

## Menu Nutrition

## Menu: MAR20SEC WORLD KITCHEN MAR 2020

Seq	Product	Description	Size	Energy (kJ (kJoules))	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)
10	R00244	Sausage and Mash SEC	Ptn	1790.1	427.8	17.8	6.2	53.9
20	R00245	Quorn Sausage and Mash SEC	Ptn	1287.3	307.7	6.5	1.0	48.1
40	R00504	Beef Burger in a Bun Dusted W	Ptn	2259.1	539.9	18.2	7.5	67.2
50	R00513	Vegetable Burger with Potato W	Ptn	1732.2	414.0	9.0	1.0	69.8
60	R00212	Sriracha Dirty Slaw SEC	Ptn	1481.7	354.2	33.9	3.3	10.0
70	R00505	Roast Chicken with Roasties SE	Ptn	1902.4	454.7	22.3	3.7	39.4
80	R00532	Quorn & Veg Pie with Roasties	Ptn	2970.3	709.9	12.6	2.5	117.8
90	R00520	Savoy Cabbage SEC	Ptn	0.0	0.0	0.0	0.0	0.0
110	R00507	Chicken Curry SEC	Ptn	1997.9	477.5	20.4	4.0	54.1
120	R00530	Sweet Potato Balti & Rice SEC	Ptn	>1723.4	>411.9	>13.2	>1.4	>65.8
130	R00552	Tomato & red onion salad SEC	Ptn	24.7	5.9	0.1	0.0	1.0
140	R00553	Cucumber raita SEC	Ptn	28.4	6.8	0.4	0.0	0.8
150	R00508	Salt & Vinegar Battered Fish SE	Ptn	1049.9	250.9	4.4	2.2	38.5
160	R00514	Beetroot Burger in a bun with C	Ptn	2230.1	533.0	11.6	5.7	88.2
170	R00509	Peas SEC	Ptn	251.0	60.0	0.7	0.2	6.9
180	R00510	Chicken Meatballs with Spaghe	Ptn	1688.2	403.5	10.4	2.9	57.5
190	R00555	Linda mc cartney meatballs & sj	Ptn	>1075.6	>257.1	>2.2	>0.3	>51.6
210	R00512	Spicy Beef Quesadilla SEC	Ptn	6465.2	1545.2	37.9	10.3	244.9
220	R00557	Quorn Quesadilla SEC	Ptn	6192.4	1480.0	32.0	7.7	245.8
230	R00519	Street corn SEC	Ptn	244.8	58.5	1.0	0.2	10.1
240	R00511	Gammon & Roasties SEC	Ptn	1401.7	335.0	16.3	3.4	34.0
250	R00531	Cheddar Quiche & Roasties SE	Ptn	1688.7	403.6	15.0	5.2	56.8
260	R00463	Broccoli Frozen PRI	Ptn	81.6	19.5	0.5	0.1	0.9

