McDonald's	Happy Meal Veggie Wrap with small fries	Wrap	1.17	No	16.8	2.1	446
McDonald's	Fish fingers (3 fingers) with small fries	Fish	1.13	No	20.5	1.9	431
Beefeater	Steak & Chips with peas	Steak	1.1	No	15.8	4	461
Beefeater	Cod Bites with chips and peas	Fish	1.1	No	25.5	3.5	513
Brewers Fayre	Bash Street Burger in 50/50 bun served with chips and mini corn on the cob	Burger	1.1	No	26.6	9.2	611
Hungry Horse	Quorn Sausages with Mini Jacket Spud and Corn Cobs Mini	Sausage meal	1.1	No	9	0.9	358
JD Wetherspoons	Jacket potato with cheese	Jacket potato	1.1	No	14.6	8.8	400
JD Wetherspoons	Grilled chicken breast with cucumber sticks, tomato wedges & jacket potato	Chicken meal	1.1	No	4.4	1.1	429

Beefeater	Tomato Pasta & Chicken Meatballs with garlic bread and veggie sticks	Pasta	1	No	16.9	4.9	525
Brewers Fayre	Tomato Pasta & Chicken Meatballs with garlic bread and veggie sticks	Pasta	1	No	16.9	4.9	525
Chiquito	Southern fried chicken fingers with Mexican rice**	Chicken meal	1	No	n/a	n/a	n/a
Giraffe	Kids pasta al pomodoro in a tomato sauce**	Pasta	1	No	n/a	n/a	n/a
Harvester	Harvester Recommends Build Your Own Chicken Wrap (tomato salsa, sour cream and grated cheese on the side) with fresh vegetable sticks and garden peas	Wrap	1	No	20	9	535
Harvester	Harvester Recommends Cod Fillet with sweet potato fries & half corn on the cob	Fish	1	No	42	8	757
Harvester	Harvester Recommends 4oz Rump Steak with sweet potato fries & half corn on the cob	Steak	1	No	29	8	515
Harvester	Harvester Recommends Half Rack of Ribs with BBQ sauce and grilled pineapple with fresh vegetable sticks and garden peas	Ribs	1	No	17	6	452
Harvester	Harvester Bigger Appetites - Macaroni Cheese with fresh vegetable sticks and garden peas	Pasta	1	No	17	6	419
Harvester	Harvester Smaller Bites (under 5s) - Mini Sausage & Yorkie Boat & gravy with fresh vegetable sticks and garden peas	Sausage meal	1	No	19	6	397
Harvester	Harvester Recommends Grilled Salmon with sweet potato fries & half corn on the cob	Fish	1	No	30	5	518
Harvester	Harvester Bigger Appetites - Fish Fingers with sweet potato fries & half corn on the cob	Fish	1	No	28	4	546
Harvester	Harvester Smaller bites (Under 5s) - Fish Fingers with sweet potato fries & half corn on the cob	Fish	1	No	25	4	492
Harvester	Harvester Bigger Appetites - Buttermilk - Fried Chicken with fresh vegetable sticks and garden peas	Chicken meal	1	No	21	4	444
Harvester	Harvester Bigger Appetites - Grilled Chicken Breast with sweet potato fries & half corn on the cob	Chicken meal	1	No	20	3	424
Harvester	Harvester Recommends Rotisserie Chicken with fresh vegetable sticks and garden peas	Chicken meal	1	No	13	3	356
Harvester	Harvester Smaller Bites (Under 5s) - Simply Pasta with fresh vegetable sticks and garden peas	Pasta	1	No	11	1	341
Harvester	Harvester Bigger Appetites - Mini Chicken Burger with burger sauce with fresh vegetable sticks and garden peas	Burger	1	No	12	1	350
Harvester	Harvester Smaller bites (Under 5s) - Grilled Chicken Strips with fresh vegetable sticks and garden peas	Chicken meal	1	No	2	0	196
Jamies Italian	Baby Organic Beef Burger Big Kids in a seeded bun with lemony yoghurt, fresh sliced tomato & lettuce, served with baked sweet potato fries	Burger	1	No	18	6	452
Jamies Italian	Organic Mini Spaghetti & Meatballs Big Kids in seven-veg tomato sauce, homemade spaghetti and parmesan cheese	Pasta	1	No	14	6	446
Jamies Italian	Margherita Pizza	Pizza	1	No	11	6	374
Jamies Italian	Secret Seven Gnocchi Big Kids in seven veg sauce, cherry tomatoes, buffalo mozzarella & basil	Gnocchi	1	No	9	6	337
Jamies Italian	Organic Mini Spaghetti & Meatballs Little Kids in seven-veg tomato sauce, homemade spaghetti and parmesan cheese	Pasta	1	No	12	5	383
Jamies Italian	Secret Seven Gnocchi Little Kids in seven veg sauce, cherry tomatoes, buffalo mozzarella & basil	Gnocchi	1	No	7	5	249
Jamies Italian	Baby Organic Beef Burger Little Kids in a seeded bun with lemony yoghurt, fresh sliced tomato & lettuce, served with baked sweet potato fries	Burger	1	No	14	4	370
Jamies Italian	Happy Chicken Lollipops Big Kids	Chicken meal	1	No	18	3	524
Jamies Italian	Fantastic Fish Stew Big Kids with seven veg sauce, potato dumplings, peas, basil & lemon	Fish stew	1	No	16	3	388
Jamies Italian	Five - a - day Picnic Box. Chicken wrap with rainbow vegetable crisps, organic dried mango pieces & an organic apple	Wrap	1	No	15	3	362
Jamies Italian	Happy Chicken Lollipops Little Kids	Chicken meal	1	No	13	2	377
Jamies Italian	Fantastic Fish Stew Little Kids with seven veg sauce, potato dumplings, peas, basil & lemon	Fish stew	1	No	12	2	297
JD Wetherspoons	Five chicken breast nuggets with cucumber sticks, tomato wedges & jacket potato	Chicken nuggets	1	No	6	2.1	392
KFC	Kids meal - Popcorn	Chicken meal	1	No	12.4	3	325
Subway	Ham Kids Pak - mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	Sandwich	0.9	No	2.6	1	182
Subway	Turkey Breast Kids Pak - mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	Sandwich	1	No	2.1	0.8	184
Toby Carvery	Mac & Cheese with veg sticks	Macaroni cheese	1	No	5	3	231
Toby Carvery	Spaghetti bolognese with veg sticks	Pasta	1	No	7	2	264
Toby Carvery	Chicken Breast Nuggets with Veg Sticks	Chicken nuggets	1	No	5	2	221
Wagamama	Mini Yasai Yaki Soba	Noodles	1	No	13.7	2.6	327
Wagamama	Mini Grilled Chicken Katsu with Amai Sauce	Curry	1	No	3.7	0.9	414
Wagamama	Mini Yasai Katsu Curry with Amai Sauce	Curry	1	No	3.3	0.4	385
Zizzi	Mini Non-Gluten Pasta Pomodoro	Pasta	1	No	2.1	0.4	191
Hungry Horse	2oz* Beef Burger with Mini Jacket Spud and Corn Cobs Mini	Burger	0.91	No	21.7	9.2	531
Beefeater	Spaghetti Bolognese with garlic bread and veggie sticks	Pasta	0.9	No	8.4	2.9	322
Brewers Fayre	Cod Tastic (Breaded Cod bites) with chips and baked beans	Fish	0.9	No	24.8	4	507
Brewers Fayre	Spaghetti Bolognese with garlic bread and veggie sticks	Pasta	0.9	No	8.4	2.9	322
Burger King	Chicken Nuggets 4pc with apple fries	Chicken nuggets	0.9	No	12	3.5	220
Nandos	Chicken Breast Fillet Strips + Corn on the Cob + Little Tomatoes	Chicken meal	0.9	No	3.5	0.8	215
Pizza Express	Pasta Napoletana	Pasta	0.9	No	5.4	2.9	284
Slug and Lettuce	Penne Pasta in Tomato Sauce	Pasta	0.9	No	6.8	0.6	278
Wagamama	Mini Chicken Katsu with Amai Sauce	Curry	0.9	No	9.6	1.8	465
McDonald's	Grilled Chicken Wrap with carrot bag	Wrap	0.87	No	3.1	1	215
Burger King	Kids Hamburger with apple fries	Burger	0.85	No	9	3.5	280
Hungry Horse	Jacket Spud with cheese (up to 8yrs)	Jacket potato	0.83	No	13.1	8.3	436
McDonald's	Happy Meal Veggie Wrap with carrot bag	Wrap	0.81	No	5	1.1	243
Beefeater	Tomato Penne Pasta with garlic bread and veggie sticks	Pasta	0.8	No	10	2.9	359
Brewers Fayre	Tomato Pasta	Pasta	0.8	No	10	2.9	359
Hungry Horse	Cod fish fingers with Mini Jacket Spud and Corn Cobs Mini	Fish	0.8	No	13.6	1.6	421
JD Wetherspoons	Cheesy pasta - Macaroni pasta, with broccoli and peas	Macaroni cheese	0.8	No	9.5	5	333
JD Wetherspoons	Quorn vegan sausages with cucumber sticks, tomato wedges & jacket potato	Sausage meal	0.8	No	7.1	2.7	362
Leon	Chicken Rice Box	Chicken meal	0.8	No	6.3	1.4	299
Pizza Express	Pasta Bolognese	Pasta	0.8	No	10.2	3.7	353

Zizzi	Mini Non-Gluten Pasta Bolognese	Pasta	0.8	No	7.4	2.4	285
McDonald's	Chicken McNuggets (4 pieces) with small fries	Chicken nuggets	0.78	No	20.9	2.3	410
Loch Fyne	Pasta with Cheesy Tomato Sauce	Pasta	0.77	No	37.8	19.8	578
McDonald's	Fish fingers (3 fingers) with carrot bag	Fish	0.77	No	8.7	0.9	228
Pizza Hut	Big Heroes Tuna & Sweetcorn Wrap with Vegetable Sticks	Wrap	0.74	No	5.9	2.3	264
Hungry Horse	Hot Dog (Pork Sausage) with Mini Jacket Spud and Corn Cobs Mini	Hot dog	0.72	No	7.1	1.6	395
Leon	Mini Chicken Burger & Fries	Burger	0.7	No	6	2	290
Nandos	Sweet Potato & Butternut Pattie + Corn on the Cob + Little Tomatoes	Burger	0.7	No	8.5	1	304
Pizza Express	Pasta Bianca	Pasta	0.7	No	11.6	6.3	355
Wagamama	Mini Grilled Chicken Katsu with Curry Sauce	Curry	0.7	No	9.1	2.8	449
Wagamama	Mini Yasi Katsu Curry with Curry Sauce	Curry	0.7	No	8.7	2.3	420
Wimpy	Half Jacket Potato with Beans	Jacket potato	0.7	No	0.5	0	312
Pizza Hut	Big Heroes Tuna Wrap with Vegetable Sticks	Wrap	0.69	No	5.3	2.1	229
Loch Fyne	Bream with mash	Fish	0.64	No	3.8	0.9	142
Hungry Horse	Hot Dog (Quorn Sausage) with Mini Jacket Spud and Corn Cobs Mini	Hot dog	0.63	No	6.8	0.6	381
Pizza Hut	Little Heroes Tuna & Sweetcorn Wrap	Wrap	0.6	No	5.6	2.2	245
Slug and Lettuce	Baked Salmon Fishcakes served with rice and crispy salad	Fishcakes	0.6	No	8.2	2.2	453
Wagamama	Mini Chicken Katsu with Curry Sauce	Curry	0.6	No	15	3.7	499
Wagamama	Mini Chicken Cha Han	Noodles	0.6	No	12.7	2.8	432
Wimpy	Fish Bites with Salad	Fish	0.6	No	8.6	0.7	200
Pizza Hut	Little Heroes Spaghetti Bolognese	Pasta	0.58	No	3.3	1.3	198
Loch Fyne	Salmon with mash	Fish	0.55	No	14.9	2.9	273
Pizza Hut	Little Heroes Tuna Wrap	Wrap	0.55	No	5	2	210
Hungry Horse	Roast Chicken Breast with Mini Jacket Spud and Corn Cobs Mini	Chicken meal	0.54	No	4.2	0.8	307
Hungry Horse	Jacket Spud with beans (up to 8yrs)	Jacket potato	0.54	No	0.6	0.3	335
Beefeater	Chicken Curry with brown rice and veggie sticks	Curry	0.5	No	9.9	4.7	444
Brewers Fayre	Chicken Curry with brown rice and veggie sticks	Curry	0.5	No	9.9	4.7	444
Subway	Veggie Delite Kids Pak mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	Sandwich	0.4	No	1.5	0.7	147
Wagamama	Mini Yasai Cha Han	Noodles	0.5	No	10.3	2.3	385
Zizzi	Mini Pasta Pomodoro (Tiny Tummy)	Pasta	0.5	No	10	6.2	97
Zizzi	Prawn Popcorn	Seafood	0.5	No	12	3	166
Hungry Horse	Tomato Pasta with Garden Peas (up to 8yrs)	Pasta	0.48	No	8.4	1	322
McDonald's	Chicken McNuggets (4 pieces) with carrot bag	Chicken nuggets	0.42	No	9.1	1.3	207
Ask Italian	Penne Pasta in bolognese sauce	Pasta	0.4	No	9.4	5.5	457
Zizzi	Mini Non-Gluten Pasta Formaggi	Pasta	0.4	No	7.6	3.7	238
Slug and Lettuce	Hand-Battered Fish and Chips served with chips and peas	Fish	0.3	No	24.6	7.6	556
Loch Fyne	Bream with petis pois	Fish	0.19	No	2.3	0	83
Loch Fyne	Salmon with petis pois	Fish	0.1	No	13.4	2	214
Harvester	Harvester Recommends Cod Fillet with fresh vegetable sticks and garden peas	Fish	0	No	25	5	535
Harvester	Harvester Recommends 4oz Rump Steak with fresh vegetable sticks and garden peas	Steak	0	No	12	5	293
Harvester	Harvester Recommends Grilled Salmon with fresh vegetable sticks and garden peas	Fish	0	No	13	2	296
Harvester	Harvester Bigger Appetites - Fish Fingers with fresh vegetable sticks and garden peas	Fish	0	No	11	1	324
Harvester	Harvester Smaller bites (Under 5s) - Fish Fingers with fresh vegetable sticks and garden peas	Fish	0	No	8	1	270
Harvester	Harvester Bigger Appetites - Grilled Chicken Breast with fresh vegetable sticks and garden peas	Chicken meal	0	No	3	0	202
Wimpy	Half Jacket Potato with Salad	Jacket potato	0	No	0.4	0	241



## Salt Awareness Week 2019 - Children's Meals in Out of Home Sector

Notes:

Data table sorted highest to lowest salt content per portion

Product information collected by WASH members in each country between November - January from company websites or by emailing customer services

\* This is the minimum salt/calorie content as salt/calorie data was only available for the main dish and did not include data on the salt/calorie content of side dishes

See World Action on Salt website for more information

na = not available

Country	Outlet	Meal Name	Total Salt per Meal (g)	Total Calories per meal (kcal)	Main Dish Component	Salt per Main Dish (g)	Side Dish	Salt per Side Dish (g)
Croatia	Burger King	Kid's Chicken Nuggets	na	na	Nuggets	0.60	Salad small	na
Croatia	Burger King	Kid's Chicken Nuggets	na	na	Nuggets	0.60	French fries	na
Croatia	Burger King	Kid's Hamburger	na	na	Hamburger	1.20	Salad small	na
Croatia	Burger King	Kid's Hamburger	na	na	Hamburger	1.20	French fries	na
Croatia	Burger King	Kid's Cheeseburger	na	na	Cheeseburger	1.70	Salad small	na
Croatia	Burger King	Kid's Cheeseburger	na	na	Cheeseburger	1.70	French fries	na
Italy	KFC	Menu Box Krunchy	na	na	Krunchy	na	Fries (small)	0.40
Italy	KFC	Menu Box Krunchy	na	na	Krunchy	na	Cob	0.03
Italy	KFC	Menu Boxy + Krunchy	na	na	Double Krunchy Junior	na	Fries (small)	0.40
Italy	KFC	Menu Boxy + Krunchy	na	na	Double Krunchy Junior	na	Cob	0.03
Peru	McDonald's	Hamburguesa Cajita Feliz	na	na	Hamburguesa	0.87	Papas fritas (kids)	0.24
Peru	McDonald's	Hamburguesa Cajita Feliz	na	na	Hamburguesa	0.87	Papas fritas (regulares)	0.55
Peru	McDonald's	Hamburguesa Cajita Feliz	na	na	Hamburguesa	0.87	Zanahoria	0.03
Peru	McDonald's	Hamburguesa Cajita Feliz	na	na	Hamburguesa	0.87	Manzana	0.00
Peru	McDonald's	Hamburguesa Cajita Feliz	na	na	Hamburguesa	0.87	Yogur	0.10
Peru	McDonald's	Hamburguesa con queso Cajita Feliz	na	na	Hamburguesa con queso	1.56	Papas fritas (kids)	0.24
Peru	McDonald's	Hamburguesa con queso Cajita Feliz	na	na	Hamburguesa con queso	1.56	Papas fritas (regulares)	0.55
Peru	McDonald's	Hamburguesa con queso Cajita Feliz	na	na	Hamburguesa con queso	1.56	Zanahoria	0.03
Peru	McDonald's	Hamburguesa con queso Cajita Feliz	na	na	Hamburguesa con queso	1.56	Manzana	0.00
Peru	McDonald's	Hamburguesa con queso Cajita Feliz	na	na	Hamburguesa con queso	1.56	Yogur	0.10
Peru	McDonald's	McNuggets Cajita Feliz	na	na	4 piece Nuggets	0.91	Papas fritas (kids)	0.24
Peru	McDonald's	McNuggets Cajita Feliz	na	na	4 piece Nuggets	0.91	Papas fritas (regulares)	0.55
Peru	McDonald's	McNuggets Cajita Feliz	na	na	4 piece Nuggets	0.91	Zanahoria	0.03
Peru	McDonald's	McNuggets Cajita Feliz	na	na	4 piece Nuggets	0.91	Manzana	0.00
Peru	McDonald's	McNuggets Cajita Feliz	na	na	4 piece Nuggets	0.91	Yogur	0.10
Peru	McDonald's	Pollo crujiente Cajita Feliz	na	na	Pollo crujiente	1.44	Papas fritas (kids)	0.24
Peru	McDonald's	Pollo crujiente Cajita Feliz	na	na	Pollo crujiente	1.44	Papas fritas (regulares)	0.55
Peru	McDonald's	Pollo crujiente Cajita Feliz	na	na	Pollo crujiente	1.44	Zanahoria	0.03
Peru	McDonald's	Pollo crujiente Cajita Feliz	na	na	Pollo crujiente	1.44	Manzana	0.00
Peru	McDonald's	Pollo crujiente Cajita Feliz	na	na	Pollo crujiente	1.44	Yogur	0.10
South Africa	Burger King	Hamburger King Jr. Meal	na	na	Hamburger	0.39	King Fries	0.48
South Africa	Burger King	Cheeseburger King Jr. Meal	na	na	Cheeseburger	0.62	King Fries	0.48
South Africa	Burger King	Chicken Nuggets King Jr. Meal	na	na	Chicken Nuggets	na	King Fries	0.48
South Africa	Burger King	Chicken King Jr. Meal	na	na	Chicken Burger	na	King Fries	0.48
Spain	KFC	Menú infantil	na	na	4 Chicken Rocks	1.44	5 Cherries	na
Spain	KFC	Menú infantil	na	na	Kids Burger	na	Small French Fries	0.14
Spain	KFC	Menú infantil	na	na	Kids Burger	na	1 Corncob	0.20
Spain	KFC	Menú infantil	na	na	Kids Burger	na	5 Cherries	na
Spain	KFC	Menú infantil	na	na	2 Tiras de pechuga	4.40	5 Cherries	na
Spain	McDonald's	McFish Happy Meal	na	na	McFish	2.00	Small French Fries	na
Spain	McDonald's	Burger Happy Meal	na	na	Burger	1.00	Small French Fries	na
Spain	McDonald's	Cheeseburger Happy Meal	na	na	Cheeseburger	2.00	Small French Fries	na
Spain	McDonald's	McNuggets Happy Meal	na	na	McNuggets	1.00	Small French Fries	na
Spain	McDonald's	Chicken Burger Kids Happy Meal	na	na	Chicken Burger	2.00	Small French Fries	na
Spain	McDonald's	McCroquetas de Jamón Happy Meal	na	na	McCroquetas	1.20	Small French Fries	na
Denmark	KFC	Crispy Strips (Kids Bucket)	1.6*	293.3*	Crispy Strips	1.60	Pommes Frites (small)	na
Denmark	KFC	Piece of Chicken (Kids Bucket)	1.5*	233*	Chicken	1.50	Pommes Frites (small)	na
Kuwait	KFC	Kids Burger	1*	na	Kids Burger	1.00	na	na
Sultanate of Oman	KFC	Kids Meal	5.95	na	Popcorn Chicken (small)	4.70	French Fries	1.25
Spain	KFC	Menú infantil	4.50	1018	2 Tiras de pechuga	4.40	Small French Fries	0.14
Spain	KFC	Menú infantil	4.40	707	2 Tiras de pechuga	4.40	1 Corncob	0.20
USA	KFC	Popcorn Nuggets Kids Meal	4.23	580	Nuggets	2.18	BBQ Baked Beans + Musselman's Applesauce	2.05



