



**fishaways**  
CATCH IT FRESH



**NEW**

# **KIDS' NUTRITIONAL GUIDE**

**FOR A BETTER FUTURE**

**April 2020**

# KID'S MEALS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
K1 CRUNCH A LOT SLIDER	50,03	14,58	61,98	3451,88
K2 CRUNCHY FISH FINGERS	43,18	11,5	45,3	2622,45
K3 NUGGETS MEAL	43,07	13,91	68,43	3537,86
K4 SQUIGGLES	13,52	1,39	68,43	240,05
K5 GOOD KID MEAL	31,76	10,76	27,61	1659,82
K6 FISH POPS AND CHIPS	24,1	9,6	57,2	2877,1
U1 RAINBOW SHRIMP WRAP	64,23	24,48	15,29	2067,78
U2 HAKES STRIPS SALAD	15,44	23,62	23,82	1554,19
U5 RAINBOW HAKE STRIPS SALAD	23,12	7,06	21,34	1296,46
F13 GOOD LIFE MEAL FOR TWO	121,64	174,02	183,96	11952,78



Customer Care: 0861 347 429  
[www.fishaways.co.za](http://www.fishaways.co.za)

**T&Cs apply. While stocks last. Prices are subject to change without any prior notice. All photographic representations of menu items are serving suggestions only. Tableware not included. Fish is a natural product and may vary in size.**

**All content analysis were performed by Jozidiet.  
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