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280	R00527	Chicken Korma SEC	Ptn	2152.4	514.4	21.2	4.7	54.5
290	R00233	Cauliflower Jalfrezi SEC	Ptn	>1752.3	>418.8	>9.5	>1.2	>68.3
300	R00538	Sweetcorn SEC	Ptn	318.0	76.0	1.4	0.3	12.5
320	R00546	Cheesy Bean Wrap & Chips SE	Ptn	1949.5	465.9	19.5	10.4	53.5
330	R00521	Mushy Peas SEC	Ptn	297.9	71.2	0.3	0.1	11.3
340	R00528	Cottage pie with sweet potato rr	Ptn	1457.7	348.4	19.7	6.6	26.1
350	R00515	Shepherdess Pie with Sweet Pc	Ptn	1675.8	400.5	2.0	0.3	79.6
360	R00536	Green Beans SEC	Ptn	?	?	?	?	?
370	R00240	Beef Lasagne SEC	Ptn	>1512.9	>361.6	>22.5	>10.0	>15.9
380	R00241	Vegetable Lasagne SEC	Ptn	>1385.0	>331.0	>16.6	>7.9	>32.2
390	R00523	House Salad SEC	Ptn	10.8	2.6	0.0	0.0	0.6
400	R00526	Roast Turkey & Roast Potatoes	Ptn	1268.9	303.3	5.2	1.3	39.4
410	R00516	Veg patty with roasties SEC	Ptn	1444.7	345.3	14.6	1.3	49.8
420	R00535	Carrots SEC	Ptn	137.2	32.8	0.2	0.0	7.7
430	R00261	Gravy SEC	Ptn	99.5	23.8	0.1	0.0	5.4
440	R00529	Katsu Chicken Curry SEC	Ptn	2325.7	555.9	13.6	2.9	82.4
450	R00517	Bean Enchilada with Rice SEC	Ptn	>2506.4	>599.1	>9.9	>2.4	>107.2
470	R00271	Tempura Battered Fish with Kat	Ptn	1105.8	264.3	5.5	2.2	39.3
480	R00518	"Shroom Burger in a bun with C	Ptn	1749.7	418.2	8.6	4.1	64.3
500	R00542	Old School Sponge Pudding SE	Ptn	1765.1	421.9	22.5	5.3	49.0
510	R00543	Sticky Orange Polenta Cake SE	Ptn	1355.6	324.0	18.0	4.3	35.9
520	R00234	Baked Cheesecake SEC	Ptn	1270.6	303.7	17.9	9.4	29.9
530	R00544	Brownie SEC	Ptn	1869.0	446.7	24.9	9.6	49.1
550	R00085	Banana Loaf SEC	Ptn	1020.2	243.8	12.6	3.0	29.7
560	R00545	Apple Crumble SEC	Ptn	1276.8	305.2	11.0	3.4	46.7
570	R00554	Summer berry slice SEC	Ptn	1336.0	319.3	17.5	4.1	35.5

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580	R00087	Carrot Cake SEC	Ptn	789.7	188.7	7.3	1.6	29.5
600	R00224	Italian Crumble Cake SEC	Ptn	1530.9	365.9	13.9	3.3	52.5
610	R00533	Chocolate Sponge SEC	Ptn	1440.2	344.2	16.6	4.1	43.4
620	R00525	Sticky Toffee pudding SEC	Ptn	1764.7	421.8	21.4	9.1	53.2
630	R00534	Apple Flapjack SEC	Ptn	836.5	199.9	11.4	2.5	20.7
640	R00551	Ice Cream Tub SEC	each	605.8	144.8	7.5	4.5	16.8

Seq	Product	Description	Size	NME Sugar (g)	NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)
10	R00244	Sausage and Mash SEC	Ptn	>0.4	>0.7	0.7	16.6	>0.4
20	R00245	Quorn Sausage and Mash SEC	Ptn	>1.0	>5.3	5.3	15.1	>5.1
40	R00504	Beef Burger in a Bun Dusted W	Ptn	?	?	3.5	27.6	>0.0
50	R00513	Vegetable Burger with Potato W	Ptn	>0.3	>3.4	6.3	12.1	>0.3
60	R00212	Sriracha Dirty Slaw SEC	Ptn	>0.1	>0.9	0.9	2.9	>0.3
70	R00505	Roast Chicken with Roasties SE	Ptn	>0.0	>0.1	0.1	26.6	>0.0
80	R00532	Quorn & Veg Pie with Roasties	Ptn	>0.8	>9.4	9.4	36.3	>10.7
90	R00520	Savoy Cabbage SEC	Ptn	?	?	0.0	0.0	0.0
110	R00507	Chicken Curry SEC	Ptn	>0.2	>1.6	1.9	19.6	>1.6
120	R00530	Sweet Potato Balti & Rice SEC	Ptn	>0.2	>2.3	>2.3	>8.7	>1.2
130	R00552	Tomato & red onion salad SEC	Ptn	?	?	0.0	0.5	0.0
140	R00553	Cucumber raita SEC	Ptn	?	?	0.0	0.2	>0.0
150	R00508	Salt & Vinegar Battered Fish SE	Ptn	>0.2	>2.9	2.9	13.3	0.9
160	R00514	Beetroot Burger in a bun with C	Ptn	>0.4	>3.6	6.0	16.9	>1.2
170	R00509	Peas SEC	Ptn	0.0	3.8	3.8	4.6	1.3
180	R00510	Chicken Meatballs with Spaghe	Ptn	>1.1	>2.7	3.0	18.8	>1.5
190	R00555	Linda mc cartney meatballs & sj	Ptn	>0.7	>2.7	>2.7	>7.1	>0.5
210	R00512	Spicy Beef Quesadilla SEC	Ptn	>14.2	>14.4	14.4	51.1	>2.5