USA	KFC	Popcorn Nuggets Kids Meal	3.93	610	Nuggets	2.18	Potato Wedges & Musselman's Applesauce	1.75
UK	Burger King	Chicken Nuggets 9pc with fries	3.85	640	na	na	na	na
USA	KFC	Popcorn Nuggets Kids Meal	3.83	500	Nuggets	2.18	Macaroni and Cheese & Musselman's Applesauce	1.65
Sultanate of Oman	KFC	Kids Meal	3.75	na	Kids Burger	2.50	French Fries	1.25
Argentina	Burger King	Combo Sándwich de Jamon y Queso	3.61	487	Ham & Cheese Sandwich	2.30	Papas Fritas Pequeñas	1.31
Spain	McDonald's	McFish Happy Meal	3.60	661	McFish	2.00	Medium Deluxe Potatoes	1.60
Spain	McDonald's	Cheeseburger Happy Meal	3.60	632	Cheeseburger	2.00	Medium Deluxe Potatoes	1.60
Spain	McDonald's	Chicken Burger Kids Happy Meal	3.60	639	Chicken Burger	2.00	Medium Deluxe Potatoes	1.60
USA	KFC	Chicken Little Kids Meal	3.60	600	Sandwich	1.55	BBQ Baked Beans + Musselman's Applesauce	2.05
USA	KFC	Popcorn Nuggets Kids Meal	3.48	510	Nuggets	2.18	Biscuit & Musselman's Applesauce	1.30
USA	KFC	Popcorn Nuggets Kids Meal	3.45	460	Nuggets	2.18	Mashed Potato with Gravy & Musselman's Applesauce	1.28
USA	KFC	Chicken Little Kids Meal	3.30	630	Sandwich	1.55	Potato Wedges & Musselman's Applesauce	1.75
USA	KFC	Chicken Little Kids Meal	3.20	520	Sandwich	1.55	Macaroni and Cheese & Musselman's Applesauce	1.65
Argentina	Burger King	Combo Hamburguesa con Queso	3.14	597	Cheeseburger	1.83	Papas Fritas Pequeñas	1.31
USA	KFC	Drumstick Kids Meal	3.13	420	Original Stick	1.08	BBQ Baked Beans + Musselman's Applesauce	2.05
Denmark	KFC	Filet Bites (Kids Bucket)	3.10	301	Filet Bites	1.80	Mashed potatoes with gravy	1.30
USA	KFC	Drumstick Kids Meal	3.10	420	Spicy Crispy	1.05	BBQ Baked Beans + Musselman's Applesauce	2.05
USA	KFC	Drumstick Kids Meal	3.03	460	Xtra Crispy	0.98	BBQ Baked Beans + Musselman's Applesauce	2.05
Denmark	KFC	Crispy Dog (Kids Bucket)	3.00	438	Crispy Dog	1.70	Mashed potatoes with gravy	1.30
Italy	KFC	Menu Boxy + Original Recipe Chicken	3.00	675	Original Chicken	2.60	Fries (small)	0.40
Spain	McDonald's	McFish Happy Meal	3.00	351	McFish	2.00	Happy Carrot	1.00
Spain	McDonald's	Cheeseburger Happy Meal	3.00	322	Cheeseburger	2.00	Happy Carrot	1.00
Spain	McDonald's	Chicken Burger Kids Happy Meal	3.00	329	Chicken Burger	2.00	Happy Carrot	1.00
UK	Burger King	Kids Chicken Burger with fries	2.88	550	na	na	na	na
USA	KFC	Popcorn Nuggets Kids Meal	2.88	430	Nuggets	2.18	Mashed Potatoes & Musselman's Applesauce	0.73
USA	KFC	Chicken Little Kids Meal	2.85	540	Sandwich	1.55	Biscuit & Musselman's Applesauce	1.30
UK	Burger King	Kids Veggie Burger with fries	2.83	550	na	na	na	na
USA	KFC	Drumstick Kids Meal	2.83	440	Original Stick	1.08	Potato Wedges & Musselman's Applesauce	1.75
USA	KFC	Extra Crispy Tender Kids Meal	2.83	420	Crispy Tender	0.78	BBQ Baked Beans + Musselman's Applesauce	2.05
USA	KFC	Popcorn Nuggets Kids Meal	2.83	360	Nuggets	2.18	Green Beans & Musselman's Applesauce	0.65
Spain	McDonald's	McCroquetas de Jamón Happy Meal	2.80	615	McCroquetas	1.20	Medium Deluxe Potatoes	1.60
USA	KFC	Chicken Little Kids Meal	2.80	480	Sandwich	1.55	Mashed Potato with Gravy & Musselman's Applesauce	1.28
USA	KFC	Drumstick Kids Meal	2.80	440	Spicy Crispy	1.05	Potato Wedges & Musselman's Applesauce	1.75
USA	KFC	Popcorn Nuggets Kids Meal	2.78	550	Nuggets	2.18	KFC Cornbread Muffin & Musselman's Applesauce	0.60
Sultanate of Oman	McDonald's	Cheeseburger Happy Meal	2.74	675	Cheeseburger	1.92	World Famous Fries	0.82
USA	KFC	Drumstick Kids Meal	2.73	480	Xtra Crispy	0.98	Potato Wedges & Musselman's Applesauce	1.75
USA	KFC	Drumstick Kids Meal	2.73	340	Original Stick	1.08	Macaroni and Cheese & Musselman's Applesauce	1.65
USA	KFC	Drumstick Kids Meal	2.70	340	Spicy Crispy	1.05	Macaroni and Cheese & Musselman's Applesauce	1.65
UK	Burger King	Chicken Nuggets 9pc with apple fries	2.70	450	na	na	na	na
Saudi Arabia	McDonald's	Cheeseburger Happy Meal	2.69	997	Cheeseburger	1.87	World Famous Fries	0.82
Italy	Burger King	Chicken Burger King Jr. Meal	2.68	586	Chicken Burger	1.79	Fries (small)	0.89
Italy	Burger King	Cheeseburger King Jr. Meal	2.66	501	Cheeseburger	1.77	Fries (small)	0.89
Saudi Arabia	Burger King	Kids Chicken Burger Meal	2.66	805	Chicken Burger	1.65	Fries (small)	1.01
Italy	KFC	Menu Boxy + Original Recipe Chicken	2.63	558	Original Chicken	2.60	Cob	0.03
USA	KFC	Drumstick Kids Meal	2.63	380	Xtra Crispy	0.98	Macaroni and Cheese & Musselman's Applesauce	1.65
USA	KFC	Popcorn Nuggets Kids Meal	2.63	510	Nuggets	2.18	Coleslaw & Musselman's Applesauce	0.45
Spain	McDonald's	Burger Happy Meal	2.60	583	Burger	1.00	Medium Deluxe Potatoes	1.60
Spain	McDonald's	McNuggets Happy Meal	2.60	598	McNuggets	1.00	Medium Deluxe Potatoes	1.60
USA	KFC	Drumstick Kids Meal	2.60	370	Grilled Stick	0.55	BBQ Baked Beans + Musselman's Applesauce	2.05
UK	Burger King	Kids Cheeseburger with fries	2.58	520	na	na	na	na

Saudi Arabia	Burger King	Kids Cheeseburger Meal	2.57	828	Cheeseburger	1.56	Fries (small)	1.01
Italy	McDonald's	Happy Meal McToast	2.55	488	McToast	2.00	McDonald's Fries (kids or small)	0.55
UK	Burger King	Chicken Nuggets 6pc with fries	2.53	510	na	na	na	na
USA	KFC	Extra Crispy Tender Kids Meal	2.53	450	Crispy Tender	0.78	Potato Wedges & Musselman's Applesauce	1.75
Saudi Arabia	KFC	Kids Burger	2.50	343	na	na	na	na
Argentina	Burger King	Combo Hamburguesa	2.49	537	Hamburger	1.18	Papas Fritas Pequeñas	1.31
Brazil	Burger King	Chicken Jr with French Fries	2.48	510	Sandwich	2.48	na	na
USA	KFC	Extra Crispy Tender Kids Meal	2.43	340	Crispy Tender	0.78	Macaroni and Cheese & Musselman's Applesauce	1.65
Serbia	McDonald's	Cheeseburger Happy Meal	2.40	347	Cheeseburger	1.70	McDonald's salad (small) + Dressing	0.70
Serbia	McDonald's	McNuggets Happy Meal	2.40	426	McNuggets	0.80	McDonald's Fries (Junior)	0.50
Spain	Burger King	Chicken Burger King Jr. Meal	2.39	614	Chicken Burger	1.80	Small French Fries	0.59
USA	KFC	Drumstick Kids Meal	2.38	350	Original Stick	1.08	Biscuit & Musselman's Applesauce	1.30
USA	KFC	Drumstick Kids Meal	2.35	290	Original Stick	1.08	Mashed Potato with Gravy & Musselman's Applesauce	1.28
USA	KFC	Drumstick Kids Meal	2.35	350	Spicy Crispy	1.05	Biscuit & Musselman's Applesauce	1.30
Italy	Burger King	King Nuggets King Jr. Meal	2.34	461	4 piece King Nuggets	1.45	Fries (small)	0.89
USA	KFC	Drumstick Kids Meal	2.33	290	Spicy Crispy	1.05	Mashed Potato with Gravy & Musselman's Applesauce	1.28
USA	KFC	Drumstick Kids Meal	2.30	390	Grilled Stick	0.55	Potato Wedges & Musselman's Applesauce	1.75
Denmark	Burger King	Cheeseburger King Jr. Meal	2.28	463	Cheeseburger	1.32	King Jr. Fries	0.96
USA	KFC	Drumstick Kids Meal	2.28	390	Xtra Crispy	0.98	Biscuit & Musselman's Applesauce	1.30
USA	KFC	Chicken Little Kids Meal	2.25	460	Sandwich	1.55	Mashed Potatoes & Musselman's Applesauce	0.73
USA	KFC	Drumstick Kids Meal	2.25	330	Xtra Crispy	0.98	Mashed Potato with Gravy & Musselman's Applesauce	1.28
Croatia	McDonald's	Happy Meal Cheeseburger	2.20	533	Cheeseburger	1.60	French fries small	0.60
Serbia	McDonald's	Cheeseburger Happy Meal	2.20	555	Cheeseburger	1.70	McDonald's Fries (Junior)	0.50
Spain	McDonald's	McCroquetas de Jamón Happy Meal	2.20	305	McCroquetas	1.20	Happy Carrot	1.00
USA	KFC	Chicken Little Kids Meal	2.20	390	Sandwich	1.55	Green Beans & Musselman's Applesauce	0.65
USA	KFC	Drumstick Kids Meal	2.20	290	Grilled Stick	0.55	Macaroni and Cheese & Musselman's Applesauce	1.65
USA	KFC	Popcorn Nuggets Kids Meal	2.18	410	Nuggets	2.18	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Popcorn Nuggets Kids Meal	2.18	420	Nuggets	2.18	Sweet Kernel Corn & Musselman's Applesauce	0.00
Denmark	McDonald's	Cheeseburger Happy Meal	2.15	533	Cheeseburger	1.60	McDonald's Fries (small)	0.55
USA	KFC	Chicken Little Kids Meal	2.15	570	Sandwich	1.55	KFC Cornbread Muffin & Musselman's Applesauce	0.60
Sultanate of Oman	McDonald's	Chicken Burger Happy Meal	2.13	631	Chicken Burger	1.31	World Famous Fries	0.82
Sultanate of Oman	McDonald's	Chicken McNuggets Happy Meal	2.13	631	Chicken McNuggets	0.87	World Famous Fries	0.82
Italy	Burger King	Hamburger King Jr. Meal	2.10	475	Hamburger	1.21	Fries (small)	0.89
Saudi Arabia	McDonald's	Chicken Burger Happy Meal	2.10	964	Chicken Burger	1.28	World Famous Fries	0.82
USA	KFC	Extra Crispy Tender Kids Meal	2.08	360	Crispy Tender	0.78	Biscuit & Musselman's Applesauce	1.30
Italy	McDonald's	Happy Meal McToast	2.07	279	McToast	2.00	Carrots	0.07
Italy	McDonald's	Happy Meal Junior Chicken	2.05	437	Junior Chicken (Sandwich/burger)	1.50	McDonald's Fries (kids or small)	0.55
USA	KFC	Extra Crispy Tender Kids Meal	2.05	300	Crispy Tender	0.78	Mashed Potato with Gravy & Musselman's Applesauce	1.28
UK	Burger King	Chicken Nuggets 4pc with fries	2.05	410	na	na	na	na
Argentina	Burger King	Combo Nuggets	2.04	356	4 piece chicken nuggets	0.73	Papas Fritas Pequeñas	1.31
UK	McDonald's	Cheeseburger with small fries	2.04	538	Cheeseburger	1.60	Small Fries	0.44
Saudi Arabia	Burger King	Kids Whooper Jr Meal	2.02	831	Beef Burger	1.01	Fries (small)	1.01
Sultanate of Oman	McDonald's	Beefburger Happy Meal	2.02	618	Beefburger	1.20	World Famous Fries	0.82
Croatia	KFC	Kids' Longer	2.00	485	Longer	1.90	French fries small	0.10
Croatia	McDonald's	Happy Meal Snack Wrap	2.00	500	Snack Wrap	1.40	French fries small	0.60
Serbia	McDonald's	Hamburger Happy Meal	2.00	386	Hamburger	1.30	McDonald's salad (small) + Dressing	0.70
Spain	McDonald's	McFish Happy Meal	2.00	347	McFish	2.00	Happy Cherries	0.00
Spain	McDonald's	Burger Happy Meal	2.00	273	Burger	1.00	Happy Carrot	1.00
Spain	McDonald's	Cheeseburger Happy Meal	2.00	318	Cheeseburger	2.00	Happy Cherries	0.00
Spain	McDonald's	McNuggets Happy Meal	2.00	288	McNuggets	1.00	Happy Carrot	1.00
Spain	McDonald's	Chicken Burger Kids Happy Meal	2.00	325	Chicken Burger	2.00	Happy Cherries	0.00
USA	KFC	Chicken Little Kids Meal	2.00	540	Sandwich	1.55	Coleslaw & Musselman's Applesauce	0.45
UK	Burger King	Kids Hamburger with fries	2.00	470	na	na	na	na
Saudi Arabia	Burger King	Kids Burger Meal	1.99	743	Beef Burger	0.98	Fries (small)	1.01
Saudi Arabia	McDonald's	Beef Burger Happy Meal	1.98	941	Beef Burger	1.16	World Famous Fries	0.82
Spain	Burger King	Cheeseburger King Jr. Meal	1.96	505	Cheeseburger	1.37	Small French Fries	0.59

