

Category	Company	Product Name	Portion weight (g)	Saturated fat per 100g	Saturated fat per portion	Salt per 100g	Salt per portion (g)
Hospital	Brakes*	Italian Salami pepperoni and Roquette pizza 10"		1.9	not provided	1.7	not provided
Hospital	Brakes	Liver & Bacon Casserole		0.9	not provided	0.7	not provided
Hospital	Brakes	Healthier Choices Sweet & Sour Chicken		0.1	not provided	0.6	not provided
Hospital	Brakes	Healthier Choices Fisherman's Pies		1.1	not provided	0.5	not provided
Hospital	Brakes	Pasta Bolognaise		1	not provided	0.4	not provided
Fast food	Domino's	Americano Small Regular Crust	Whole Pizza (6 slices)	4.2	19.2	1.8	7.8
Hospital	Brakes	Cannelloni with Ricotta, Spinach & Goat's Cheese	340g	18.7	63.58	2	6.8
Fast food	Pizza Hut	Pepperoni and Jalapeno 9"	Whole Pizza (6 slices)	not provided	15	not provided	5.04
Fast food	Pizza Hut	Double Pepperoni 9"	Whole Pizza (6 slices)	not provided	17.4	not provided	4.62
Fast food	Pizza Hut*	margherita 9"	Whole Pizza (6 slices)	not provided	18	not provided	4.02
Hospital	Brakes	PREMIERE Fish Pies with King Prawns	450	2.1	9.45	0.8	3.6
Fast food	Domino's*	Cheese & Tomato Small Regular Crust	Whole Pizza (6 slices)	3.6	12.0	1.0	3.6
Hospital	Brakes	Thai Green Chicken Curries	350	4.4	15.4	1	3.5
Hospital	Brakes	Beef Bourguignon	350g	1.7	5.95	1	3.5
Fast food	Burger King	Chicken Royale		not provided	4	not provided	3.44
Fast food	KFC	Zinger Burger		not provided	3.1	not provided	3.1
Hospital	Brakes	Broccoli & Cheese Bakes	400g	4	16	0.7	2.8
Fast food	Burger King*	Whopper		not provided	9	not provided	2.65
Fast food	KFC*	2 piece chicken		not provided	5.6	not provided	2.58
Hospital	3663*	Lasagne Verdi 400g	400	2.7	10.8	0.645	2.58
Hospital	Brakes	Chicken Korma	350g	7.7	26.95	0.7	2.45
Fast food	Subway*	6" regular Melt	249g	1.7	4.2	0.97	2.4
Hospital	Brakes	Leek & Macaroni Cheese	Based on 400g portion	5.5	22	0.6	2.4
Hospital	Brakes	Spinach & Mascarpone Lasagne	400	4.4	17.6	0.6	2.4
Hospital	Brakes	Mushroom Stroganoff	Based on 400g	4	16	0.6	2.4
Hospital	Brakes	Moussaka	Based on 400g	2.7	10.8	0.6	2.4
Hospital	Brakes	Welsh Lamb's Shepherd's Pie	Based on 400g	2.6	10.4	0.6	2.4
Hospital	Brakes	Chilli Con Carne	Based on 400g	2.4	9.6	0.6	2.4
Hospital	Brakes	Chicken Casserole	Based on 400g	0.2	0.8	0.6	2.4
Fast food	McDonald's*	Big Mac	216 approx.	4.6	10	0.98	2.1
Hospital	Brakes	Potato, Cheese, Onion & Leek Bakes	Based on 400g portion	6.5	26	0.5	2
Hospital	Brakes	Lancashire Hotpots	Based on 400g	3.4	13.6	0.5	2

Hospital	Brakes	Ratatouille Rosti Bakes	Based on 400g	2.6	10.4	0.5	2
Hospital	Brakes	Mediterranean Risotto	325g	2.8	9.1	0.6	1.95
Fast food	Subway	6" low fat Turkey and Ham	228g	0.44	1	0.7	1.7
Fast food	Domino's	Americano Small Regular Crust	1 slice	4.2	3.2	1.8	1.3
Hospital	3663	Hollands Chicken And Mushroom Pie	188g	3.8	7.14	0.37	1.258
Fast food	Burger King	Fries (regular)		not provided	4	not provided	1.25
Fast food	Pizza Hut	Pepperoni and Jalapeno 9"	1 slice	not provided	2.5	not provided	0.84
Fast food	Pizza Hut	Double Pepperoni 9"	1 slice	not provided	2.9	not provided	0.77
Fast food	Pizza Hut	margherita 9"	1 slice	not provided	3	not provided	0.67
Fast food	Domino's	Cheese & Tomato Small Regular Crust	1 slice	3.6	2.0	1.0	0.6
Fast food	McDonald's	Fries (medium)	117 approx.	1.7	2	0.51	0.6
Hospital	3663	Hollands Potato And Meat Pie	188g	4.2	7.56	0.774	0.43
Fast food	KFC	Fries Regular		not provided	1.3	not provided	0.09