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220	R00557	Quorn Quesadilla SEC	Ptn	>14.3	>15.3	15.3	46.7	>1.8
230	R00519	Street corn SEC	Ptn	>1.0	>0.8	0.8	2.2	0.3
240	R00511	Gammon & Roasties SEC	Ptn	>0.0	>0.0	0.0	15.9	>0.0
250	R00531	Cheddar Quiche & Roasties SE	Ptn	>0.0	>0.9	0.9	13.6	>0.9
260	R00463	Broccoli Frozen PRI	Ptn	0.0	1.5	1.5	2.2	0.9
280	R00527	Chicken Korma SEC	Ptn	>0.4	>1.6	1.9	19.7	>1.6
290	R00233	Cauliflower Jalfrezi SEC	Ptn	>0.4	>5.1	>5.1	>15.0	>1.7
300	R00538	Sweetcorn SEC	Ptn	1.5	1.2	1.2	2.7	0.4
320	R00546	Cheesy Bean Wrap & Chips SE	Ptn	>1.8	5.1	5.1	17.6	>1.5
330	R00521	Mushy Peas SEC	Ptn	0.8	2.2	2.2	4.7	1.0
340	R00528	Cottage pie with sweet potato rr	Ptn	>0.0	>0.3	0.3	18.9	>1.2
350	R00515	Shepherdess Pie with Sweet Pc	Ptn	>0.2	>4.4	4.4	20.5	4.1
360	R00536	Green Beans SEC	Ptn	?	?	?	?	?
370	R00240	Beef Lasagne SEC	Ptn	>0.6	>2.1	>2.1	>24.1	>1.4
380	R00241	Vegetable Lasagne SEC	Ptn	>1.2	>2.8	>2.8	>13.6	>1.3
390	R00523	House Salad SEC	Ptn	?	?	0.0	0.1	0.0
400	R00526	Roast Turkey & Roast Potatoes	Ptn	>0.0	>0.1	0.1	28.0	>0.3
410	R00516	Veg patty with roasties SEC	Ptn	>0.3	>2.3	2.3	6.3	>0.0
420	R00535	Carrots SEC	Ptn	?	?	0.0	0.7	0.0
430	R00261	Gravy SEC	Ptn	0.0	0.1	0.1	0.2	0.0
440	R00529	Katsu Chicken Curry SEC	Ptn	>1.0	>2.0	2.0	25.3	1.3
450	R00517	Bean Enchilada with Rice SEC	Ptn	>3.5	>6.7	>6.7	>18.7	>2.1
470	R00271	Tempura Battered Fish with Kat	Ptn	>0.4	>3.3	3.3	13.5	0.9
480	R00518	"Shroom Burger in a bun with C	Ptn	>0.6	>3.8	6.1	19.1	>0.7
500	R00542	Old School Sponge Pudding SE	Ptn	25.9	1.2	1.2	5.2	>1.0
510	R00543	Sticky Orange Polenta Cake SE	Ptn	>20.0	>0.8	0.8	4.0	>0.7