Brazil	McDonald's	Junior Menu (McDuplo, french fries, orange juice, petit suisse)	1.92	697	McDuplo	1.70	McDonald's Fries (kids)	0.22
Canada	Burger King	2 piece Chicken Strips	1.90	230	na	na	na	na
Croatia	McDonald's	Happy Meal Cheeseburger	1.90	536	Cheeseburger	1.60	McMusli	0.30
Italy	Burger King	King Toast King Jr. Meal	1.87	475	King Toast	0.98	Fries (small)	0.89
Italy	McDonald's	Happy Meal Hamburger	1.85	485	Hamburger	1.30	McDonald's Fries (kids or small)	0.55
USA	KFC	Drumstick Kids Meal	1.85	300	Grilled Stick	0.55	Biscuit & Musselman's Applesauce	1.30
Serbia	McDonald's	McNuggets Happy Meal	1.83	218	McNuggets	0.80	McDonald's salad (small) + Dressing	0.70
USA	KFC	Drumstick Kids Meal	1.83	240	Grilled Stick	0.55	Mashed Potato with Gravy & Musselman's Applesauce	1.28
Italy	Burger King	Chicken Burger King Jr. Meal	1.81	389	Chicken Burger	1.79	Salad (small)	0.02
Croatia	McDonald's	Happy Meal Hamburger	1.80	484	Hamburger	1.20	French fries small	0.60
Croatia	McDonald's	Happy Meal Breakfast McMuffin cheese and egg	1.80	520	McMuffin with cheese and egg	1.20	French fries small	0.60
Serbia	McDonald's	Hamburger Happy Meal	1.80	512	Hamburger	1.30	McDonald's Fries (Junior)	0.50
USA	KFC	Drumstick Kids Meal	1.80	270	Original Stick	1.08	Mashed Potatoes & Musselman's Applesauce	0.73
Denmark	Burger King	Hamburger King Jr. Meal	1.79	422	Hamburger	0.83	King Jr. Fries	0.96
Italy	Burger King	Cheeseburger King Jr. Meal	1.79	304	Cheeseburger	1.77	Salad (small)	0.02
USA	KFC	Drumstick Kids Meal	1.78	270	Spicy Crispy	1.05	Mashed Potatoes & Musselman's Applesauce	0.73
Spain	Burger King	Burger King Jr. Meal	1.77	269	Burger	1.18	Small French Fries	0.59
Brazil	McDonald's	Junior Menu (McDuplo, tomato, orange juice, petit suisse)	1.76	507	McDuplo	1.70	Mini Tomato	0.02
Denmark	Burger King	Chicken Nuggets King Jr. Meal	1.76	346	Nuggets	0.80	King Jr. Fries	0.96
Denmark	McDonald's	Hamburger Happy Meal	1.75	484	Hamburger	1.20	McDonald's Fries (small)	0.55
Canada	KFC	Popcorn Chicken	1.73	300	na	na	na	na
UK	Burger King	Kids Chicken Burger with apple fries	1.73	360	na	na	na	na
USA	KFC	Drumstick Kids Meal	1.73	200	Original Stick	1.08	Green Beans & Musselman's Applesauce	0.65
Croatia	KFC	Kid's Rocker	1.70	485	Rocker	1.60	French fries small	0.10
Croatia	McDonald's	Happy Meal Cheeseburger	1.70	318	Cheeseburger	1.60	Garden salad	0.10
Croatia	McDonald's	Happy Meal Snack Wrap	1.70	503	Snack Wrap	1.40	McMusli	0.30
Italy	KFC	Menu Boxy Original Recipe Chicken	1.70	467	Original Recipe Chicken	1.30	Fries (small)	0.40
Saudi Arabia	McDonald's	Chicken McNuggets Happy Meal	1.70	846	Nuggets	0.87	World Famous Fries	0.82
USA	KFC	Drumstick Kids Meal	1.70	310	Xtra Crispy	0.98	Mashed Potatoes & Musselman's Applesauce	0.73
USA	KFC	Drumstick Kids Meal	1.70	200	Spicy Crispy	1.05	Green Beans & Musselman's Applesauce	0.65
UK	KFC	Kids meal - Burger	1.70	455	na	na	na	na
UK	Burger King	Kids Veggie Burger with apple fries	1.68	360	na	na	na	na
UK	McDonald's	Cheeseburger with carrot bag	1.68	335	Cheeseburger	1.60	Carrot Bag	0.08
USA	KFC	Drumstick Kids Meal	1.68	380	Original Stick	1.08	KFC Cornbread Muffin & Musselman's Applesauce	0.60
USA	KFC	Drumstick Kids Meal	1.65	380	Spicy Crispy	1.05	KFC Cornbread Muffin & Musselman's Applesauce	0.60
Spain	KFC	Menú infantil	1.64	544	4 Chicken Rocks	1.44	1 Corncob	0.20
UK	McDonald's	Hamburger with small fries	1.64	487	Hamburger	1.20	Small Fries	0.44
USA	KFC	Drumstick Kids Meal	1.63	240	Xtra Crispy	0.98	Green Beans & Musselman's Applesauce	0.65
Saudi Arabia	Burger King	4 piece Kids Chicken Nuggets Meal	1.61	627	Nuggets	0.60	Fries (small)	1.01
Croatia	McDonald's	Happy Meal Cheeseburger	1.60	386	Cheeseburger	1.60	Apple	0.00
Serbia	McDonald's	McToast Happy Meal	1.60	250	McToast	0.90	McDonald's salad (small) + Dressing	0.70
Spain	Burger King	Chicken Nuggets King Jr. Meal	1.59	426	Chicken Nuggets	1.00	Small French Fries	0.59
Brazil	Burger King	Whopper Jr with French Fries	1.58	370	Sandwich	1.58	na	na
Canada	Burger King	Cheeseburger	1.58	270	na	na	na	na
Spain	KFC	Menú infantil	1.58	855	4 Chicken Rocks	1.44	Small French Fries	0.14
USA	KFC	Drumstick Kids Meal	1.58	420	Xtra Crispy	0.98	KFC Cornbread Muffin & Musselman's Applesauce	0.60
Italy	McDonald's	Happy Meal Junior Chicken	1.57	228	Junior Chicken	1.50	Carrots	0.07
Brazil	McDonald's	McLanche Feliz (Hamburger, French fries, Orange juice, Petit suisse)	1.55	538	Hamburger	1.29	McDonald's Fries (kids)	0.22
USA	KFC	Chicken Little Kids Meal	1.55	430	Sandwich	1.55	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Chicken Little Kids Meal	1.55	450	Sandwich	1.55	Sweet Kernel Corn & Musselman's Applesauce	0.00
UK	McDonald's	Crispy Chicken Wrap with small fries	1.54	485	Crispy Chicken Wrap	1.10	Small Fries	0.44
USA	KFC	Drumstick Kids Meal	1.53	350	Original Stick	1.08	Coleslaw & Musselman's Applesauce	0.45
Croatia	McDonald's	Happy Meal Hamburger	1.50	487	Hamburger	1.20	McMusli	0.30
Croatia	McDonald's	Happy Meal Snack Wrap	1.50	285	Snack Wrap	1.40	Garden salad	0.10
Croatia	McDonald's	Happy Meal Breakfast McToast ham and cheese	1.50	438	McToast ham and cheese	0.90	French fries small	0.60
Croatia	McDonald's	Happy Meal Breakfast McMuffin cheese and egg	1.50	523	McMuffin with cheese and egg	1.20	McMusli	0.30
Croatia	McDonald's	Happy Meal Breakfast Chicken McNuggets	1.50	410	Chicken McNuggets	0.90	French fries small	0.60

USA	KFC	Drumstick Kids Meal	1.50	350	Spicy Crispy	1.05	Coleslaw & Musselman's Applesauce	0.45
USA	KFC	Extra Crispy Tender Kids Meal	1.50	270	Crispy Tender	0.78	Mashed Potatoes & Musselman's Applesauce	0.73
USA	McDonald's	Hamburger Happy Meal	1.48	410	Hamburger	1.20	Kids' Fries + Low-Fat Strawberry Yogurt	0.28
Italy	Burger King	King Nuggets King Jr. Meal	1.47	264	4 piece King Nuggets	1.45	Salad (small)	0.02
USA	KFC	Extra Crispy Tender Kids Meal	1.45	200	Crispy Tender	0.78	Green Beans & Musselman's Applesauce	0.65
USA	McDonald's	6 piece Chicken McNuggets Happy Meal	1.45	400	6 piece Chicken McNuggets	1.28	Kids' Fries + Apple Slices	0.20
UK	Burger King	Kids Cheeseburger with apple fries	1.43	330	na	na	na	na
USA	KFC	Drumstick Kids Meal	1.43	390	Xtra Crispy	0.98	Coleslaw & Musselman's Applesauce	0.45
Croatia	McDonald's	Happy Meal Snack Wrap	1.40	353	Snack Wrap	1.40	Apple	0.00
Croatia	McDonald's	Happy Meal Breakfast McToast cheese and bacon	1.40	456	McToast cheese and bacon	0.80	French fries small	0.60
Denmark	McDonald's	4 piece Chicken McNuggets Happy Meal	1.40	410	4 Chicken McNuggets	0.85	McDoanld's Fries (small)	0.55
Italy	KFC	Menu Boxy + Tenders	1.40	379	3 piece Tenders	1.00	Fries (small)	0.40
Italy	McDonald's	Happy Meal Chicken McNuggets	1.40	410	4 piece Chicken McNuggets	0.85	McDonald's Fries (kids or small)	0.55
Serbia	McDonald's	McToast Happy Meal	1.40	456	McToast	0.90	McDonald's Fries (Junior)	0.50
USA	KFC	Extra Crispy Tender Kids Meal	1.40	390	Crispy Tender	0.78	KFC Cornbread Muffin & Musselman's Applesauce	0.60
USA	McDonald's	Hamburger Happy Meal	1.40	360	Hamburger	1.20	Kids' Fries + Apple Slices	0.20
USA	Burger King	Cheeseburger King Jr Meal	1.40	na	Cheeseburger	1.40	Applesauce	0.00
UK	Burger King	Chicken Nuggets 6pc with apple fries	1.38	320	na	na	na	na
Italy	McDonald's	Happy Meal Hamburger	1.37	276	Hamburger	1.30	Carrots	0.07
Brazil	McDonald's	McLanche Feliz (Hamburger, Tomato, Orange juice, Petit suisse)	1.35	452	Hamburger	1.29	Mini Tomato	0.02
Canada	Burger King	6 piece Chicken Nuggets	1.35	280	na	na	na	na
Italy	KFC	Menu Boxy Original Recipe Chicken	1.33	350	Original Recipe Chicken	1.30	Cob	0.03
Croatia	McDonald's	Happy Meal Hamburger	1.30	269	Hamburger	1.20	Garden salad	0.10
Croatia	McDonald's	Happy Meal Breakfast McMuffin cheese and egg	1.30	305	McMuffin with cheese and egg	1.20	Garden salad	0.10
UK	McDonald's	Hamburger with carrot bag	1.28	284	Hamburger	1.20	Carrot Bag	0.08
USA	KFC	Drumstick Kids Meal	1.28	220	Grilled Stick	0.55	Mashed Potatoes & Musselman's Applesauce	0.73
USA	McDonald's	6 piece Chicken McNuggets Happy Meal	1.28	280	6 piece Chicken McNuggets	1.28	Kids' Fries + Low-Fat Strawberry Yogurt	0.28
USA	KFC	Extra Crispy Tender Kids Meal	1.25	350	Crispy Tender	0.78	Coleslaw & Musselman's Applesauce	0.45
Italy	Burger King	Hamburger King Jr. Meal	1.24	278	Hamburger	1.21	Salad (small)	0.02
UK	McDonald's	Grilled Chicken Wrap with small fries	1.23	418	Grilled Chicken Wrap	0.79	Small Fries	0.44
Croatia	McDonald's	Happy Meal Hamburger	1.20	337	Hamburger	1.20	Apple	0.00
Croatia	McDonald's	Happy Meal Breakfast McToast ham and cheese	1.20	441	McToast ham and cheese	0.90	McMusli	0.30
Croatia	McDonald's	Happy Meal Breakfast McMuffin cheese and egg	1.20	373	McMuffin with cheese and egg	1.20	Apple	0.00
Croatia	McDonald's	Happy Meal Breakfast Chicken McNuggets	1.20	413	Chicken McNuggets	0.90	McMusli	0.30
Spain	McDonald's	McCroquetas de Jamón Happy Meal	1.20	301	McCroquetas	1.20	Happy Cherries	0.00
USA	KFC	Drumstick Kids Meal	1.20	150	Grilled Stick	0.55	Green Beans & Musselman's Applesauce	0.65
UK	KFC	Kids meal - original recipe chicken	1.20	430	na	na	na	na
UK	McDonald's	Crispy Chicken Wrap with carrot bag	1.18	282	Crispy Chicken Wrap	1.10	Carrot Bag	0.08
USA	Burger King	6 piece Chicken Nuggets King Jr Meal	1.18	na	6 piece Nuggets	1.18	Applesauce	0.00
UK	McDonald's	Happy Meal Veggie Wrap with small fries	1.17	446	Veggie Wrap	0.73	Small Fries	0.44
Brazil	McDonald's	McLanche Feliz (Chicken McNuggets, French fries, Orange juice, Petit suisse)	1.16	449	Chicken Nuggets	0.90	McDonald's Fries (kids)	0.22
Canada	Burger King	Hamburger	1.15	230	na	na	na	na
Canada	Subway	Roast Beef 3 inch	1.15	190	na	na	na	na
Canada	Subway	Turkey Breast 3 inch	1.15	190	na	na	na	na
USA	KFC	Drumstick Kids Meal	1.15	330	Grilled Stick	0.55	KFC Cornbread Muffin & Musselman's Applesauce	0.60
UK	McDonald's	Fish fingers (3 fingers) with small fries	1.13	431	Fish Fingers	0.69	Small Fries	0.44
USA	McDonald's	4 piece Chicken McNuggets Happy Meal	1.13	330	4 piece Chicken McNuggets	0.85	Kids' Fries + Low-Fat Strawberry Yogurt	0.28
Croatia	McDonald's	Happy Meal Breakfast McToast cheese and bacon	1.10	459	McToast cheese and bacon	0.80	McMusli	0.30
South Africa	McDonald's	Cheeseburger Happy Meal	1.08	747	Cheeseburger	0.78	McDonald's Fries (small)	0.31
USA	KFC	Drumstick Kids Meal	1.08	250	Original Stick	1.08	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Drumstick Kids Meal	1.08	260	Original Stick	1.08	Sweet Kernel Corn & Musselman's Applesauce	0.00
USA	Subway	Black Forest Ham Mini for Kids	1.08	195	Ham Mini	1.08	Apple Slices	0.00
Italy	KFC	Menu Boxy Tenders	1.07	339	2 piece Tenders	0.67	Fries (small)	0.40
USA	KFC	Drumstick Kids Meal	1.05	250	Spicy Crispy	1.05	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Drumstick Kids Meal	1.05	260	Spicy Crispy	1.05	Sweet Kernel Corn & Musselman's Applesauce	0.00
USA	McDonald's	4 piece Chicken McNuggets Happy Meal	1.05	310	4 piece Chicken McNuggets	0.85	Kids' Fries + Apple Slices	0.20
Italy	KFC	Menu Boxy + Tenders	1.03	262	3 piece Tenders	1.00	Cob	0.03
Canada	Subway	Black Forest Ham 3 inch	1.00	180	na	na	na	na

Croatia	McDonald's	Happy Meal Breakfast McToast ham and cheese	1.00	223	McToast ham and cheese	0.90	Garden salad	0.10
Croatia	McDonald's	Happy Meal Breakfast Chicken McNuggets	1.00	195	Chicken McNuggets	0.90	Garden salad	0.10
Italy	Burger King	King Toast King Jr. Meal	1.00	279	King Toast	0.98	Salad (small)	0.02
Spain	McDonald's	Burger Happy Meal	1.00	269	Burger	1.00	Happy Cherries	0.00
Spain	McDonald's	McNuggets Happy Meal	1.00	284	McNuggets	1.00	Happy Cherries	0.00
USA	KFC	Drumstick Kids Meal	1.00	300	Grilled Stick	0.55	Coleslaw & Musselman's Applesauce	0.45
UK	KFC	Kids meal - Popcorn	1.00	325	na	na	na	na
UK	Subway	Turkey Breast Kids Pak - mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	1.00	184	na	na	na	na
USA	KFC	Drumstick Kids Meal	0.98	290	Xtra Crispy	0.98	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Drumstick Kids Meal	0.98	300	Xtra Crispy	0.98	Sweet Kernel Corn & Musselman's Applesauce	0.00
USA	Subway	Roast Beef Mini for Kids	0.98	195	Beef Mini	0.98	Apple Slices	0.00
Brazil	McDonald's	McLanche Feliz (Chicken McNuggets, Tomato, Orange juice, Petit suisse)	0.96	363	Chicken Nuggets	0.90	Mini Tomato	0.02
USA	Burger King	Hamburger King Jr Meal	0.95	na	Hamburger	0.95	Applesauce	0.00
USA	Subway	Turkey Breast Mini for Kids	0.93	215	Turkey Mini	0.93	Apple Slices	0.00
Denmark/Sweden	Subway	Turkey Breast Mini Sub	0.92	180	Turkey Breast Sandwich	0.92	Apple	0.00
Italy	McDonald's	Happy Meal Chicken McNuggets	0.92	201	4 piece Chicken McNuggets	0.85	Carrots	0.07
South Africa	McDonald's	Hamburger Happy Meal	0.91	698	Hamburger	0.61	McDonald's Fries (small)	0.31
Brazil	Burger King	French Fries	0.90	200	na	na	French Fries (small)	0.90
Canada	Burger King	4 piece Chicken Nuggets	0.90	190	na	na	na	na
Croatia	KFC	Kids' Kentucky Chicken	0.90	349	Kentucky Chicken	0.80	French fries small	0.10
Croatia	McDonald's	Happy Meal Breakfast McToast ham and cheese	0.90	251	McToast ham and cheese	0.90	Apple	0.00
Croatia	McDonald's	Happy Meal Breakfast McToast cheese and bacon	0.90	241	McToast cheese and bacon	0.80	Garden salad	0.10
Croatia	McDonald's	Happy Meal Breakfast Chicken McNuggets	0.90	263	Chicken McNuggets	0.90	Apple	0.00
UK	Burger King	Chicken Nuggets 4pc with apple fries	0.90	220	na	na	na	na
UK	Subway	Ham Kids Pak - mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	0.90	182	na	na	na	na
UK	McDonald's	Grilled Chicken Wrap with carrot bag	0.87	215	Grilled Chicken Wrap	0.79	Carrot Bag	0.08
Denmark/Sweden	Subway	Ham Mini Sub	0.85	178	Ham Sandwich	0.85	Apple	0.00
South Africa	McDonald's	Chicken Burger Happy Meal	0.85	712	Chicken Burger	0.74	McDonald's Fries (small)	0.31
UK	Burger King	Kids Hamburger with apple fries	0.85	280	na	na	na	na
UK	McDonald's	Happy Meal Veggie Wrap with carrot bag	0.81	243	Veggie Wrap	0.73	Carrot Bag	0.08
Croatia	McDonald's	Happy Meal Breakfast McToast cheese and bacon	0.80	309	McToast cheese and bacon	0.80	Apple	0.00
USA	KFC	Extra Crispy Tender Kids Meal	0.80	260	Crispy Tender	0.78	Sweet Kernel Corn & Musselman's Applesauce	0.00
UK	McDonald's	Chicken McNuggets (4 pieces) with small fries	0.78	410	Chicken McNuggets	0.34	Small Fries	0.44
USA	KFC	Extra Crispy Tender Kids Meal	0.78	250	Crispy Tender	0.78	Corn on the Cob & Musselman's Applesauce	0.00
USA	Burger King	4 piece Chicken Nuggets King Jr Meal	0.78	na	4 piece Nuggets	0.78	Applesauce	0.00
UK	McDonald's	Fish fingers (3 fingers) with carrot bag	0.77	228	Fish Fingers	0.69	Carrot Bag	0.08
USA	Burger King	PB&J Jamwich King Jr Meal	0.73	na	Sandwich	0.73	Applesauce	0.00
Italy	KFC	Menu Boxy Tenders	0.70	222	2 piece Tenders	0.67	Cob	0.03
South Africa	McDonald's	Chicken Nugget Happy Meal	0.64	609	Chicken Nuggets	0.50	McDonald's Fries (small)	0.31
USA	KFC	Drumstick Kids Meal	0.55	200	Grilled Stick	0.55	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Drumstick Kids Meal	0.55	210	Grilled Stick	0.55	Sweet Kernel Corn & Musselman's Applesauce	0.00
Canada	Subway	Veggie Delite 3 inch	0.48	150	na	na	na	na
USA	Subway	Veggie Delite Mini for Kids	0.45	165	Veggie Mini	0.45	Apple Slices	0.00
UK	McDonald's	Chicken McNuggets (4 pieces) with carrot bag	0.42	207	Chicken McNuggets	0.34	Carrot Bag	0.08
Denmark/Sweden	Subway	Veggie Delite	0.40	143	Veggie Delite Sandwich	0.40	Apple	0.00
UK	Subway	Veggie Delite Kids Pak mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	0.40	147	na	na	na	na





## Salt Awareness Week 2019 - Children's Meals in Out of Home Sector

Notes:

Data table sorted highest to lowest salt content per portion

Product information collected week commencing 7th January from company websites or by emailing customer services

\* Public Health England salt content target for children's meals sold in the out of home sector = 1.8g per portion

\*\* Products bought week commencing 14th January and analysed at Kent Scientific Services by Public Analyst Jon Griffin, 8 Abbey Wood Road, Kings Hill, Kent, ME19 4YT

Colour coding according to Department of Health Front of Pack Guidance: RED >1.8g/portion for salt ; RED >6g/portion for saturated fat ; RED >21g/portion for fat

Where menus provide an option of sides, only the two combinations with the highest salt and lowest salt value was included in the survey data. Other combinations are available in store.

