Name: The Greatest Showman **Reference:** Theme Day - October 2026 **Exported:** 25/09/2026 09:03

Description: Donna & Marie

Low Level
Medium Level
High Level

Per 100g
Per Portion
Dish Modifier
Dish Modifier

Percentages shown are the average RDA for an adult.

Main Meals

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Cheeseburger in a Bun 107g per portion		242kcal	08.1g	03.4g	02.2g	01.52g	01.5g	15.6g	26.0g
		260kcal (12%)	08.6g (12%)	03.6g (17%)	02.4g (02%)	01.63g (27%)	01.6g	16.7g	27.9g

Vegetarian Meals

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Spicy Bean Burger (VG) 157g per portion		214kcal	05.3g	00.5g	04.4g	00.59g	05.6g	06.4g	32.4g
		335kcal (16%)	08.3g (11%)	00.8g (04%)	06.9g (07%)	00.92g (15%)	08.8g	10.0g	50.8g

Sides

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Curly Fries (VG) 71g per portion		203kcal 144kcal (07%)	06.5g 04.6g (06%) ⚠	00.6g 00.4g (02%) ♥	00.7g 00.5g (00%) ♥	00.77g 00.55g (09%) ⚠	03.5g 02.5g	03.4g 02.4g	31.0g 22.0g
Confetti Coleslaw 86g per portion		084kcal 072kcal (03%)	06.0g 05.1g (07%) ⚠	00.5g 00.4g (02%) ♥	04.3g 03.7g (04%) ♥	00.33g 00.28g (04%) ⚠	02.1g 01.8g	01.2g 01.0g	05.3g 04.5g
Salad Sticks (VG) 50g per portion		023kcal 012kcal (00%)	00.4g 00.2g (00%) ♥	00.1g 00.0g (00%) ♥	04.2g 02.1g (02%) ♥	00.03g 00.02g (00%) ♥	01.7g 00.8g	00.8g 00.4g	04.4g 02.2g

Third Option

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Jacket Potato (VG/GF/DF) 188g per portion		129kcal 242kcal (12%)	00.3g 00.5g (00%)	00.1g 00.2g (01%)	01.9g 03.5g (03%)	00.01g 00.01g (00%)	03.5g 06.5g	03.3g 06.2g	30.1g 56.5g
Jacket Potato Grated Cheese Topping 50g per portion		415kcal 208kcal (10%)	34.2g 17.1g (24%)	21.3g 10.7g (53%)	00.5g 00.3g (00%)	01.90g 00.95g (15%)	00.5g 00.3g	24.9g 12.5g	01.8g 00.9g
Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF) 50g per portion		296kcal 148kcal (07%)	23.0g 11.5g (16%)	21.0g 10.5g (52%)	00.0g 00.0g (00%)	02.20g 01.10g (18%)	00.5g 00.3g	00.1g 00.1g	22.0g 11.0g
Jacket Potato Baked Beans Topping (VG/GF/DF) 50g per portion		084kcal 042kcal (02%)	00.4g 00.2g (00%)	00.2g 00.1g (00%)	04.2g 02.1g (02%)	00.70g 00.35g (05%)	03.8g 01.9g	04.7g 02.4g	13.5g 06.8g
Jacket Potato Tuna Mayo Topping 60g per portion		138kcal 083kcal (04%)	05.4g 03.2g (04%)	00.6g 00.3g (01%)	00.6g 00.3g (00%)	00.86g 00.51g (08%)	00.2g 00.1g	20.9g 12.5g	01.3g 00.8g
Jacket Potato Tuna Topping 50g per portion		109kcal	01.0g	00.3g	00.0g	00.73g	00.0g	25.0g	00.0g

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		055kcal (02%)	00.5g (00%)	00.2g (00%)	00.0g (00%)	00.37g (06%)	00.0g	12.5g	00.0g
Side Salad (VG/GF/DF) 54g per portion		014kcal 008kcal (00%)	00.4g 00.2g (00%)	00.0g 00.0g (00%)	02.0g 01.1g (01%)	00.01g 00.00g (00%)	00.8g 00.4g	00.8g 00.4g	02.0g 01.1g

Desserts

Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
Big Top popcorn Chocolate Brownie 45g per portion		413kcal 185kcal (09%)	22.7g 10.2g (14%)	08.1g 03.6g (18%)	35.9g 16.1g (17%)	00.36g 00.16g (02%)	00.3g 00.1g	05.4g 02.4g	45.9g 20.5g