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520	R00234	Baked Cheesecake SEC	Ptn	>17.4	>0.6	0.6	5.4	>0.6
530	R00544	Brownie SEC	Ptn	37.6	3.2	3.2	5.4	>2.5
550	R00085	Banana Loaf SEC	Ptn	>14.0	>0.6	0.6	2.9	>0.5
560	R00545	Apple Crumble SEC	Ptn	15.9	2.2	2.2	3.9	>0.5
570	R00554	Summer berry slice SEC	Ptn	15.0	1.4	1.4	3.8	>0.8
580	R00087	Carrot Cake SEC	Ptn	>18.0	>0.5	0.5	>1.2	>0.6
600	R00224	Italian Crumble Cake SEC	Ptn	15.0	3.2	3.2	5.9	>1.2
610	R00533	Chocolate Sponge SEC	Ptn	>28.5	1.9	1.9	4.4	>2.3
620	R00525	Sticky Toffee pudding SEC	Ptn	34.8	1.5	1.5	3.8	>0.6
630	R00534	Apple Flapjack SEC	Ptn	8.3	2.1	2.1	2.5	>0.8
640	R00551	Ice Cream Tub SEC	each	16.8	0.4	0.4	3.0	?

Seq	Product	Description	Size	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)
10	R00244	Sausage and Mash SEC	Ptn	>0.8	>93.0	>0.0	>0.0	>3.4
20	R00245	Quorn Sausage and Mash SEC	Ptn	>3.8	>233.0	>0.0	>0.0	>28.2
40	R00504	Beef Burger in a Bun Dusted W	Ptn	?	>0.0	?	>0.0	?
50	R00513	Vegetable Burger with Potato W	Ptn	>0.2	>4.0	?	>8.8	>28.0
60	R00212	Sriracha Dirty Slaw SEC	Ptn	>0.2	>9.1	>0.7	>0.2	>2.2
70	R00505	Roast Chicken with Roasties SE	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
80	R00532	Quorn & Veg Pie with Roasties	Ptn	>4.8	>195.5	>56.7	>19.0	>70.9
90	R00520	Savoy Cabbage SEC	Ptn	?	0.0	?	0.0	?
110	R00507	Chicken Curry SEC	Ptn	>2.4	>49.3	>118.6	>40.7	>47.6
120	R00530	Sweet Potato Balti & Rice SEC	Ptn	>1.4	>55.1	>0.8	>2.1	>38.2
130	R00552	Tomato & red onion salad SEC	Ptn	?	0.0	?	0.0	?
140	R00553	Cucumber raita SEC	Ptn	?	>0.0	?	>0.0	?
150	R00508	Salt & Vinegar Battered Fish SE	Ptn	>0.7	42.3	>0.1	9.6	>42.1

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160	R00514	Beetroot Burger in a bun with C	Ptn	>1.2	>102.8	>9.6	>14.4	>56.9
170	R00509	Peas SEC	Ptn	0.6	28.0	0.0	9.6	26.4
180	R00510	Chicken Meatballs with Spaghe	Ptn	>1.3	>22.6	>69.0	>43.4	>32.5
190	R00555	Linda mc cartney meatballs & s	Ptn	>0.2	>10.5	>36.5	>14.8	>19.9
210	R00512	Spicy Beef Quesadilla SEC	Ptn	>2.7	>788.2	>171.8	>71.2	>25.3
220	R00557	Quorn Quesadilla SEC	Ptn	>1.8	>822.0	>137.6	>58.2	>18.0
230	R00519	Street corn SEC	Ptn	>0.3	2.8	>0.0	1.6	>10.1
240	R00511	Gammon & Roasties SEC	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
250	R00531	Cheddar Quiche & Roasties SE	Ptn	>0.6	>102.0	>29.7	>0.5	>20.3
260	R00463	Broccoli Frozen PRI	Ptn	0.3	28.0	48.0	43.5	45.0
280	R00527	Chicken Korma SEC	Ptn	>2.4	>49.3	>118.6	>40.7	>47.6
290	R00233	Cauliflower Jalfrezi SEC	Ptn	>1.8	>94.3	>50.4	>17.8	>57.4
300	R00538	Sweetcorn SEC	Ptn	0.4	3.2	0.0	0.8	16.0
320	R00546	Cheesy Bean Wrap & Chips SE	Ptn	>0.5	>83.0	>0.0	>0.0	>16.0
330	R00521	Mushy Peas SEC	Ptn	0.8	13.6	0.0	0.0	0.0
340	R00528	Cottage pie with sweet potato r	Ptn	>3.1	>7.7	>0.0	>0.0	>11.2
350	R00515	Shepherdess Pie with Sweet Pc	Ptn	>3.6	>81.3	>5.0	0.0	>21.7
360	R00536	Green Beans SEC	Ptn	?	?	?	?	?
370	R00240	Beef Lasagne SEC	Ptn	>3.5	>139.1	>12.6	>6.5	>29.1
380	R00241	Vegetable Lasagne SEC	Ptn	>0.9	>190.0	>91.8	>7.0	>26.1
390	R00523	House Salad SEC	Ptn	?	0.0	?	0.0	?
400	R00526	Roast Turkey & Roast Potatoes	Ptn	>1.0	>4.0	>0.0	>0.0	>9.0
410	R00516	Veg patty with roasties SEC	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
420	R00535	Carrots SEC	Ptn	?	0.0	?	0.0	?
430	R00261	Gravy SEC	Ptn	0.0	?	0.0	0.0	0.0
440	R00529	Katsu Chicken Curry SEC	Ptn	>2.9	61.5	>35.8	9.0	>80.7