See Action on Salt website for more information

n/a = not available

Outlet	Product Name	Meal Category	Salt/portion (g)	Exceeds 2017 Target*?	Total fat / portion (g)	Saturates/ portion (g)	Calories (kcal) / portion
TGI Friday's	Chicken burger**	Burger	5.3	Yes	n/a	n/a	n/a
JD Wetherspoons	Fish - Freshly battered, sustainable cod with no added sugar baked beans and chips	Fish	4.9	Yes	14.7	1.7	679
JD Wetherspoons	Fish - Freshly battered, sustainable haddock with no added sugar baked beans and chips	Fish	4.6	Yes	14.8	1.6	658
Chiquito	Quesadilla Pizza with Baked Beans**	Pizza	4.3	Yes	n/a	n/a	n/a
GBK	Junior Cheese Burger with skinny fries	Burger	4.3	Yes	54.6	14.8	992
GBK	Junior Veggie burger with skinny fries	Burger	4.3	Yes	45.8	8.3	921
GBK	Junior Chicken Grilled Burger with skinny fries	Burger	4.1	Yes	43	4.7	802
Pizza Hut	Big Heroes Chicken & Cheese Wrap with Fries (fried)	Wrap	4.07	Yes	38.5	10.4	888
Harvester	Harvester Bigger Appetites - Veggie Sausage & Yorkie Boat & gravy with sweet potato fries & half corn on the cob	Sausage meal	4	Yes	30	7	692
Harvester	Harvester Recommends Aubergine & Red Lentil Tagine with sweet potato fries & half corn on the cob	Tagine	4	Yes	33	5	629
Harvester	Harvester Smaller Bites (under 5s) - Scrambled Egg (on Wholemeal Toast) with sweet potato fries & half corn on the cob	Scrambled egg on toast	4	Yes	27	5	591
Burger King	Chicken Nuggets 9pc with fries	Chicken nuggets	3.85	Yes	28	6	640
Ask Italian	Margherita topped with pepperoni & extra cheese	Pizza	3.7	Yes	36	19.9	674
JD Wetherspoons	Fish - Freshly battered, sustainable cod with cucumber sticks, tomato wedges & jacket potato	Fish	3.6	Yes	2.6	0.5	526
Loch Fyne	Sausage and Mash, Garden Peas and Gravy	Sausage meal	3.57	Yes	41.6	15.3	579
Pizza Hut	Big Heroes Gluten Free Margherita topped with pepperoni, sliced ham and chicken with Fries (fried)	Pizza	3.49	Yes	33.4	8	836
Pizza Hut	Big Heroes Pan Pizza Margherita topped with pepperoni, sliced ham and chicken with Fries (fried)	Pizza	3.43	Yes	34.7	8.3	856
GBK	Junior Chicken Panko Burger with skinny fries	Burger	3.4	Yes	47.3	4.9	953
Pizza Hut	Big Heroes Chicken & Sweetcorn Wrap with Fries (fried)	Wrap	3.37	Yes	28.8	4.9	781
Pizza Hut	Big Heroes Chicken Wrap with Fries (fried)	Wrap	3.37	Yes	28.1	4.5	743
Giraffe	Bangers, fries and beans**	Sausage meal	3.3	Yes	n/a	n/a	n/a
JD Wetherspoons	Fish - Freshly battered, sustainable haddock with cucumber sticks, tomato wedges & jacket potato	Fish	3.3	Yes	2.7	0.4	505
Pizza Hut	Big Heroes Thin Pizza Margherita with pepperoni, sliced ham and chicken with Fries (fried)	Pizza	3.21	Yes	33.6	8	777
Hungry Horse	Large Lasagne with Fries & Baked Beans	Lasagne	3.16	Yes	n/a	7.3	747
Pizza Express	Pizza La Reine	Pizza	3.1	Yes	13.7	7	509
Loch Fyne	Burger with mash	Burger	3.06	Yes	35.8	14.2	668
Pizza Hut	Big Heroes Chicken & Cheese Wrap with Vegetable Sticks	Wrap	3.05	Yes	23.7	9.4	571
Harvester	Harvester Bigger Appetites - Mini Beef Burger with burger sauce with sweet potato fries & half corn on the cob	Burger	3	Yes	45	12	691
Harvester	Harvester Bigger Appetites - Mini Sausage & Yorkie Boat & gravy with sweet potato fries & half corn on the cob	Sausage meal	3	Yes	43	12	703
Harvester	Harvester Recommends BBQ Chicken topped with melted cheese with sweet potato fries & half corn on the cob	Chicken meal	3	Yes	28	7	643
Harvester	Harvester Smaller Bites (under 5s) - Veggie Sausage & Yorkie Boat with sweet potato fries & half corn on the cob	Sausage meal	3	Yes	27	6	612
Harvester	Harvester Bigger Appetites - Veggie Sausage & Yorkie Boat & gravy with fresh vegetable sticks and garden peas	Sausage meal	3	Yes	13	4	470
Harvester	Harvester Recommends Aubergine & Red Lentil Tagine with fresh vegetable sticks and garden peas	Tagine	3	Yes	16	2	407
Harvester	Harvester Smaller Bites (under 5s) - Scrambled Egg (on Wholemeal Toast) with fresh vegetable sticks and garden peas	Scrambled egg on toast	3	Yes	10	2	369
Pizza Express	Pizza American	Pizza	3	Yes	18.2	8.5	510
Toby Carvery	BBQ Chicken Mickey Sandwich with garlic bread	Sandwich	3	Yes	13	4	551
Hungry Horse	Macaroni Cheese served with 4 garlic ciabatta fingers and a mini corn on the cob (over 8s)	Macaroni cheese	2.97	Yes	25.7	12	621
Hungry Horse	Large Chunky Chicken Nuggets (6) with Fries & Baked Beans	Chicken nuggets	2.96	Yes	n/a	5.2	820
Pizza Hut	Big Heroes Mac & Cheese with Fries (fried)	Macaroni cheese	2.93	Yes	34.1	12.5	748
JD Wetherspoons	Pork sausages with no added sugar baked beans and chips	Sausage meal	2.9	Yes	43	12	743
Slug and Lettuce	Pork Sausages with mashed potato and baked beans	Sausage meal	2.9	Yes	34	13.2	686
Hungry Horse	Large Double Cheesy Burger with Fries & Baked Beans	Burger	2.89	Yes	n/a	21.4	1054
Burger King	Kids Chicken Burger with fries	Burger	2.88	Yes	23	6.5	550
Pizza Hut	Big Heroes Gluten Free Margherita topped with mixed peppers, pineapple and sweetcorn with Fries (fried)	Pizza	2.84	Yes	29.9	6.7	807
Burger King	Kids Veggie Burger with fries	Burger	2.83	Yes	22	5.5	550
Slug and Lettuce	Grilled Halloumi with mashed potato and baked beans	Halloumi	2.8	Yes	22.7	12.7	540
Wagamama	Mini Chicken Ramen	Noodles	2.8	Yes	8.7	1.5	371
Wagamama	Mini Yasai Ramen	Noodles	2.8	Yes	6.3	1.2	259
Pizza Hut	Big Heroes Pan Pizza Margherita topped with mixed peppers, pineapple and sweetcorn with Fries (fried)	Pizza	2.78	Yes	31.2	7	827
Pizza Hut	Big Heroes Lasagne with Fries (fried)	Lasagne	2.74	Yes	36.5	11.4	731

Burger King	Chicken Nuggets 9pc with apple fries	Chicken nuggets	2.7	Yes	18	3	450
JD Wetherspoons	Hot dog - A pork hot dog with no added sugar baked beans and chips	Hot dog	2.7	Yes	27.8	7.1	662
JD Wetherspoons	Breaded scampi with no added sugar baked beans and chips	Scampi	2.7	Yes	14	1.5	505
Slug and Lettuce	Grilled Chicken with mashed potato and baked beans	Chicken meal	2.7	Yes	13.1	5.4	544
Loch Fyne	Burger with petis pois	Burger	2.61	Yes	34.3	13.3	609
Giraffe	Kids beef burger with fries**	Burger	2.6	Yes	n/a	n/a	n/a
Hungry Horse	Large Smothered Chicken with Fries & Baked Beans	Chicken meal	2.6	Yes	n/a	7.4	719
Wimpy	Sausages with Beans	Sausage meal	2.6	Yes	18.7	6.1	337
Zizzi	Mini Pasta Formaggi	Pizza	2.6	Yes	20	9.2	441
Burger King	Kids Cheeseburger with fries	Burger	2.58	Yes	22	8	520
Pizza Hut	Big Heroes Thin Pizza Margherita topped with mixed peppers, pineapple and sweetcorn with Fries (fried)	Pizza	2.56	Yes	30.1	6.7	748
Burger King	Chicken Nuggets 6pc with fries	Chicken nuggets	2.53	Yes	28	8	510
JD Wetherspoons	Wiltshire cured ham, fried free-range egg and chips	Ham meal	2.5	Yes	20.3	3.5	453
Nandos	3 Chicken Wings + Supergrain + Garlic Bread	Chicken wings	2.5	Yes	33.3	9.5	616
TGI Friday's	Boneless bites**	Chicken meal	2.5	Yes	n/a	n/a	n/a
Hungry Horse	Super Sausages with Fries and Baked Beans	Sausage meal	2.49	Yes	n/a	4.9	682
Pizza Hut	Big Heroes Chicken & Fries (Fried)	Chicken meal	2.48	Yes	25.3	2.8	619
Pizza Hut	Big Heroes Gluten Free Margherita topped with pepperoni, sliced ham and chicken with Vegetable Sticks	Pizza	2.47	Yes	18.6	7	519
Hungry Horse	Large Fish Fingers with Fries & Baked Beans	Fish	2.43	Yes	n/a	4.5	860
Hungry Horse	Chunky Chicken Nuggets (4) with Fries and Baked Beans	Chicken nuggets	2.42	Yes	n/a	4.2	714
Pizza Hut	Big Heroes Tuna & Cheese Wrap with Fries (fried)	Wrap	2.41	Yes	30.7	9.4	686
Pizza Hut	Big Heroes Pan Pizza Margherita topped with pepperoni, sliced ham and chicken with Vegetable Sticks	Pizza	2.41	Yes	19.9	7.3	539
GBK	Junior Cheese Burger with simple salad	Burger	2.4	Yes	36.3	13.5	621
GBK	Junior Veggie burger with simple salad	Burger	2.4	Yes	27.5	7	550
JD Wetherspoons	Grilled chicken breast with no added sugar baked beans and chips	Chicken meal	2.4	Yes	16.5	2.3	582
Nandos	Chicken Burger + Supergrain + Garlic Bread	Burger	2.4	Yes	24.2	8.3	625
Wimpy	Cheese Toastie with Beans	Sandwich	2.4	Yes	10.3	6.8	406
Pizza Hut	Big Heroes Chicken & Sweetcorn Wrap with Vegetable Sticks	Wrap	2.35	Yes	14	3.9	464
Pizza Hut	Big Heroes Chicken Wrap with Vegetable Sticks	Wrap	2.35	Yes	13.3	3.5	426
Pizza Hut	Big Heroes Gluten Free Margherita topped with pepperoni, sliced ham and chicken	Pizza	2.33	Yes	18.3	6.9	500
Hungry Horse	Quorn Sausages with Fries and Baked Beans	Sausage meal	2.3	Yes	n/a	3	653
JD Wetherspoons	Five chicken breast nuggets with no added sugar baked beans and chips	Chicken nuggets	2.3	Yes	18.1	3.3	545
Pizza Express	Pizza Margherita	Pizza	2.3	Yes	11	6.6	448
Pizza Express	Pizza Pollo	Pizza	2.3	Yes	10.8	6.2	456
Wimpy	Junior Cheese Burger with Beans	Burger	2.3	Yes	19.1	8.5	492
Zizzi	Mini Pasta Bolognese	Pasta	2.3	Yes	12	3.7	365
Hungry Horse	Build your own pasta with Quorn Cumberland Sausage topping served with 2 garlic ciabatta fingers	Pasta	2.27	Yes	26.6	7.9	658
Ask Italian	Margherita topped with mushroom & roasted red peppers	Pizza	2.2	Yes	16.9	9.3	445
GBK	Junior Chicken Grilled Burger with simple salad	Burger	2.2	Yes	24.7	3.4	431
Loch Fyne	Mighty Mussels + Fries	Seafood	2.2	Yes	39.3	15.6	763
Nandos	Sweet Potato & Butternut Burger + Supergrain + Garlic Bread	Burger	2.2	Yes	24.1	8.2	669
Pizza Hut	Big Heroes Thin Pizza Margherita with pepperoni, sliced ham and chicken with Vegetable Sticks	Pizza	2.19	Yes	18.8	7	460
Hungry Horse	Build your own pasta, pork & carrot meatballs served with 2 garlic ciabatta fingers	Pasta	2.18	Yes	29.9	10.4	705
Hungry Horse	Yummy Cheese & Tomato Pizza with Fries (up to 8yrs)	Pizza	2.16	Yes	n/a	10.1	904
Pizza Hut	Little Heroes Chicken & Fries (Fried)	Chicken meal	2.15	Yes	22.8	2.4	548
Hungry Horse	2oz* Beef Burger with Fries and Baked Beans	Burger	2.11	Yes	n/a	11.3	826
Beefeater	Veggie Sausage and Mash, peas and gravy	Sausage meal	2.1	Yes	11.8	3.5	354
Brewers Fayre	Veggie Bangers n Mash, peas and gravy	Sausage meal	2.1	Yes	11.8	3.5	354
JD Wetherspoons	Quorn vegan sausages with no added sugar baked beans and chips	Sausage meal	2.1	Yes	19.2	3.9	515
Hungry Horse	DIY Wrapper with veggie sticks, grated cheese, lettuce, tomato dip and sour cream with quorn cumberland sausage (over 8s)	Wrap	2.09	Yes	29.3	13.8	553
Burger King	Chicken Nuggets 4pc with fries	Chicken nuggets	2.05	Yes	22	6.5	410
McDonald's	Cheeseburger with small fries	Burger	2.04	Yes	24	7.1	538
Burger King	Kids Hamburger with fries	Burger	2	Yes	19	6.5	470
Frankie & Benny's	Mini slider beef burger duo with fries and mixed salad**	Burger	2	Yes	n/a	n/a	n/a
Harvester	Harvester Recommends Build Your Own Chicken Wrap (tomato salsa, sour cream and grated cheese on the side) with sweet potato fries & half corn on the cob	Wrap	2	Yes	37	12	757
Harvester	Harvester Recommends Half Rack of Ribs with BBQ sauce and grilled pineapple with sweet potato fries & half corn on the cob	Ribs	2	Yes	34	9	674
Harvester	Harvester Bigger Appetites - Macaroni Cheese with sweet potato fries & half corn on the cob	Macaroni cheese	2	Yes	34	9	641
Harvester	Harvester Bigger Appetites - Mini Beef Burger with burger sauce with fresh vegetable sticks and garden peas	Burger	2	Yes	28	9	469
Harvester	Harvester Smaller Bites (under 5s) - Mini Sausage & Yorkie Boat & gravy with sweet potato fries & half corn on the cob	Sausage meal	2	Yes	36	9	619
Harvester	Harvester Bigger Appetites - Mini Sausage & Yorkie Boat & gravy with fresh vegetable sticks and garden peas	Sausage meal	2	Yes	26	9	481
Harvester	Harvester Bigger Appetites - Buttermilk - Fried Chicken with sweet potato fries & half corn on the cob	Chicken meal	2	Yes	38	7	666
Harvester	Harvester Recommends Rotisserie Chicken with sweet potato fries & half corn on the cob	Chicken meal	2	Yes	30	6	578
Harvester	Harvester Smaller Bites (Under 5s) - Simply Pasta with sweet potato fries & half corn on the cob	Pasta	2	Yes	28	4	563
Harvester	Harvester Bigger Appetites - Mini Chicken Burger with burger sauce with sweet potato fries & half corn on the cob	Burger	2	Yes	29	4	572

