

Lunch Bento Box July 2024 Nutritional Info

Code	NAME	Energy Value (kcal)		Fat (g)		Sat.fats (g)		Carbohydrate (g)		Tot.Sugar (g)		Dietary Fibre (g)		Protein (g)		Salt (g)	
		portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g
LUNCH BENTO BOX																	
	Bento 1 (spinach gyoza + chicken katsu curry)	3140.2	305.3	60.8	8.7	8.4	1.3	553.6	47.1	19.5	2.8	22.8	3.8	103.6	10.3	10.9	1.45
	Bento 2 (har gau + chicken katsu curry)	3158.2	303.0	64.4	9.6	9.0	1.4	552.7	45.3	17.1	1.7	21.1	3.0	105.9	10.8	10.7	1.36
	Bento 3 (chicken truffle gyoza + chicken katsu curry)	3174.2	305.3	62.0	8.8	9.7	1.6	557.2	46.6	19.0	2.3	22.4	3.4	106.2	10.8	11.0	1.41
	Bento 4 (spinach gyoza + crispy tofu)	1751.7	221.2	47.7	7.9	5.8	1.1	280.6	30.5	20.5	2.9	16.0	3.4	53.2	7.3	4.5	1.08
	Bento 5 (har gau + crispy tofu)	1769.7	219.0	51.3	8.9	6.4	1.3	279.7	28.8	18.1	1.8	14.3	2.6	55.5	7.7	4.3	0.98
	Bento 6 (chicken truffle gyoza + crispy tofu)	1785.7	221.2	48.9	8.0	7.1	1.5	284.2	30.0	20.0	2.4	15.6	3.0	55.8	7.7	4.6	1.04
	Bento 7 (spinach gyoza + chicken skewers)	1557.1	210.2	37.3	7.3	7.0	1.2	251.0	28.9	17.3	2.7	16.0	3.4	58.6	7.6	4.6	1.08
	Bento 8 (har gau + chicken skewers)	1575.1	207.9	40.9	8.2	7.6	1.3	250.1	27.1	14.9	1.6	14.3	2.6	60.8	8.1	4.4	0.98
	Bento 9 (chicken truffle gyoza + chicken skewers)	1591.1	210.2	38.5	7.4	8.3	1.6	254.6	28.4	16.8	2.2	15.6	3.0	61.2	8.1	4.7	1.04