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450	R00517	Bean Enchilada with Rice SEC	Ptn	>1.6	>224.2	>36.9	>15.3	>49.9
470	R00271	Tempura Battered Fish with Kat	Ptn	>0.7	42.2	>0.1	9.6	>42.1
480	R00518	"Shroom Burger in a bun with C	Ptn	>1.8	>112.4	>5.6	>10.0	>32.4
500	R00542	Old School Sponge Pudding SE	Ptn	>0.4	>47.1	>27.4	>3.2	>16.3
510	R00543	Sticky Orange Polenta Cake SE	Ptn	>0.3	>35.8	>21.9	>0.0	>12.6
520	R00234	Baked Cheesecake SEC	Ptn	>0.3	>83.2	>54.0	>0.0	>15.1
530	R00544	Brownie SEC	Ptn	>0.7	>29.9	>21.9	>0.0	>10.4
550	R00085	Banana Loaf SEC	Ptn	>0.2	>24.8	>14.6	>0.0	>8.5
560	R00545	Apple Crumble SEC	Ptn	>0.3	>80.6	>24.1	>5.7	>6.3
570	R00554	Summer berry slice SEC	Ptn	>0.3	>46.1	>14.6	>1.3	>12.4
580	R00087	Carrot Cake SEC	Ptn	>0.1	>0.0	>30.3	>0.4	>20.9
600	R00224	Italian Crumble Cake SEC	Ptn	>0.5	>67.1	>14.6	>12.0	>14.3
610	R00533	Chocolate Sponge SEC	Ptn	>0.6	>16.0	>21.9	>0.0	>8.2
620	R00525	Sticky Toffee pudding SEC	Ptn	>0.3	>48.6	>24.3	>0.0	>9.3
630	R00534	Apple Flapjack SEC	Ptn	>0.5	>10.7	>0.0	>1.5	>6.4
640	R00551	Ice Cream Tub SEC	each	?	?	?	?	?

Seq	Product	Description	Size	Sodium (mg)	Salt (g)	Total suga (g)
10	R00244	Sausage and Mash SEC	Ptn	>1002.1	>2.5	6.6
20	R00245	Quorn Sausage and Mash SEC	Ptn	>762.1	>1.9	5.7
40	R00504	Beef Burger in a Bun Dusted W	Ptn	>987.6	>2.5	6.0
50	R00513	Vegetable Burger with Potato W	Ptn	488.5	1.2	4.3
60	R00212	Sriracha Dirty Slaw SEC	Ptn	>85.6	>0.2	4.4
70	R00505	Roast Chicken with Roasties SE	Ptn	>513.7	>1.3	2.8
80	R00532	Quorn & Veg Pie with Roasties	Ptn	>498.8	>1.3	10.5
90	R00520	Savoy Cabbage SEC	Ptn	?	?	0.0