Harvester	Harvester Recommends BBQ Chicken topped with melted cheese with fresh vegetable sticks and garden peas	Chicken meal	2	Yes	11	4	421
Harvester	Harvester Smaller bites (Under 5s) - Grilled Chicken Strips with sweet potato fries & half corn on the cob	Chicken meal	2	Yes	19	3	418
Harvester	Harvester Smaller Bites (under 5s) - Veggie Sausage & Yorkie Boat with fresh vegetable sticks and garden peas	Sausage meal	2	Yes	10	3	390
Hungry Horse	DIY Wrapper with veggie sticks, grated cheese, lettuce, tomato dip and sour cream with 6 pork & carrot meatballs (over 8s)	Wrap	2	Yes	32.6	16.3	600
Hungry Horse	Cod fish fingers with Fries and Baked Beans	Fish	2	Yes	n/a	3.7	716
Leon	GFC & Fries	Chicken nuggets	2	Yes	23	3	447
Toby Carvery	Sausages and Giant Yorkshire Pud (excluding unlimited veg and potatoes)	Sausage meal	2	Yes	19	6	274
Toby Carvery	Mac & Cheese with garlic bread	Macaroni cheese	2	Yes	13	5	382
Toby Carvery	Spaghetti bolognese with garlic bread	Pasta	2	Yes	15	4	415
Toby Carvery	Chicken Breast Nuggets with Garlic Bread	Chicken nuggets	2	Yes	13	4	372
Toby Carvery	BBQ Chicken Mickey Sandwich with veg sticks	Sandwich	2	Yes	5	2	400
Toby Carvery	Quorn Sausages and Giant Yorkshire Pud (excluding unlimited veg and potatoes)	Sausage meal	2	Yes	14	1	292
Wimpy	Sausages with Salad	Sausage meal	2	Yes	18.6	6.1	267
Zizzi	Vegan Mini Pizza Margherita (Toppings Not Included)	Pizza	2	Yes	9.9	7.3	414
Zizzi	Mini Non-Gluten Pizza Margherita (Toppings Not Included)	Pizza	2	Yes	10	5.4	360
Zizzi	Mini Pasta Pomodoro	Pasta	2	Yes	25	3.9	402
Zizzi	Mini Pasta Super Green Pesto	Pasta	2	Yes	25	3.9	402
Hungry Horse	Large Lasagne with Mini Jacket Spud & Corn Cobs Mini	Lasagne	1.96	Yes	12.4	5.2	452
Pizza Hut	Big Heroes Chicken & Fries (Oven Baked)	Chicken meal	1.95	Yes	17.5	2.6	472
Hungry Horse	Hot Dog (Pork Sausage) with Fries and Baked Beans	Hot dog	1.92	Yes	n/a	3.7	690
Pizza Hut	Big Heroes Mac & Cheese with Vegetable Sticks	Macaroni cheese	1.91	Yes	19.3	11.5	431
Ask Italian	Cheese & vegetable Dip & Tip tortellini with tomato sauce and cheese	Pasta	1.9	Yes	19	3.8	281
Frankie & Benny's	Piccolo spaghetti & meatballs with garlic bread and corn on the cob**	Pasta	1.9	Yes	n/a	n/a	n/a
JD Wetherspoons	Five bean chilli	Chilli	1.9	Yes	2.3	0.3	309
Pizza Hut	Little Heroes Gluten Free Margherita topped with sliced ham	Pizza	1.9	Yes	13.2	4.5	425
Slug and Lettuce	Baked Salmon Fishcakes served with mashed potato and baked beans	Fishcakes	1.9	Yes	13.6	5.2	536
Slug and Lettuce	Southern-Fried Chicken Strips served with chips and baked beans	Chicken meal	1.9	Yes	22.2	5.1	659
Loch Fyne	Chicken Goujons with mash	Chicken meal	1.86	Yes	10.8	4.6	277
Pizza Hut	Little Heroes Pan Pizza Margherita topped with Sliced Ham	Pizza	1.84	Yes	13.5	4.8	436
Hungry Horse	Hot Dog (Quorn Sausage) with Fries and Baked Beans	Hot dog	1.83	Yes	n/a	2.7	676
Pizza Hut	Big Heroes Gluten Free Margherita topped with mixed peppers, pineapple and sweetcorn with Vegetable Sticks	Pizza	1.82	Yes	15.1	5.7	490
Beefeater	Bangers and Mash served with mash, peas and gravy	Sausage meal	1.8	No	21	8.4	401
Nandos	Chicken Breast Fillet Strips + Supergrain + Garlic Bread	Chicken meal	1.8	No	18.4	6	466
Wagamama	Cod Cubes with Amai Sauce	Fish	1.8	No	15.8	1.3	579
Wimpy	Junior Burger with Beans	Burger	1.8	No	15.9	7	451
Wimpy	Cheese Toastie with Salad	Sandwich	1.8	No	10.2	6.8	335
Wimpy	Chicken Strips with Beans	Chicken Meal	1.8	No	14	5.2	325
Zizzi	Mini Pizza Margherita (Toppings Not Included)	Pizza	1.8	No	12	6.2	422
Hungry Horse	Roast Beef served with mash, peas and gravy (up to 8yrs)	Roast Meal	1.76	No	8.9	5.1	322
Hungry Horse	Large Chunky Chicken Nuggets (6) with Mini Jacket Spud & Corn Cobs Mini	Chicken nuggets	1.76	No	19.2	3.1	525
Pizza Hut	Big Heroes Pan Pizza Margherita with mixed peppers, pineapple and sweetcorn with Vegetable Sticks	Pizza	1.76	No	16.4	6	510
Pizza Hut	Big Heroes Tuna & Sweetcorn Wrap with Fries (fried)	Wrap	1.76	No	20.7	3.3	581
Hungry Horse	Roast Chicken Breast with Fries and Baked Beans	Chicken meal	1.74	No	n/a	2.9	602
Burger King	Kids Chicken Burger with apple fries	Burger	1.73	No	13	3.5	360
Pizza Hut	Big Heroes Lasagne with Vegetable Sticks	Lasagne	1.72	No	21.7	10.4	414
Hungry Horse	Build your own pasta with roast chicken fillets served with 2 garlic ciabatta fingers	Pasta	1.71	No	21.8	7.8	607
Pizza Hut	Big Heroes Tuna Wrap with Fries (fried)	Wrap	1.71	No	20.1	3.1	546
Beefeater	Poppin Chicken with chips and beans	Chicken meal	1.7	No	16.4	2	400
KFC	Kids meal - Burger	Burger	1.7	No	12	3.3	455
Slug and Lettuce	Grilled Chicken Salad	Salad	1.7	No	12.7	1.9	269
Wimpy	Junior Cheese Burger with Salad	Burger	1.7	No	19	8.5	422
Hungry Horse	Large Double Cheesey Burger with Mini Jacket Spud & Corn Cobs Mini	Burger	1.69	No	41.7	19.3	759
Burger King	Kids Veggie Burger with apple fries	Burger	1.68	No	12	2.5	360
McDonald's	Cheeseburger with carrot bag	Burger	1.68	No	12.2	6.1	335
Pizza Hut	Big Heroes Gluten Free Margherita topped with mixed peppers, pineapple and sweetcorn	Pizza	1.68	No	14.8	5.6	471
McDonald's	Hamburger with small fries	Burger	1.64	No	20.3	4.4	487
Pizza Hut	Little Heroes Chicken & Fries (Oven Baked)	Chicken meal	1.62	No	14.9	2.1	400
Pizza Hut	Little Heroes Thin Pizza Margherita topped with Sliced Ham	Pizza	1.61	No	10.6	4.4	340
Frankie & Benny's	Crispy battered cod goujons with mash potato and peas**	Fish	1.6	No	n/a	n/a	n/a
JD Wetherspoons	Pork sausages with cucumber sticks, tomato wedges & jacket potato	Sausage meal	1.6	No	30.9	10.8	590
Nandos	Sweet Potato & Butternut Pattie + Supergrain + Garlic Bread	Burger	1.6	No	23.4	6.2	555
Nandos	3 Chicken Wings + Corn on the Cob + Little Tomatoes	Chicken wings	1.6	No	18.4	4.3	365
Slug and Lettuce	Pork Sausages with rice and crispy salad	Sausage meal	1.6	No	28.6	10.2	603
Wagamama	Cod Cubes with Curry Sauce	Fish	1.6	No	21.2	3.2	614
Pizza Hut	Little Heroes Gluten Free Margherita topped with mixed peppers	Pizza	1.58	No	12.9	4.4	414

Pizza Hut	Little Heroes Gluten Free Margherita	Pizza	1.58	No	12.9	4.4	412
McDonald's	Crispy Chicken Wrap with small fries	Wrap	1.54	No	20	2.5	485
Pizza Hut	Big Heroes Thin Pizza Margherita with mixed peppers, pineapple and sweetcorn with Vegetable Sticks	Pizza	1.54	No	15.3	5.7	431
Hungry Horse	DIY Wrapper with veggie sticks, grated cheese, lettuce, tomato dip and sour cream with slices of chicken fillet (over 8s)	Wrap	1.53	No	24.5	13.7	502
Pizza Hut	Little Heroes Pan Pizza Margherita topped with Mixed Peppers	Pizza	1.52	No	13.2	4.7	425
Pizza Hut	Little Heroes Pan Pizza Margherita	Pizza	1.52	No	13.2	4.7	423
Ask Italian	Cartwheel pasta Dip & Tip with tomato sauce and cheese	Pasta	1.5	No	16	4.1	459
Brewers Fayre	Bangers n Bash, peas and gravy	Sausage meal	1.5	No	20.1	7.9	389
Brewers Fayre	Kicking Chicken (breaded chicken bites) with chips and baked beans	Chicken meal	1.5	No	15.8	2.4	394
GBK	Junior Chicken Panko Burger with simple salad	Burger	1.5	No	29	3.6	582
Leon	Meatballs Rice Box	Meatballs	1.5	No	13.4	3.7	351
Leon	Falafel Rice Box	Falafel	1.5	No	9	1	302
Nandos	Chicken Burger + Corn on the Cob + Little Tomatoes	Burger	1.5	No	9.3	3.1	374
Slug and Lettuce	Grilled Halloumi with rice and crispy salad	Halloumi	1.5	No	17.3	9.7	457
Slug and Lettuce	Southern-Fried Chicken Burger in a bun with lettuce and tomato and served with chips and beans	Burger	1.5	No	20.4	5.2	631
TGI Friday's	Tomato tubes**	Pasta	1.5	No	n/a	n/a	n/a
Wagamama	Mini Grilled Chicken Noodles	Noodles	1.5	No	12.6	1.6	421
Burger King	Kids Cheeseburger with apple fries	Burger	1.43	No	12	5	330
Loch Fyne	Chicken Goujons with petits pois	Chicken meal	1.41	No	9.3	3.7	218
Ask Italian	Penne Pasta in perfect pesto	Pasta	1.4	No	24.2	5	542
Beefeater	Chicken Burger served in 50/50 bun, lettuce, mayo, 2 mini jacket potatoes and beans	Burger	1.4	No	7.7	1.6	439
Brewers Fayre	The Big, Bad Dog served with chips and mini corn on the cob	Hot dog	1.4	No	21.2	6.6	510
Brewers Fayre	Chicken Burger in 50/50 bun, mayo, lettuce with two mini jacket potatoes and baked beans	Burger	1.4	No	7.6	1.6	448
Chiquito	Kids battered cod bites with skin-on fries**	Fish	1.4	No	n/a	n/a	n/a
Hungry Horse	Large Smothered Chicken with Mini Jacket Spud & Corn Cobs Mini	Chicken meal	1.4	No	12.3	5.3	424
JD Wetherspoons	Hot dog - A pork hot dog with cucumber sticks, tomato wedges & jacket potato	Hot dog	1.4	No	15.7	5.9	509
JD Wetherspoons	Breaded scampi with cucumber sticks, tomato wedges & jacket potato	Scampi	1.4	No	1.9	0.3	352
Slug and Lettuce	Southern-Fried Chicken Strips served with chips and crispy salad	Chicken meal	1.4	No	22.3	5.1	610
Slug and Lettuce	Grilled Chicken with rice and crispy salad	Chicken meal	1.4	No	7.7	2.4	461
Wagamama	Mini Grilled Fish Noodles	Noodles	1.4	No	11.9	1.1	350
Pizza Hut	Big Heroes Tuna & Cheese Wrap with Vegetable Sticks	Wrap	1.39	No	15.9	8.4	369
Burger King	Chicken Nuggets 6pc with apple fries	Chicken nuggets	1.38	No	18	5	320
Pizza Hut	Little Heroes Cheesy Pasta Shapes	Pasta	1.38	No	15.2	6.7	385
Hungry Horse	Yummy Cheese & Tomato Pizza with Corn Cobs Mini (up to 8yrs)	Pizza	1.32	No	21.3	7.9	579
Hungry Horse	Tomato Pasta with Fries (up to 8yrs)	Pasta	1.32	No	n/a	3.4	699
Beefeater	Beef Burger in 50/50 bun with chips and two mini corn on the cob	Burger	1.3	No	27.3	8.6	607
Nandos	Sweet Potato & Butternut Burger + Corn on the Cob + Little Tomatoes	Burger	1.3	No	9.2	3	418
Pizza Express	Pollo Salad with Dough Balls	Salad	1.3	No	9.4	2.9	283
Slug and Lettuce	Grilled Beef Burger (reduced salt and fat) in a bun with lettuce and tomato and served with chips and beans	Burger	1.3	No	19.8	7.2	552
Hungry Horse	Super Sausages with Mini Jacket Spud and Corn Cobs Mini	Sausage meal	1.29	No	9.6	2.8	387
Pizza Hut	Little Heroes Thin Pizza Margherita topped with Mixed Peppers	Pizza	1.29	No	10.3	4.3	329
Pizza Hut	Little Heroes Thin Pizza Margherita	Pizza	1.29	No	10.3	4.3	327
McDonald's	Hamburger with carrot bag	Burger	1.28	No	8.5	3.4	284
Loch Fyne	Fish and Chips	Fish	1.26	No	44.9	19.6	794
Pizza Hut	Little Heroes Tuna & Cheese Wrap	Wrap	1.25	No	15.6	8.3	350
Hungry Horse	Large Fish Fingers with Mini Jacket Spud & Corn Cobs Mini	Fish	1.23	No	21.2	2.4	565
McDonald's	Grilled Chicken Wrap with small fries	Wrap	1.23	No	14.9	2	418
Hungry Horse	Chunky Chicken Nuggets (4) with Mini Jacket Spud and Corn Cobs Mini	Chicken nuggets	1.22	No	13.6	2.1	419
JD Wetherspoons	Jacket potato with tuna	Jacket potato	1.2	No	9.5	1.1	387
KFC	Kids meal - original recipe chicken	Chicken meal	1.2	No	18.8	5	430
Pizza Express	Pollo Salad with Polenta Sticks	Salad	1.2	No	17	3.5	265
Slug and Lettuce	Fish Fingers & Chips and baked beans	Fish	1.2	No	18.1	5.2	444
Wagamama	Mini Chicken Yaki Soba	Noodles	1.2	No	16.1	3.1	374
Wimpy	Junior Burger with Salad	Burger	1.2	No	15.8	7	381
Wimpy	Chicken Strips with Salad	Chicken Meal	1.2	No	13.9	5.2	254
Wimpy	Fish Bites with Beans	Fish	1.2	No	8.7	0.7	270
McDonald's	Crispy Chicken Wrap with carrot bag	Wrap	1.18	No	8.2	1.5	282
McDonald's	Happy Meal Veggie Wrap with small fries	Wrap	1.17	No	16.8	2.1	446
McDonald's	Fish fingers (3 fingers) with small fries	Fish	1.13	No	20.5	1.9	431
Beefeater	Steak & Chips with peas	Steak	1.1	No	15.8	4	461
Beefeater	Cod Bites with chips and peas	Fish	1.1	No	25.5	3.5	513
Brewers Fayre	Bash Street Burger in 50/50 bun served with chips and mini corn on the cob	Burger	1.1	No	26.6	9.2	611
Hungry Horse	Quorn Sausages with Mini Jacket Spud and Corn Cobs Mini	Sausage meal	1.1	No	9	0.9	358
JD Wetherspoons	Jacket potato with cheese	Jacket potato	1.1	No	14.6	8.8	400
JD Wetherspoons	Grilled chicken breast with cucumber sticks, tomato wedges & jacket potato	Chicken meal	1.1	No	4.4	1.1	429

Beefeater	Tomato Pasta & Chicken Meatballs with garlic bread and veggie sticks	Pasta	1	No	16.9	4.9	525
Brewers Fayre	Tomato Pasta & Chicken Meatballs with garlic bread and veggie sticks	Pasta	1	No	16.9	4.9	525
Chiquito	Southern fried chicken fingers with Mexican rice**	Chicken meal	1	No	n/a	n/a	n/a
Giraffe	Kids pasta al pomodoro in a tomato sauce**	Pasta	1	No	n/a	n/a	n/a
Harvester	Harvester Recommends Build Your Own Chicken Wrap (tomato salsa, sour cream and grated cheese on the side) with fresh vegetable sticks and garden peas	Wrap	1	No	20	9	535
Harvester	Harvester Recommends Cod Fillet with sweet potato fries & half corn on the cob	Fish	1	No	42	8	757
Harvester	Harvester Recommends 4oz Rump Steak with sweet potato fries & half corn on the cob	Steak	1	No	29	8	515
Harvester	Harvester Recommends Half Rack of Ribs with BBQ sauce and grilled pineapple with fresh vegetable sticks and garden peas	Ribs	1	No	17	6	452
Harvester	Harvester Bigger Appetites - Macaroni Cheese with fresh vegetable sticks and garden peas	Pasta	1	No	17	6	419
Harvester	Harvester Smaller Bites (under 5s) - Mini Sausage & Yorkie Boat & gravy with fresh vegetable sticks and garden peas	Sausage meal	1	No	19	6	397
Harvester	Harvester Recommends Grilled Salmon with sweet potato fries & half corn on the cob	Fish	1	No	30	5	518
Harvester	Harvester Bigger Appetites - Fish Fingers with sweet potato fries & half corn on the cob	Fish	1	No	28	4	546
Harvester	Harvester Smaller bites (Under 5s) - Fish Fingers with sweet potato fries & half corn on the cob	Fish	1	No	25	4	492
Harvester	Harvester Bigger Appetites - Buttermilk - Fried Chicken with fresh vegetable sticks and garden peas	Chicken meal	1	No	21	4	444
Harvester	Harvester Bigger Appetites - Grilled Chicken Breast with sweet potato fries & half corn on the cob	Chicken meal	1	No	20	3	424
Harvester	Harvester Recommends Rotisserie Chicken with fresh vegetable sticks and garden peas	Chicken meal	1	No	13	3	356
Harvester	Harvester Smaller Bites (Under 5s) - Simply Pasta with fresh vegetable sticks and garden peas	Pasta	1	No	11	1	341
Harvester	Harvester Bigger Appetites - Mini Chicken Burger with burger sauce with fresh vegetable sticks and garden peas	Burger	1	No	12	1	350
Harvester	Harvester Smaller bites (Under 5s) - Grilled Chicken Strips with fresh vegetable sticks and garden peas	Chicken meal	1	No	2	0	196
Jamies Italian	Baby Organic Beef Burger Big Kids in a seeded bun with lemony yoghurt, fresh sliced tomato & lettuce, served with baked sweet potato fries	Burger	1	No	18	6	452
Jamies Italian	Organic Mini Spaghetti & Meatballs Big Kids in seven-veg tomato sauce, homemade spaghetti and parmesan cheese	Pasta	1	No	14	6	446
Jamies Italian	Margherita Pizza	Pizza	1	No	11	6	374
Jamies Italian	Secret Seven Gnocchi Big Kids in seven veg sauce, cherry tomatoes, buffalo mozzarella & basil	Gnocchi	1	No	9	6	337
Jamies Italian	Organic Mini Spaghetti & Meatballs Little Kids in seven-veg tomato sauce, homemade spaghetti and parmesan cheese	Pasta	1	No	12	5	383
Jamies Italian	Secret Seven Gnocchi Little Kids in seven veg sauce, cherry tomatoes, buffalo mozzarella & basil	Gnocchi	1	No	7	5	249
Jamies Italian	Baby Organic Beef Burger Little Kids in a seeded bun with lemony yoghurt, fresh sliced tomato & lettuce, served with baked sweet potato fries	Burger	1	No	14	4	370
Jamies Italian	Happy Chicken Lollipops Big Kids	Chicken meal	1	No	18	3	524
Jamies Italian	Fantastic Fish Stew Big Kids with seven veg sauce, potato dumplings, peas, basil & lemon	Fish stew	1	No	16	3	388
Jamies Italian	Five - a - day Picnic Box. Chicken wrap with rainbow vegetable crisps, organic dried mango pieces & an organic apple	Wrap	1	No	15	3	362
Jamies Italian	Happy Chicken Lollipops Little Kids	Chicken meal	1	No	13	2	377
Jamies Italian	Fantastic Fish Stew Little Kids with seven veg sauce, potato dumplings, peas, basil & lemon	Fish stew	1	No	12	2	297
JD Wetherspoons	Five chicken breast nuggets with cucumber sticks, tomato wedges & jacket potato	Chicken nuggets	1	No	6	2.1	392
KFC	Kids meal - Popcorn	Chicken meal	1	No	12.4	3	325
Subway	Ham Kids Pak - mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	Sandwich	0.9	No	2.6	1	182
Subway	Turkey Breast Kids Pak - mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	Sandwich	1	No	2.1	0.8	184
Toby Carvery	Mac & Cheese with veg sticks	Macaroni cheese	1	No	5	3	231
Toby Carvery	Spaghetti bolognese with veg sticks	Pasta	1	No	7	2	264
Toby Carvery	Chicken Breast Nuggets with Veg Sticks	Chicken nuggets	1	No	5	2	221
Wagamama	Mini Yasai Yaki Soba	Noodles	1	No	13.7	2.6	327
Wagamama	Mini Grilled Chicken Katsu with Amai Sauce	Curry	1	No	3.7	0.9	414
Wagamama	Mini Yasai Katsu Curry with Amai Sauce	Curry	1	No	3.3	0.4	385
Zizzi	Mini Non-Gluten Pasta Pomodoro	Pasta	1	No	2.1	0.4	191
Hungry Horse	2oz* Beef Burger with Mini Jacket Spud and Corn Cobs Mini	Burger	0.91	No	21.7	9.2	531
Beefeater	Spaghetti Bolognese with garlic bread and veggie sticks	Pasta	0.9	No	8.4	2.9	322
Brewers Fayre	Cod Tastic (Breaded Cod bites) with chips and baked beans	Fish	0.9	No	24.8	4	507
Brewers Fayre	Spaghetti Bolognese with garlic bread and veggie sticks	Pasta	0.9	No	8.4	2.9	322
Burger King	Chicken Nuggets 4pc with apple fries	Chicken nuggets	0.9	No	12	3.5	220
Nandos	Chicken Breast Fillet Strips + Corn on the Cob + Little Tomatoes	Chicken meal	0.9	No	3.5	0.8	215
Pizza Express	Pasta Napoletana	Pasta	0.9	No	5.4	2.9	284
Slug and Lettuce	Penne Pasta in Tomato Sauce	Pasta	0.9	No	6.8	0.6	278
Wagamama	Mini Chicken Katsu with Amai Sauce	Curry	0.9	No	9.6	1.8	465
McDonald's	Grilled Chicken Wrap with carrot bag	Wrap	0.87	No	3.1	1	215
Burger King	Kids Hamburger with apple fries	Burger	0.85	No	9	3.5	280
Hungry Horse	Jacket Spud with cheese (up to 8yrs)	Jacket potato	0.83	No	13.1	8.3	436
McDonald's	Happy Meal Veggie Wrap with carrot bag	Wrap	0.81	No	5	1.1	243
Beefeater	Tomato Penne Pasta with garlic bread and veggie sticks	Pasta	0.8	No	10	2.9	359
Brewers Fayre	Tomato Pasta	Pasta	0.8	No	10	2.9	359
Hungry Horse	Cod fish fingers with Mini Jacket Spud and Corn Cobs Mini	Fish	0.8	No	13.6	1.6	421
JD Wetherspoons	Cheesy pasta - Macaroni pasta, with broccoli and peas	Macaroni cheese	0.8	No	9.5	5	333
JD Wetherspoons	Quorn vegan sausages with cucumber sticks, tomato wedges & jacket potato	Sausage meal	0.8	No	7.1	2.7	362
Leon	Chicken Rice Box	Chicken meal	0.8	No	6.3	1.4	299
Pizza Express	Pasta Bolognese	Pasta	0.8	No	10.2	3.7	353

Zizzi	Mini Non-Gluten Pasta Bolognese	Pasta	0.8	No	7.4	2.4	285
McDonald's	Chicken McNuggets (4 pieces) with small fries	Chicken nuggets	0.78	No	20.9	2.3	410
Loch Fyne	Pasta with Cheesy Tomato Sauce	Pasta	0.77	No	37.8	19.8	578
McDonald's	Fish fingers (3 fingers) with carrot bag	Fish	0.77	No	8.7	0.9	228
Pizza Hut	Big Heroes Tuna & Sweetcorn Wrap with Vegetable Sticks	Wrap	0.74	No	5.9	2.3	264
Hungry Horse	Hot Dog (Pork Sausage) with Mini Jacket Spud and Corn Cobs Mini	Hot dog	0.72	No	7.1	1.6	395
Leon	Mini Chicken Burger & Fries	Burger	0.7	No	6	2	290
Nandos	Sweet Potato & Butternut Pattie + Corn on the Cob + Little Tomatoes	Burger	0.7	No	8.5	1	304
Pizza Express	Pasta Bianca	Pasta	0.7	No	11.6	6.3	355
Wagamama	Mini Grilled Chicken Katsu with Curry Sauce	Curry	0.7	No	9.1	2.8	449
Wagamama	Mini Yasi Katsu Curry with Curry Sauce	Curry	0.7	No	8.7	2.3	420
Wimpy	Half Jacket Potato with Beans	Jacket potato	0.7	No	0.5	0	312
Pizza Hut	Big Heroes Tuna Wrap with Vegetable Sticks	Wrap	0.69	No	5.3	2.1	229
Loch Fyne	Bream with mash	Fish	0.64	No	3.8	0.9	142
Hungry Horse	Hot Dog (Quorn Sausage) with Mini Jacket Spud and Corn Cobs Mini	Hot dog	0.63	No	6.8	0.6	381
Pizza Hut	Little Heroes Tuna & Sweetcorn Wrap	Wrap	0.6	No	5.6	2.2	245
Slug and Lettuce	Baked Salmon Fishcakes served with rice and crispy salad	Fishcakes	0.6	No	8.2	2.2	453
Wagamama	Mini Chicken Katsu with Curry Sauce	Curry	0.6	No	15	3.7	499
Wagamama	Mini Chicken Cha Han	Noodles	0.6	No	12.7	2.8	432
Wimpy	Fish Bites with Salad	Fish	0.6	No	8.6	0.7	200
Pizza Hut	Little Heroes Spaghetti Bolognese	Pasta	0.58	No	3.3	1.3	198
Loch Fyne	Salmon with mash	Fish	0.55	No	14.9	2.9	273
Pizza Hut	Little Heroes Tuna Wrap	Wrap	0.55	No	5	2	210
Hungry Horse	Roast Chicken Breast with Mini Jacket Spud and Corn Cobs Mini	Chicken meal	0.54	No	4.2	0.8	307
Hungry Horse	Jacket Spud with beans (up to 8yrs)	Jacket potato	0.54	No	0.6	0.3	335
Beefeater	Chicken Curry with brown rice and veggie sticks	Curry	0.5	No	9.9	4.7	444
Brewers Fayre	Chicken Curry with brown rice and veggie sticks	Curry	0.5	No	9.9	4.7	444
Subway	Veggie Delite Kids Pak mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	Sandwich	0.4	No	1.5	0.7	147
Wagamama	Mini Yasai Cha Han	Noodles	0.5	No	10.3	2.3	385
Zizzi	Mini Pasta Pomodoro (Tiny Tummy)	Pasta	0.5	No	10	6.2	97
Zizzi	Prawn Popcorn	Seafood	0.5	No	12	3	166
Hungry Horse	Tomato Pasta with Garden Peas (up to 8yrs)	Pasta	0.48	No	8.4	1	322
McDonald's	Chicken McNuggets (4 pieces) with carrot bag	Chicken nuggets	0.42	No	9.1	1.3	207
Ask Italian	Penne Pasta in bolognese sauce	Pasta	0.4	No	9.4	5.5	457
Zizzi	Mini Non-Gluten Pasta Formaggi	Pasta	0.4	No	7.6	3.7	238
Slug and Lettuce	Hand-Battered Fish and Chips served with chips and peas	Fish	0.3	No	24.6	7.6	556
Loch Fyne	Bream with petis pois	Fish	0.19	No	2.3	0	83
Loch Fyne	Salmon with petis pois	Fish	0.1	No	13.4	2	214
Harvester	Harvester Recommends Cod Fillet with fresh vegetable sticks and garden peas	Fish	0	No	25	5	535
Harvester	Harvester Recommends 4oz Rump Steak with fresh vegetable sticks and garden peas	Steak	0	No	12	5	293
Harvester	Harvester Recommends Grilled Salmon with fresh vegetable sticks and garden peas	Fish	0	No	13	2	296
Harvester	Harvester Bigger Appetites - Fish Fingers with fresh vegetable sticks and garden peas	Fish	0	No	11	1	324
Harvester	Harvester Smaller bites (Under 5s) - Fish Fingers with fresh vegetable sticks and garden peas	Fish	0	No	8	1	270
Harvester	Harvester Bigger Appetites - Grilled Chicken Breast with fresh vegetable sticks and garden peas	Chicken meal	0	No	3	0	202
Wimpy	Half Jacket Potato with Salad	Jacket potato	0	No	0.4	0	241



## Salt Awareness Week 2019 - Children's Meals in Out of Home Sector

Notes:

Data table sorted highest to lowest salt content per portion

Product information collected by WASH members in each country between November - January from company websites or by emailing customer services

\* This is the minimum salt/calorie content as salt/calorie data was only available for the main dish and did not include data on the salt/calorie content of side dishes

See World Action on Salt website for more information

Hungry Jacks is the equivalent of Burger King in Australia

na = not available

Country	Outlet	Meal Name	Total Salt per Meal (g)	Total Calories per meal (kcal)	Main Dish Component	Salt per Main Dish (g)	Side Dish	Salt per Side Dish (g)
Croatia	Burger King	Kid's Chicken Nuggets	na	na	Nuggets	0.60	Salad small	na
Croatia	Burger King	Kid's Chicken Nuggets	na	na	Nuggets	0.60	French fries	na
Croatia	Burger King	Kid's Hamburger	na	na	Hamburger	1.20	Salad small	na
Croatia	Burger King	Kid's Hamburger	na	na	Hamburger	1.20	French fries	na
Croatia	Burger King	Kid's Cheeseburger	na	na	Cheeseburger	1.70	Salad small	na
Croatia	Burger King	Kid's Cheeseburger	na	na	Cheeseburger	1.70	French fries	na
Italy	KFC	Menu Box Krunchy	na	na	Krunchy	na	Fries (small)	0.40
Italy	KFC	Menu Box Krunchy	na	na	Krunchy	na	Cob	0.03
Italy	KFC	Menu Boxy + Krunchy	na	na	Double Krunchy Junior	na	Fries (small)	0.40
Italy	KFC	Menu Boxy + Krunchy	na	na	Double Krunchy Junior	na	Cob	0.03
Peru	McDonald's	Hamburguesa Cajita Feliz	na	na	Hamburguesa	0.87	Papas fritas (kids)	0.24
Peru	McDonald's	Hamburguesa Cajita Feliz	na	na	Hamburguesa	0.87	Papas fritas (regulares)	0.55
Peru	McDonald's	Hamburguesa Cajita Feliz	na	na	Hamburguesa	0.87	Zanahoria	0.03
Peru	McDonald's	Hamburguesa Cajita Feliz	na	na	Hamburguesa	0.87	Manzana	0.00
Peru	McDonald's	Hamburguesa Cajita Feliz	na	na	Hamburguesa	0.87	Yogur	0.10
Peru	McDonald's	Hamburguesa con queso Cajita Feliz	na	na	Hamburguesa con queso	1.56	Papas fritas (kids)	0.24
Peru	McDonald's	Hamburguesa con queso Cajita Feliz	na	na	Hamburguesa con queso	1.56	Papas fritas (regulares)	0.55
Peru	McDonald's	Hamburguesa con queso Cajita Feliz	na	na	Hamburguesa con queso	1.56	Zanahoria	0.03
Peru	McDonald's	Hamburguesa con queso Cajita Feliz	na	na	Hamburguesa con queso	1.56	Manzana	0.00
Peru	McDonald's	Hamburguesa con queso Cajita Feliz	na	na	Hamburguesa con queso	1.56	Yogur	0.10
Peru	McDonald's	McNuggets Cajita Feliz	na	na	4 piece Nuggets	0.91	Papas fritas (kids)	0.24
Peru	McDonald's	McNuggets Cajita Feliz	na	na	4 piece Nuggets	0.91	Papas fritas (regulares)	0.55
Peru	McDonald's	McNuggets Cajita Feliz	na	na	4 piece Nuggets	0.91	Zanahoria	0.03
Peru	McDonald's	McNuggets Cajita Feliz	na	na	4 piece Nuggets	0.91	Manzana	0.00
Peru	McDonald's	McNuggets Cajita Feliz	na	na	4 piece Nuggets	0.91	Yogur	0.10
Peru	McDonald's	Pollo crujiente Cajita Feliz	na	na	Pollo crujiente	1.44	Papas fritas (kids)	0.24
Peru	McDonald's	Pollo crujiente Cajita Feliz	na	na	Pollo crujiente	1.44	Papas fritas (regulares)	0.55
Peru	McDonald's	Pollo crujiente Cajita Feliz	na	na	Pollo crujiente	1.44	Zanahoria	0.03
Peru	McDonald's	Pollo crujiente Cajita Feliz	na	na	Pollo crujiente	1.44	Manzana	0.00
Peru	McDonald's	Pollo crujiente Cajita Feliz	na	na	Pollo crujiente	1.44	Yogur	0.10
South Africa	Burger King	Hamburger King Jr. Meal	na	na	Hamburger	0.39	King Fries	0.48
South Africa	Burger King	Cheeseburger King Jr. Meal	na	na	Cheeseburger	0.62	King Fries	0.48
South Africa	Burger King	Chicken Nuggets King Jr. Meal	na	na	Chicken Nuggets	na	King Fries	0.48
South Africa	Burger King	Chicken King Jr. Meal	na	na	Chicken Burger	na	King Fries	0.48
Spain	KFC	Menú infantil	na	na	4 Chicken Rocks	1.44	5 Cherries	na
Spain	KFC	Menú infantil	na	na	Kids Burger	na	Small French Fries	0.14
Spain	KFC	Menú infantil	na	na	Kids Burger	na	1 Corncob	0.20
Spain	KFC	Menú infantil	na	na	Kids Burger	na	5 Cherries	na
Spain	KFC	Menú infantil	na	na	2 Tiras de pechuga	4.40	5 Cherries	na
Spain	McDonald's	McFish Happy Meal	na	na	McFish	2.00	Small French Fries	na
Spain	McDonald's	Burger Happy Meal	na	na	Burger	1.00	Small French Fries	na
Spain	McDonald's	Cheeseburger Happy Meal	na	na	Cheeseburger	2.00	Small French Fries	na
Spain	McDonald's	McNuggets Happy Meal	na	na	McNuggets	1.00	Small French Fries	na
Spain	McDonald's	Chicken Burger Kids Happy Meal	na	na	Chicken Burger	2.00	Small French Fries	na
Spain	McDonald's	McCroquetas de Jamón Happy Meal	na	na	McCroquetas	1.20	Small French Fries	na
Denmark	KFC	Crispy Strips (Kids Bucket)	1.6*	293.3*	Crispy Strips	1.60	Pommes Frites (small)	na
Denmark	KFC	Piece of Chicken (Kids Bucket)	1.5*	233*	Chicken	1.50	Pommes Frites (small)	na
Kuwait	KFC	Kids Burger	1*	na	Kids Burger	1.00	na	na
Sultanate of Oman	KFC	Kids Meal	5.95	na	Popcorn Chicken (small)	4.70	French Fries	1.25
Spain	KFC	Menú infantil	4.50	1018	2 Tiras de pechuga	4.40	Small French Fries	0.14
Spain	KFC	Menú infantil	4.40	707	2 Tiras de pechuga	4.40	1 Corncob	0.20