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110	R00507	Chicken Curry SEC	Ptn	>95.3	>0.2	2.9
120	R00530	Sweet Potato Balti & Rice SEC	Ptn	>98.3	>0.3	>2.9
130	R00552	Tomato & red onion salad SEC	Ptn	?	?	0.0
140	R00553	Cucumber raita SEC	Ptn	?	?	0.4
150	R00508	Salt & Vinegar Battered Fish SE	Ptn	>693.7	>1.7	1.6
160	R00514	Beetroot Burger in a bun with C	Ptn	>548.7	>1.4	9.3
170	R00509	Peas SEC	Ptn	0.8	0.0	2.0
180	R00510	Chicken Meatballs with Spaghe	Ptn	>253.9	>0.6	4.6
190	R00555	Linda mc cartney meatballs & sj	Ptn	>253.9	>0.6	>3.8
210	R00512	Spicy Beef Quesadilla SEC	Ptn	>5826.0	>14.6	33.1
220	R00557	Quorn Quesadilla SEC	Ptn	>5825.6	>14.6	32.9
230	R00519	Street corn SEC	Ptn	>0.6	>0.0	2.2
240	R00511	Gammon & Roasties SEC	Ptn	>11200.0	>28.0	2.4
250	R00531	Cheddar Quiche & Roasties SE	Ptn	>200.2	>0.5	5.1
260	R00463	Broccoli Frozen PRI	Ptn	4.0	0.0	0.8
280	R00527	Chicken Korma SEC	Ptn	>98.3	>0.3	3.1
290	R00233	Cauliflower Jalfrezi SEC	Ptn	>482.0	>1.2	>6.9
300	R00538	Sweetcorn SEC	Ptn	0.8	0.0	1.5
320	R00546	Cheesy Bean Wrap & Chips SE	Ptn	620.0	1.6	4.0
330	R00521	Mushy Peas SEC	Ptn	144.0	0.4	1.0
340	R00528	Cottage pie with sweet potato rr	Ptn	>197.9	>0.5	2.7
350	R00515	Shepherdess Pie with Sweet Pc	Ptn	>1120.9	>2.8	8.2
360	R00536	Green Beans SEC	Ptn	?	?	?
370	R00240	Beef Lasagne SEC	Ptn	>410.6	>1.0	>6.9
380	R00241	Vegetable Lasagne SEC	Ptn	>475.3	>1.2	>10.9
390	R00523	House Salad SEC	Ptn	?	?	0.3



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400	R00526	Roast Turkey & Roast Potatoes	Ptn	>505.7	>1.3	2.8
410	R00516	Veg patty with roasties	SEC Ptn	>173.3	>0.4	2.7
420	R00535	Carrots	SEC Ptn	?	?	3.8
430	R00261	Gravy	SEC Ptn	421.7	1.1	0.4
440	R00529	Katsu Chicken Curry	SEC Ptn	>44.7	>0.1	3.1
450	R00517	Bean Enchilada with Rice	SEC Ptn	>1434.9	>3.6	>10.5
470	R00271	Tempura Battered Fish with Kat	Ptn	>642.2	>1.6	1.9
480	R00518	"Shroom Burger in a bun with C	Ptn	>574.2	>1.4	4.4
500	R00542	Old School Sponge Pudding	SE Ptn	291.7	0.7	29.2
510	R00543	Sticky Orange Polenta Cake	SE Ptn	>231.4	>0.6	20.1
520	R00234	Baked Cheesecake	SEC Ptn	>187.8	>0.5	21.7
530	R00544	Brownie	SEC Ptn	183.7	0.5	37.7
550	R00085	Banana Loaf	SEC Ptn	>161.1	>0.4	16.5
560	R00545	Apple Crumble	SEC Ptn	114.7	0.3	22.5
570	R00554	Summer berry slice	SEC Ptn	239.6	0.6	15.7
580	R00087	Carrot Cake	SEC Ptn	>160.4	>0.4	18.0
600	R00224	Italian Crumble Cake	SEC Ptn	121.0	0.3	23.4
610	R00533	Chocolate Sponge	SEC Ptn	302.0	0.8	28.6
620	R00525	Sticky Toffee pudding	SEC Ptn	231.5	0.6	40.1
630	R00534	Apple Flapjack	SEC Ptn	91.7	0.2	9.5
640	R00551	Ice Cream Tub	SEC each	44.8	0.1	16.8