USA	KFC	Popcorn Nuggets Kids Meal	4.23	580	Nuggets	2.18	BBQ Baked Beans + Musselman's Applesauce	2.05
USA	KFC	Popcorn Nuggets Kids Meal	3.93	610	Nuggets	2.18	Potato Wedges + Musselman's Applesauce	1.75
UK	Burger King	Chicken Nuggets 9pc with fries	3.85	640	na	na	na	na
USA	KFC	Popcorn Nuggets Kids Meal	3.83	500	Nuggets	2.18	Macaroni and Cheese + Musselman's Applesauce	1.65
Australia	Hungry Jacks	6 Nuggets Kid's Pack (including Dipping Sauce and Small Chips)	3.78	na	6 Nuggets	2.06	Small Chips	1.22
Sultanate of Oman	KFC	Kids Meal	3.75	na	Kids Burger	2.50	French Fries	1.25
Argentina	Burger King	Combo Sándwich de Jamon y Queso	3.61	487	Ham & Cheese Sandwich	2.30	Papas Fritas Pequeñas	1.31
Spain	McDonald's	McFish Happy Meal	3.60	661	McFish	2.00	Medium Deluxe Potatoes	1.60
Spain	McDonald's	Cheeseburger Happy Meal	3.60	632	Cheeseburger	2.00	Medium Deluxe Potatoes	1.60
Spain	McDonald's	Chicken Burger Kids Happy Meal	3.60	639	Chicken Burger	2.00	Medium Deluxe Potatoes	1.60
USA	KFC	Chicken Little Kids Meal	3.60	600	Sandwich	1.55	BBQ Baked Beans + Musselman's Applesauce	2.05
USA	KFC	Popcorn Nuggets Kids Meal	3.48	510	Nuggets	2.18	Biscuit + Musselman's Applesauce	1.30
USA	KFC	Popcorn Nuggets Kids Meal	3.45	460	Nuggets	2.18	Mashed Potato with Gravy + Musselman's Applesauce	1.28
USA	KFC	Chicken Little Kids Meal	3.30	630	Sandwich	1.55	Potato Wedges + Musselman's Applesauce	1.75
USA	KFC	Chicken Little Kids Meal	3.20	520	Sandwich	1.55	Macaroni and Cheese + Musselman's Applesauce	1.65
Argentina	Burger King	Combo Hamburguesa con Queso	3.14	597	Cheeseburger	1.83	Papas Fritas Pequeñas	1.31
USA	KFC	Drumstick Kids Meal	3.13	420	Original Stick	1.08	BBQ Baked Beans + Musselman's Applesauce	2.05
Denmark	KFC	Filet Bites (Kids Bucket)	3.10	301	Filet Bites	1.80	Mashed potatoes with gravy	1.30
USA	KFC	Drumstick Kids Meal	3.10	420	Spicy Crispy	1.05	BBQ Baked Beans + Musselman's Applesauce	2.05
USA	KFC	Drumstick Kids Meal	3.03	460	Xtra Crispy	0.98	BBQ Baked Beans + Musselman's Applesauce	2.05
Denmark	KFC	Crispy Dog (Kids Bucket)	3.00	438	Crispy Dog	1.70	Mashed potatoes with gravy	1.30
Italy	KFC	Menu Boxy + Original Recipe Chicken	3.00	675	Original Chicken	2.60	Fries (small)	0.40
Spain	McDonald's	McFish Happy Meal	3.00	351	McFish	2.00	Happy Carrot	1.00
Spain	McDonald's	Cheeseburger Happy Meal	3.00	322	Cheeseburger	2.00	Happy Carrot	1.00
Spain	McDonald's	Chicken Burger Kids Happy Meal	3.00	329	Chicken Burger	2.00	Happy Carrot	1.00
UK	Burger King	Kids Chicken Burger with fries	2.88	550	na	na	na	na
USA	KFC	Popcorn Nuggets Kids Meal	2.88	430	Nuggets	2.18	Mashed Potatoes + Musselman's Applesauce	0.73
USA	KFC	Chicken Little Kids Meal	2.85	540	Sandwich	1.55	Biscuit + Musselman's Applesauce	1.30
UK	Burger King	Kids Veggie Burger with fries	2.83	550	na	na	na	na
USA	KFC	Drumstick Kids Meal	2.83	440	Original Stick	1.08	Potato Wedges + Musselman's Applesauce	1.75
USA	KFC	Extra Crispy Tender Kids Meal	2.83	420	Crispy Tender	0.78	BBQ Baked Beans + Musselman's Applesauce	2.05
USA	KFC	Popcorn Nuggets Kids Meal	2.83	360	Nuggets	2.18	Green Beans + Musselman's Applesauce	0.65
Spain	McDonald's	McCroquetas de Jamón Happy Meal	2.80	615	McCroquetas	1.20	Medium Deluxe Potatoes	1.60
USA	KFC	Chicken Little Kids Meal	2.80	480	Sandwich	1.55	Mashed Potato with Gravy + Musselman's Applesauce	1.28
USA	KFC	Drumstick Kids Meal	2.80	440	Spicy Crispy	1.05	Potato Wedges + Musselman's Applesauce	1.75
USA	KFC	Popcorn Nuggets Kids Meal	2.78	550	Nuggets	2.18	KFC Cornbread Muffin + Musselman's Applesauce	0.60
Australia	Hungry Jacks	3 Nuggets Kid's Pack (including Dipping Sauce and Small Chips)	2.75	na	3 Nuggets	1.03	Small Chips	1.22
Australia	Hungry Jacks	Cheeseburger Kid's Pack (including Small Chips)	2.75	na	Cheeseburger	1.54	Small Chips	1.22
Sultanate of Oman	McDonald's	Cheeseburger Happy Meal	2.74	675	Cheeseburger	1.92	World Famous Fries	0.82
USA	KFC	Drumstick Kids Meal	2.73	480	Xtra Crispy	0.98	Potato Wedges + Musselman's Applesauce	1.75
USA	KFC	Drumstick Kids Meal	2.73	340	Original Stick	1.08	Macaroni and Cheese + Musselman's Applesauce	1.65
UK	Burger King	Chicken Nuggets 9pc with apple fries	2.70	450	na	na	na	na
USA	KFC	Drumstick Kids Meal	2.70	340	Spicy Crispy	1.05	Macaroni and Cheese + Musselman's Applesauce	1.65
Saudi Arabia	McDonald's	Cheeseburger Happy Meal	2.69	997	Cheeseburger	1.87	World Famous Fries	0.82
Italy	Burger King	Chicken Burger King Jr. Meal	2.68	586	Chicken Burger	1.79	Fries (small)	0.89
Italy	Burger King	Cheeseburger King Jr. Meal	2.66	501	Cheeseburger	1.77	Fries (small)	0.89
Saudi Arabia	Burger King	Kids Chicken Burger Meal	2.66	805	Chicken Burger	1.65	Fries (small)	1.01
Italy	KFC	Menu Boxy + Original Recipe Chicken	2.63	558	Original Chicken	2.60	Cob	0.03
USA	KFC	Drumstick Kids Meal	2.63	380	Xtra Crispy	0.98	Macaroni and Cheese + Musselman's Applesauce	1.65
USA	KFC	Popcorn Nuggets Kids Meal	2.63	510	Nuggets	2.18	Coleslaw + Musselman's Applesauce	0.45



Spain	McDonald's	Burger Happy Meal	2.60	583	Burger	1.00	Medium Deluxe Potatoes	1.60
Spain	McDonald's	McNuggets Happy Meal	2.60	598	McNuggets	1.00	Medium Deluxe Potatoes	1.60
USA	KFC	Drumstick Kids Meal	2.60	370	Grilled Stick	0.55	BBQ Baked Beans + Musselman's Applesauce	2.05
UK	Burger King	Kids Cheeseburger with fries	2.58	520	na	na	na	na
Saudi Arabia	Burger King	Kids Cheeseburger Meal	2.57	828	Cheeseburger	1.56	Fries (small)	1.01
Italy	McDonald's	Happy Meal McToast	2.55	488	McToast	2.00	McDonald's Fries (kids or small)	0.55
UK	Burger King	Chicken Nuggets 6pc with fries	2.53	510	na	na	na	na
USA	KFC	Extra Crispy Tender Kids Meal	2.53	450	Crispy Tender	0.78	Potato Wedges & Musselman's Applesauce	1.75
Saudi Arabia	KFC	Kids Burger	2.50	343	na	na	na	na
Argentina	Burger King	Combo Hamburguesa	2.49	537	Hamburger	1.18	Papas Fritas Pequeñas	1.31
Brazil	Burger King	Chicken Jr with French Fries	2.48	510	Sandwich	2.48	na	na
USA	KFC	Extra Crispy Tender Kids Meal	2.43	340	Crispy Tender	0.78	Macaroni and Cheese & Musselman's Applesauce	1.65
Serbia	McDonald's	Cheeseburger Happy Meal	2.40	347	Cheeseburger	1.70	McDonald's salad (small) + Dressing	0.70
Serbia	McDonald's	McNuggets Happy Meal	2.40	426	McNuggets	0.80	McDonald's Fries (Junior)	0.50
Spain	Burger King	Chicken Burger King Jr. Meal	2.39	614	Chicken Burger	1.80	Small French Fries	0.59
USA	KFC	Drumstick Kids Meal	2.38	350	Original Stick	1.08	Biscuit & Musselman's Applesauce	1.30
USA	KFC	Drumstick Kids Meal	2.35	290	Original Stick	1.08	Mashed Potato with Gravy & Musselman's Applesauce	1.28
USA	KFC	Drumstick Kids Meal	2.35	350	Spicy Crispy	1.05	Biscuit & Musselman's Applesauce	1.30
Italy	Burger King	King Nuggets King Jr. Meal	2.34	461	4 piece King Nuggets	1.45	Fries (small)	0.89
USA	KFC	Drumstick Kids Meal	2.33	290	Spicy Crispy	1.05	Mashed Potato with Gravy & Musselman's Applesauce	1.28
Australia	McDonald's	Happy Meal (Cheeseburger, fries and water)	2.32	na	Cheeseburger	1.82	Small fries	0.49
USA	KFC	Drumstick Kids Meal	2.30	390	Grilled Stick	0.55	Potato Wedges & Musselman's Applesauce	1.75
Denmark	Burger King	Cheeseburger King Jr. Meal	2.28	463	Cheeseburger	1.32	King Jr. Fries	0.96
USA	KFC	Drumstick Kids Meal	2.28	390	Xtra Crispy	0.98	Biscuit & Musselman's Applesauce	1.30
USA	KFC	Chicken Little Kids Meal	2.25	460	Sandwich	1.55	Mashed Potatoes & Musselman's Applesauce	0.73
USA	KFC	Drumstick Kids Meal	2.25	330	Xtra Crispy	0.98	Mashed Potato with Gravy & Musselman's Applesauce	1.28
Croatia	McDonald's	Happy Meal Cheeseburger	2.20	533	Cheeseburger	1.60	French fries small	0.60
Serbia	McDonald's	Cheeseburger Happy Meal	2.20	555	Cheeseburger	1.70	McDonald's Fries (Junior)	0.50
Spain	McDonald's	McCroquetas de Jamón Happy Meal	2.20	305	McCroquetas	1.20	Happy Carrot	1.00
USA	KFC	Chicken Little Kids Meal	2.20	390	Sandwich	1.55	Green Beans & Musselman's Applesauce	0.65
USA	KFC	Drumstick Kids Meal	2.20	290	Grilled Stick	0.55	Macaroni and Cheese & Musselman's Applesauce	1.65
USA	KFC	Popcorn Nuggets Kids Meal	2.18	410	Nuggets	2.18	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Popcorn Nuggets Kids Meal	2.18	420	Nuggets	2.18	Sweet Kernel Corn & Musselman's Applesauce	0.00
Denmark	McDonald's	Cheeseburger Happy Meal	2.15	533	Cheeseburger	1.60	McDonald's Fries (small)	0.55
USA	KFC	Chicken Little Kids Meal	2.15	570	Sandwich	1.55	KFC Cornbread Muffin & Musselman's Applesauce	0.60
Sultanate of Oman	McDonald's	Chicken Burger Happy Meal	2.13	631	Chicken Burger	1.31	World Famous Fries	0.82
Sultanate of Oman	McDonald's	Chicken McNuggets Happy Meal	2.13	631	Chicken McNuggets	0.87	World Famous Fries	0.82
Italy	Burger King	Hamburger King Jr. Meal	2.10	475	Hamburger	1.21	Fries (small)	0.89
Saudi Arabia	McDonald's	Chicken Burger Happy Meal	2.10	964	Chicken Burger	1.28	World Famous Fries	0.82
USA	KFC	Extra Crispy Tender Kids Meal	2.08	360	Crispy Tender	0.78	Biscuit & Musselman's Applesauce	1.30
Italy	McDonald's	Happy Meal McToast	2.07	279	McToast	2.00	Carrots	0.07
Italy	McDonald's	Happy Meal Junior Chicken	2.05	437	Junior Chicken (Sandwich/burger)	1.50	McDonald's Fries (kids or small)	0.55
UK	Burger King	Chicken Nuggets 4pc with fries	2.05	410	na	na	na	na
USA	KFC	Extra Crispy Tender Kids Meal	2.05	300	Crispy Tender	0.78	Mashed Potato with Gravy & Musselman's Applesauce	1.28
Argentina	Burger King	Combo Nuggets	2.04	356	4 piece chicken nuggets	0.73	Papas Fritas Pequeñas	1.31
UK	McDonald's	Cheeseburger with small fries	2.04	538	Cheeseburger	1.60	Small Fries	0.44
Saudi Arabia	Burger King	Kids Whooper Jr Meal	2.02	831	Beef Burger	1.01	Fries (small)	1.01
Sultanate of Oman	McDonald's	Beefburger Happy Meal	2.02	618	Beefburger	1.20	World Famous Fries	0.82
Croatia	KFC	Kids' Longer	2.00	485	Longer	1.90	French fries small	0.10
Croatia	McDonald's	Happy Meal Snack Wrap	2.00	500	Snack Wrap	1.40	French fries small	0.60
Serbia	McDonald's	Hamburger Happy Meal	2.00	386	Hamburger	1.30	McDonald's salad (small) + Dressing	0.70
Spain	McDonald's	McFish Happy Meal	2.00	347	McFish	2.00	Happy Cherries	0.00
Spain	McDonald's	Burger Happy Meal	2.00	273	Burger	1.00	Happy Carrot	1.00
Spain	McDonald's	Cheeseburger Happy Meal	2.00	318	Cheeseburger	2.00	Happy Cherries	0.00
Spain	McDonald's	McNuggets Happy Meal	2.00	288	McNuggets	1.00	Happy Carrot	1.00

Spain	McDonald's	Chicken Burger Kids Happy Meal	2.00	325	Chicken Burger	2.00	Happy Cherries	0.00
UK	Burger King	Kids Hamburger with fries	2.00	470	na	na	na	na
USA	KFC	Chicken Little Kids Meal	2.00	540	Sandwich	1.55	Coleslaw & Musselman's Applesauce	0.45
Saudi Arabia	Burger King	Kids Burger Meal	1.99	743	Beef Burger	0.98	Fries (small)	1.01
Saudi Arabia	McDonald's	Beef Burger Happy Meal	1.98	941	Beef Burger	1.16	World Famous Fries	0.82
Spain	Burger King	Cheeseburger King Jr. Meal	1.96	505	Cheeseburger	1.37	Small French Fries	0.59
Australia	McDonalds	Happy Meal (Wholemeal snack wrap crispy, fries and water)	1.94	na	Wholemeal snack wrap crispy	1.44	Small fries	0.49
Brazil	McDonald's	Junior Menu (McDuplo, french fries, orange juice, petit suisse)	1.92	697	McDuplo	1.70	McDonald's Fries (kids)	0.22
Canada	Burger King	2 piece Chicken Strips	1.90	230	na	na	na	na
Croatia	McDonald's	Happy Meal Cheeseburger	1.90	536	Cheeseburger	1.60	McMusli	0.30
Italy	Burger King	King Toast King Jr. Meal	1.87	475	King Toast	0.98	Fries (small)	0.89
Australia	McDonalds	Happy Meal (Hamburger, fries and water)	1.86	na	Hamburger	1.37	Small fries	0.49
Italy	McDonald's	Happy Meal Hamburger	1.85	485	Hamburger	1.30	McDonald's Fries (kids or small)	0.55
USA	KFC	Drumstick Kids Meal	1.85	300	Grilled Stick	0.55	Biscuit & Musselman's Applesauce	1.30
Australia	McDonalds	Happy Meal (Cheeseburger, apple slices and water)	1.84	na	Cheeseburger	1.82	Apple slices	0
Serbia	McDonald's	MCNuggets Happy Meal	1.83	218	McNuggets	0.80	McDonald's salad (small) + Dressing	0.70
USA	KFC	Drumstick Kids Meal	1.83	240	Grilled Stick	0.55	Mashed Potato with Gravy & Musselman's Applesauce	1.28
Italy	Burger King	Chicken Burger King Jr. Meal	1.81	389	Chicken Burger	1.79	Salad (small)	0.02
Croatia	McDonald's	Happy Meal Hamburger	1.80	484	Hamburger	1.20	French fries small	0.60
Croatia	McDonald's	Happy Meal Breakfast McMuffin cheese and egg	1.80	520	McMuffin with cheese and egg	1.20	French fries small	0.60
Serbia	McDonald's	Hamburger Happy Meal	1.80	512	Hamburger	1.30	McDonald's Fries (Junior)	0.50
USA	KFC	Drumstick Kids Meal	1.80	270	Original Stick	1.08	Mashed Potatoes & Musselman's Applesauce	0.73
Denmark	Burger King	Hamburger King Jr. Meal	1.79	422	Hamburger	0.83	King Jr. Fries	0.96
Italy	Burger King	Cheeseburger King Jr. Meal	1.79	304	Cheeseburger	1.77	Salad (small)	0.02
USA	KFC	Drumstick Kids Meal	1.78	270	Spicy Crispy	1.05	Mashed Potatoes & Musselman's Applesauce	0.73
Spain	Burger King	Burger King Jr. Meal	1.77	269	Burger	1.18	Small French Fries	0.59
Brazil	McDonald's	Junior Menu (McDuplo, tomato, orange juice, petit suisse)	1.76	507	McDuplo	1.70	Mini Tomato	0.02
Denmark	Burger King	Chicken Nuggets King Jr. Meal	1.76	346	Nuggets	0.80	King Jr. Fries	0.96
Denmark	McDonald's	Hamburger Happy Meal	1.75	484	Hamburger	1.20	McDoanld's Fries (small)	0.55
Canada	KFC	Popcorn Chicken	1.73	300	na	na	na	na
UK	Burger King	Kids Chicken Burger with apple fries	1.73	360	na	na	na	na
USA	KFC	Drumstick Kids Meal	1.73	200	Original Stick	1.08	Green Beans & Musselman's Applesauce	0.65
Croatia	KFC	Kid's Rocker	1.70	485	Rocker	1.60	French fries small	0.10
Croatia	McDonald's	Happy Meal Cheeseburger	1.70	318	Cheeseburger	1.60	Garden salad	0.10
Croatia	McDonald's	Happy Meal Snack Wrap	1.70	503	Snack Wrap	1.40	McMusli	0.30
Italy	KFC	Menu Boxy Original Recipe Chicken	1.70	467	Original Recipe Chicken	1.30	Fries (small)	0.40
Saudi Arabia	McDonald's	Chicken McNuggets Happy Meal	1.70	846	Nuggets	0.87	World Famous Fries	0.82
UK	KFC	Kids meal - Burger	1.70	455	na	na	na	na
USA	KFC	Drumstick Kids Meal	1.70	310	Xtra Crispy	0.98	Mashed Potatoes & Musselman's Applesauce	0.73
USA	KFC	Drumstick Kids Meal	1.70	200	Spicy Crispy	1.05	Green Beans & Musselman's Applesauce	0.65
UK	Burger King	Kids Veggie Burger with apple fries	1.68	360	na	na	na	na
UK	McDonald's	Cheeseburger with carrot bag	1.68	335	Cheeseburger	1.60	Carrot Bag	0.08
USA	KFC	Drumstick Kids Meal	1.68	380	Original Stick	1.08	KFC Cornbread Muffin & Musselman's Applesauce	0.60
USA	KFC	Drumstick Kids Meal	1.65	380	Spicy Crispy	1.05	KFC Cornbread Muffin & Musselman's Applesauce	0.60
Spain	KFC	Menú infantil	1.64	544	4 Chicken Rocks	1.44	1 Corncob	0.20
UK	McDonald's	Hamburger with small fries	1.64	487	Hamburger	1.20	Small Fries	0.44
USA	KFC	Drumstick Kids Meal	1.63	240	Xtra Crispy	0.98	Green Beans & Musselman's Applesauce	0.65
Saudi Arabia	Burger King	4 piece Kids Chicken Nuggets Meal	1.61	627	Nuggets	0.60	Fries (small)	1.01
Croatia	McDonald's	Happy Meal Cheeseburger	1.60	386	Cheeseburger	1.60	Apple	0.00
Serbia	McDonald's	McToast Happy Meal	1.60	250	McToast	0.90	McDonald's salad (small) + Dressing	0.70
Australia	McDonalds	Happy Meal (Grilled chicken bites, fries and water)	1.60	na	Grilled chicken bites	1.1	Small fries	0.49
Spain	Burger King	Chicken Nuggets King Jr. Meal	1.59	426	Chicken Nuggets	1.00	Small French Fries	0.59
Australia	McDonalds	Happy Meal (6 Nuggets, fries and water)	1.59	na	6 Nuggets	1.09	Small fries	0.49
Australia	McDonalds	Happy Meal (Wholemeal snack wrap grilled, fries and water)	1.59	na	Wholemeal snack wrap grilled	1.09	Small fries	0.49
Australia	KFC	Kids Meal-Snack Popcorn	1.58	na	na	na	na	na
Brazil	Burger King	Whopper Jr with French Fries	1.58	370	Sandwich	1.58	na	na
Canada	Burger King	Cheeseburger	1.58	270	na	na	na	na
Spain	KFC	Menú infantil	1.58	855	4 Chicken Rocks	1.44	Small French Fries	0.14

USA	KFC	Drumstick Kids Meal	1.58	420	Xtra Crispy	0.98	KFC Cornbread Muffin & Musselman's Applesauce	0.60
Italy	McDonald's	Happy Meal Junior Chicken	1.57	228	Junior Chicken	1.50	Carrots	0.07
Brazil	McDonald's	McLanche Feliz (Hamburger, French fries, Orange juice, Petit suisse)	1.55	538	Hamburger	1.29	McDonald's Fries (kids)	0.22
USA	KFC	Chicken Little Kids Meal	1.55	430	Sandwich	1.55	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Chicken Little Kids Meal	1.55	450	Sandwich	1.55	Sweet Kernel Corn & Musselman's Applesauce	0.00
UK	McDonald's	Crispy Chicken Wrap with small fries	1.54	485	Crispy Chicken Wrap	1.10	Small Fries	0.44
USA	KFC	Drumstick Kids Meal	1.53	350	Original Stick	1.08	Coleslaw & Musselman's Applesauce	0.45
Croatia	McDonald's	Happy Meal Hamburger	1.50	487	Hamburger	1.20	McMusli	0.30
Croatia	McDonald's	Happy Meal Snack Wrap	1.50	285	Snack Wrap	1.40	Garden salad	0.10
Croatia	McDonald's	Happy Meal Breakfast McToast ham and cheese	1.50	438	McToast ham and cheese	0.90	French fries small	0.60
Croatia	McDonald's	Happy Meal Breakfast McMuffin cheese and egg	1.50	523	McMuffin with cheese and egg	1.20	McMusli	0.30
Croatia	McDonald's	Happy Meal Breakfast Chicken McNuggets	1.50	410	Chicken McNuggets	0.90	French fries small	0.60
USA	KFC	Drumstick Kids Meal	1.50	350	Spicy Crispy	1.05	Coleslaw & Musselman's Applesauce	0.45
USA	KFC	Extra Crispy Tender Kids Meal	1.50	270	Crispy Tender	0.78	Mashed Potatoes & Musselman's Applesauce	0.73
USA	McDonald's	Hamburger Happy Meal	1.48	410	Hamburger	1.20	Kids' Fries + Low-Fat Strawberry Yogurt	0.28
Italy	Burger King	King Nuggets King Jr. Meal	1.47	264	4 piece King Nuggets	1.45	Salad (small)	0.02
Australia	McDonald's	Happy Meal (Wholemeal snack wrap crispy, apple slices and water)	1.45	na	Wholemeal snack wrap crispy	1.44	Apple Slices	0
USA	KFC	Extra Crispy Tender Kids Meal	1.45	200	Crispy Tender	0.78	Green Beans & Musselman's Applesauce	0.65
USA	McDonald's	6 piece Chicken McNuggets Happy Meal	1.45	400	6 piece Chicken McNuggets	1.28	Kids' Fries + Apple Slices	0.20
UK	Burger King	Kids Cheeseburger with apple fries	1.43	330	na	na	na	na
USA	KFC	Drumstick Kids Meal	1.43	390	Xtra Crispy	0.98	Coleslaw & Musselman's Applesauce	0.45
Croatia	McDonald's	Happy Meal Snack Wrap	1.40	353	Snack Wrap	1.40	Apple	0.00
Croatia	McDonald's	Happy Meal Breakfast McToast cheese and bacon	1.40	456	McToast cheese and bacon	0.80	French fries small	0.60
Denmark	McDonald's	4 piece Chicken McNuggets Happy Meal	1.40	410	4 Chicken McNuggets	0.85	McDonald's Fries (small)	0.55
Italy	KFC	Menu Boxy + Tenders	1.40	379	3 piece Tenders	1.00	Fries (small)	0.40
Italy	McDonald's	Happy Meal Chicken McNuggets	1.40	410	4 piece Chicken McNuggets	0.85	McDonald's Fries (kids or small)	0.55
Serbia	McDonald's	McToast Happy Meal	1.40	456	McToast	0.90	McDonald's Fries (Junior)	0.50
USA	KFC	Extra Crispy Tender Kids Meal	1.40	390	Crispy Tender	0.78	KFC Cornbread Muffin & Musselman's Applesauce	0.60
USA	McDonald's	Hamburger Happy Meal	1.40	360	Hamburger	1.20	Kids' Fries + Apple Slices	0.20
USA	Burger King	Cheeseburger King Jr Meal	1.40	na	Cheeseburger	1.40	Applesauce	0.00
Australia	KFC	Kids Meal- Baked Slider	1.39	na	na	na	na	na
UK	Burger King	Chicken Nuggets 6pc with apple fries	1.38	320	na	na	na	na
Australia	McDonald's	Happy Meal (Hamburger, apple slices and water)	1.38	na	Hamburger	1.37	Apple Slices	0
Italy	McDonald's	Happy Meal Hamburger	1.37	276	Hamburger	1.30	Carrots	0.07
Brazil	McDonald's	McLanche Feliz (Hamburger, Tomato, Orange juice, Petit suisse)	1.35	452	Hamburger	1.29	Mini Tomato	0.02
Canada	Burger King	6 piece Chicken Nuggets	1.35	280	na	na	na	na
Italy	KFC	Menu Boxy Original Recipe Chicken	1.33	350	Original Recipe Chicken	1.30	Cob	0.03
Croatia	McDonald's	Happy Meal Hamburger	1.30	269	Hamburger	1.20	Garden salad	0.10
Croatia	McDonald's	Happy Meal Breakfast McMuffin cheese and egg	1.30	305	McMuffin with cheese and egg	1.20	Garden salad	0.10
UK	McDonald's	Hamburger with carrot bag	1.28	284	Hamburger	1.20	Carrot Bag	0.08
USA	KFC	Drumstick Kids Meal	1.28	220	Grilled Stick	0.55	Mashed Potatoes & Musselman's Applesauce	0.73
USA	McDonald's	6 piece Chicken McNuggets Happy Meal	1.28	280	6 piece Chicken McNuggets	1.28	Kids' Fries + Low-Fat Strawberry Yogurt	0.28
USA	KFC	Extra Crispy Tender Kids Meal	1.25	350	Crispy Tender	0.78	Coleslaw & Musselman's Applesauce	0.45
Italy	Burger King	Hamburger King Jr. Meal	1.24	278	Hamburger	1.21	Salad (small)	0.02
UK	McDonald's	Grilled Chicken Wrap with small fries	1.23	418	Grilled Chicken Wrap	0.79	Small Fries	0.44
Croatia	McDonald's	Happy Meal Hamburger	1.20	337	Hamburger	1.20	Apple	0.00
Croatia	McDonald's	Happy Meal Breakfast McToast ham and cheese	1.20	441	McToast ham and cheese	0.90	McMusli	0.30
Croatia	McDonald's	Happy Meal Breakfast McMuffin cheese and egg	1.20	373	McMuffin with cheese and egg	1.20	Apple	0.00
Croatia	McDonald's	Happy Meal Breakfast Chicken McNuggets	1.20	413	Chicken McNuggets	0.90	McMusli	0.30
Spain	McDonald's	McCroquetas de Jamón Happy Meal	1.20	301	McCroquetas	1.20	Happy Cherries	0.00
UK	KFC	Kids meal - original recipe chicken	1.20	430	na	na	na	na
USA	KFC	Drumstick Kids Meal	1.20	150	Grilled Stick	0.55	Green Beans & Musselman's Applesauce	0.65
UK	McDonald's	Crispy Chicken Wrap with carrot bag	1.18	282	Crispy Chicken Wrap	1.10	Carrot Bag	0.08
USA	Burger King	6 piece Chicken Nuggets King Jr Meal	1.18	na	6 piece Nuggets	1.18	Applesauce	0.00
UK	McDonald's	Happy Meal Veggie Wrap with small fries	1.17	446	Veggie Wrap	0.73	Small Fries	0.44
Brazil	McDonald's	McLanche Feliz (Chicken McNuggets, French fries, Orange juice, Petit suisse)	1.16	449	Chicken Nuggets	0.90	McDonald's Fries (kids)	0.22
Canada	Burger King	Hamburger	1.15	230	na	na	na	na
Canada	Subway	Roast Beef 3 inch	1.15	190	na	na	na	na
Canada	Subway	Turkey Breast 3 inch	1.15	190	na	na	na	na

USA	KFC	Drumstick Kids Meal	1.15	330	Grilled Stick	0.55	KFC Cornbread Muffin & Musselman's Applesauce	0.60
UK	McDonald's	Fish fingers (3 fingers) with small fries	1.13	431	Fish Fingers	0.69	Small Fries	0.44
USA	McDonald's	4 piece Chicken McNuggets Happy Meal	1.13	330	4 piece Chicken McNuggets	0.85	Kids' Fries + Low-Fat Strawberry Yogurt	0.28
Australia	McDonalds	Happy Meal (Grilled chicken bites, apple slices and water)	1.11	na	Grilled chicken bites	1.1	Apple Slices	0
Australia	McDonalds	Happy Meal (6 Nuggets, apple slices and water)	1.10	na	6 Nuggets	1.09	Apple Slices	0
Australia	McDonalds	Happy Meal (Wholemeal snack wrap grilled, apple slices and water)	1.10	na	Wholemeal snack wrap grilled	1.09	Apple Slices	0
Croatia	McDonald's	Happy Meal Breakfast McToast cheese and bacon	1.10	459	McToast cheese and bacon	0.80	McMusli	0.30
South Africa	McDonald's	Cheeseburger Happy Meal	1.08	747	Cheeseburger	0.78	McDonald's Fries (small)	0.31
USA	KFC	Drumstick Kids Meal	1.08	250	Original Stick	1.08	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Drumstick Kids Meal	1.08	260	Original Stick	1.08	Sweet Kernel Corn & Musselman's Applesauce	0.00
USA	Subway	Black Forest Ham Mini for Kids	1.08	195	Ham Mini	1.08	Apple Slices	0.00
Italy	KFC	Menu Boxy Tenders	1.07	339	2 piece Tenders	0.67	Fries (small)	0.40
USA	KFC	Drumstick Kids Meal	1.05	250	Spicy Crispy	1.05	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Drumstick Kids Meal	1.05	260	Spicy Crispy	1.05	Sweet Kernel Corn & Musselman's Applesauce	0.00
USA	McDonald's	4 piece Chicken McNuggets Happy Meal	1.05	310	4 piece Chicken McNuggets	0.85	Kids' Fries + Apple Slices	0.20
Australia	McDonalds	Happy Meal (3 Nuggets, fries and water)	1.04	na	3 Nuggets	0.55	Small fries	0.49
Italy	KFC	Menu Boxy + Tenders	1.03	262	3 piece Tenders	1.00	Cob	0.03
Canada	Subway	Black Forest Ham 3 inch	1.00	180	na	na	na	na
Croatia	McDonald's	Happy Meal Breakfast McToast ham and cheese	1.00	223	McToast ham and cheese	0.90	Garden salad	0.10
Croatia	McDonald's	Happy Meal Breakfast Chicken McNuggets	1.00	195	Chicken McNuggets	0.90	Garden salad	0.10
Italy	Burger King	King Toast King Jr. Meal	1.00	279	King Toast	0.98	Salad (small)	0.02
Spain	McDonald's	Burger Happy Meal	1.00	269	Burger	1.00	Happy Cherries	0.00
Spain	McDonald's	McNuggets Happy Meal	1.00	284	McNuggets	1.00	Happy Cherries	0.00
UK	KFC	Kids meal - Popcorn	1.00	325	na	na	na	na
UK	Subway	Turkey Breast Kids Pak - mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	1.00	184	na	na	na	na
USA	KFC	Drumstick Kids Meal	1.00	300	Grilled Stick	0.55	Coleslaw & Musselman's Applesauce	0.45
Australia	Subway	Turkey Mini Sub and SPC puree snack	1.00	na	Turkey Mini Sub	0.97	SPC Puree & Simple Apple Strawberry	0.03
Australia	Subway	Ham Mini Sub and SPC puree snack	0.98	na	Ham Mini Sub	0.95	SPC Puree & Simple Apple Strawberry	0.03
USA	KFC	Drumstick Kids Meal	0.98	290	Xtra Crispy	0.98	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Drumstick Kids Meal	0.98	300	Xtra Crispy	0.98	Sweet Kernel Corn & Musselman's Applesauce	0.00
USA	Subway	Roast Beef Mini for Kids	0.98	195	Beef Mini	0.98	Apple Slices	0.00
Brazil	McDonald's	McLanche Feliz (Chicken McNuggets, Tomato, Orange juice, Petit suisse)	0.96	363	Chicken Nuggets	0.90	Mini Tomato	0.02
USA	Burger King	Hamburger King Jr Meal	0.95	na	Hamburger	0.95	Applesauce	0.00
USA	Subway	Turkey Breast Mini for Kids	0.93	215	Turkey Mini	0.93	Apple Slices	0.00
Denmark/Sweden	Subway	Turkey Breast Mini Sub	0.92	180	Turkey Breast Sandwich	0.92	Apple	0.00
Italy	McDonald's	Happy Meal Chicken McNuggets	0.92	201	4 piece Chicken McNuggets	0.85	Carrots	0.07
South Africa	McDonald's	Hamburger Happy Meal	0.91	698	Hamburger	0.61	McDonald's Fries (small)	0.31
Brazil	Burger King	French Fries	0.90	200	na	na	French Fries (small)	0.90
Canada	Burger King	4 piece Chicken Nuggets	0.90	190	na	na	na	na
Croatia	KFC	Kids' Kentucky Chicken	0.90	349	Kentucky Chicken	0.80	French fries small	0.10
Croatia	McDonald's	Happy Meal Breakfast McToast ham and cheese	0.90	251	McToast ham and cheese	0.90	Apple	0.00
Croatia	McDonald's	Happy Meal Breakfast McToast cheese and bacon	0.90	241	McToast cheese and bacon	0.80	Garden salad	0.10
Croatia	McDonald's	Happy Meal Breakfast Chicken McNuggets	0.90	263	Chicken McNuggets	0.90	Apple	0.00
UK	Burger King	Chicken Nuggets 4pc with apple fries	0.90	220	na	na	na	na
UK	Subway	Ham Kids Pak - mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	0.90	182	na	na	na	na
Australia	Subway	Roast Beef Mini Sub and SPC puree snack	0.87	na	Roast Beef Mini Sub	0.85	SPC Puree & Simple Apple Strawberry	0.03
UK	McDonald's	Grilled Chicken Wrap with carrot bag	0.87	215	Grilled Chicken Wrap	0.79	Carrot Bag	0.08
Denmark/Sweden	Subway	Ham Mini Sub	0.85	178	Ham Sandwich	0.85	Apple	0.00
South Africa	McDonald's	Chicken Burger Happy Meal	0.85	712	Chicken Burger	0.74	McDonald's Fries (small)	0.31
UK	Burger King	Kids Hamburger with apple fries	0.85	280	na	na	na	na
UK	McDonald's	Happy Meal Veggie Wrap with carrot bag	0.81	243	Veggie Wrap	0.73	Carrot Bag	0.08
Croatia	McDonald's	Happy Meal Breakfast McToast cheese and bacon	0.80	309	McToast cheese and bacon	0.80	Apple	0.00
USA	KFC	Extra Crispy Tender Kids Meal	0.80	260	Crispy Tender	0.78	Sweet Kernel Corn & Musselman's Applesauce	0.00

UK	McDonald's	Chicken McNuggets (4 pieces) with small fries	0.78	410	Chicken McNuggets	0.34	Small Fries	0.44
USA	KFC	Extra Crispy Tender Kids Meal	0.78	250	Crispy Tender	0.78	Corn on the Cob & Musselman's Applesauce	0.00
USA	Burger King	4 piece Chicken Nuggets King Jr Meal	0.78	na	4 piece Nuggets	0.78	Applesauce	0.00
UK	McDonald's	Fish fingers (3 fingers) with carrot bag	0.77	228	Fish Fingers	0.69	Carrot Bag	0.08
USA	Burger King	PB&J Jamwich King Jr Meal	0.73	na	Sandwich	0.73	Applesauce	0.00
Italy	KFC	Menu Boxy Tenders	0.70	222	2 piece Tenders	0.67	Cob	0.03
South Africa	McDonald's	Chicken Nugget Happy Meal	0.64	609	Chicken Nuggets	0.50	McDonald's Fries (small)	0.31
Australia	McDonalds	Happy Meal (3 Nuggets, apple slices and water)	0.56	na	3 Nuggets	0.55	Apple slices	0
USA	KFC	Drumstick Kids Meal	0.55	200	Grilled Stick	0.55	Corn on the Cob & Musselman's Applesauce	0.00
USA	KFC	Drumstick Kids Meal	0.55	210	Grilled Stick	0.55	Sweet Kernel Corn & Musselman's Applesauce	0.00
Canada	Subway	Veggie Delite 3 inch	0.48	150	na	na	na	na
USA	Subway	Veggie Delite Mini for Kids	0.45	165	Veggie Mini	0.45	Apple Slices	0.00
Australia	Subway	Veggie Delite Mini Sub and SPC puree snack	0.44	na	Veggie Delite Mini Sub	0.41	SPC Puree & Simple Apple Strawberry	0.03
UK	McDonald's	Chicken McNuggets (4 pieces) with carrot bag	0.42	207	Chicken McNuggets	0.34	Carrot Bag	0.08
Denmark/Sweden	Subway	Veggie Delite	0.40	143	Veggie Delite Sandwich	0.40	Apple	0.00
UK	Subway	Veggie Delite Kids Pak mini sub, robinsons fruit shoot My 5 or water and Bear Pure Fruit Yoyos (Nutritional Information based on the standard 4in sub mini 9-grain (wheat) bread, lettuce, tomatoes, green peppers, onions and cucumbers)	0.40	147	na	na	na	na