



DRINKS

Peach Tea Mocktail

Fruit Juices

Orange Juice, Lime Juice,
Cucumber Lime Juice

Tea

Hot Tea, Ice Lemon Tea,
Teh O Ais Limau

Horlicks

Iced Milo

BREAKFAST

English Breakfast Buffet

Toast, Eggs, Sausages, Grilled
Tomatoes, Egg Coated Meat Patty

**Chicken &
Mushroom Cream Soup**

with Buttered Bread and
Half Boiled Eggs

Pizza Bread
with Eggs Benedict, Chicken Con
Carne and Pesto Sauce

**Chicken Tikka Chapati
Burrito**

**Toasty Rendang Wrap
with Fries**

LUNCH

**Black Sesame Bun with
Fried Chicken**
in Teriyaki Sauce, Grilled Pineapple
Ring and Nacho Chips

Chicken Bolognese Pasta
with Tomato Chunks

**WWSC Chicken &
Egg Soup Noodles**

Cheesy Sloppy Joes
with Grilled Pineapple Ring
and Cucumber Fries

WWSC Nasi Lemak
Stir Fried Pasta

DINNER

**Garlic Rice
Baked Chicken**
& Blanched Vegetables

**White Rice
Chicken Kurma**
& Potatoes, Carrots

**Garlic Rice
Chicken Stew (Chikuteh)**
& Boiled Eggs, Blanched Vegetables

**White Rice
Chicken Tonkatsu**
& Apple Cucumber Salad

BBQ Dinner
Cheese Baked Rice, BBQ Chicken,
Grilled Vegetables & Fruits

WWSC Menu 2018 Calorie Count

DAY	BREAKFAST	LUNCH	TEA	DINNER	SUPPER	TOTAL CALORIE FOR THE DAY
1		Chicken Bolognese Pasta with Tomato Chunks Ice Lemon Tea	Crispy Popiah Skin with Milo Powder Ice Lemon Tea	Raisin Rice with Baked Chicken and Blanched Vegetables Watermelon Keg	Grilled Apples with Brown Sugar	
Day 1 Calorie (kcal)		749.71	213.6	516.19	74.78	1727.55
2	English Breakfast Buffet: Toast Eggs Sausages Grilled Tomatoes Egg Coated Meat Patty Orange Juice Milo	White Rice with Chicken Kurma, Potatoes and Carrots Lime Juice	Popcorn in Ice Cream Cone Cup Lime Juice	Black Sesame Bun with Fried Chicken in Teriyaki Sauce, Grilled Pineapple Ring and Nacho Chips Watermelon Ice Water	S'mores	
Day 2 Calorie (kcal)	735.82	406.49	104.59	600.7	175.79	2023.39
3	WWSC Nasi Lemak with Jumbo Fried Chicken and Tomato Sambal Hot Tea	WWSC Chicken & Egg Soup Noodles Teh O Ais Limau	Cold Bubur Pulut	BBQ Dinner Cheese Baked Rice BBQ Chicken Grilled Vegetables Watermelon Ice Water	Salted Caramel Doughnuts	
Day 3 Calorie (kcal)	625.59	547.564	195.906	529.463	102.69	2188.01

DAY	BREAKFAST	LUNCH	TEA	DINNER	SUPPER	TOTAL CALORIE FOR THE DAY
4	Best Camp Maggi Staff: Maggi Soup Noodles with Chicken, Eggs and Vegetables Hot Tea	Cheesy Sloppy Joes with Grilled Pineapple Ring and Cucumber Fries Cucumber Lime Juice	Sugar Biscuits Iced Milo	White Rice with Chicken Tonkatsu and Apple Cucumber Salad Watermelon Ice Water	Cold Soya Bean with Black Jelly	
Day 4 Calorie (kcal)	447.99	544.71	220.66	470.97	133.6	1817.94
5	Pizza Bread with Eggs Benedict, Con Carne Chicken and Pesto Sauce Hot Tea	Toasty Rendang Wrap with Fries Ice Lemon Tea	Cold Red Bean Tong Sui	Garlic Rice with Chicken Stew and Blanched Vegetables Watermelon Ice Water	S'mores	
Day 5 Calorie (kcal)	578.49	679.24	225.94	630.94	175.79	2290.41
6	Best Half-Boiled Eggs and Toast Chicken & Mushroom Cream Soup with Buttered Bread and Half Boiled Eggs Hot Tea	Stir Fried Pasta Watermelon Ice Lemon Water				
Day 6 Calorie (kcal)	561.09	435.16				996.26



Menu Template Report

Total Days: 6
Total Foods: 135

Avg. Daily Kcals: 1823.478
Name: WWSC Menu 2018

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Day 1		1727.550	62.157	263.904	44.141	2448.268	6282.296	44.022	250.811	11.390	123.829
Breakfast		173.274	0.679	42.080	0.079	11.359	283.562	25.207	21.639	1.319	37.201
LIPTON Lemon Iced Tea	250.000 mL	95.102	0.000	22.190	0.000	5.283				0.000	22.190
Peach Halves, Canned in Light Syrup	0.300 c.	40.662	0.339	10.956	0.023	3.765	266.562	1.807	2.259	0.979	9.977
Granulated Sugar (Gula Pasir)	5.000 g	19.930	0.000	4.974	0.000	0.050	0.000	0.000	0.100	0.000	4.780
Common Lime (Limau Kapas)	2.000 oz.	17.580	0.340	3.960	0.056	2.260	17.000	23.400	19.280	0.340	0.254
Lunch		749.710	26.624	105.101	23.525	1499.065	435.172	2.353	144.351	2.767	39.895
Plain Hamburger Roll or Bun	1.000 item	119.970	4.085	21.264	1.862	205.970	0.000	0.000	59.340	0.903	2.688
Chicken Breast, Meat Only, Fried	1.500 oz.	79.521	14.220	0.217	2.003	33.595	9.781	0.000	6.804	0.000	0.000
Teriyaki Sauce	1.000 T.	16.020	1.067	2.801	0.004	689.940	0.000	0.000	4.500	0.018	2.538
Nacho Tortilla Chips	1.000 oz.	145.719	2.311	17.503	7.391	174.353	105.178	0.000	41.958	1.304	1.074
Pineapple, Canned in Water	0.100 c.	7.872	0.106	2.042	0.022	0.246	9.348	1.894	3.690	0.197	1.845
Coconut Milk Rice (Nasi Lemak)	0.500 svg.	194.647	4.836	29.136	6.583	389.294	310.866	0.459	27.633	0.346	
LIPTON Lemon Iced Tea	250.000 mL	95.102	0.000	22.190	0.000	5.283				0.000	22.190
Granulated Sugar (Gula Pasir)	10.000 g	39.860	0.000	9.947	0.000	0.100	0.000	0.000	0.200	0.000	9.559
Palm Olein Oil (Minyak Olein Sawit)	0.200 oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Afternoon Snack		213.598	2.674	34.931	6.433	147.072	133.266	0.000	14.996	0.396	17.858
Spring Roll, Fried (Popia Goreng)	1.000 svg.	91.307	1.192	12.134	4.193	133.357	40.848	0.000	6.812	0.306	
Cocoa Powder (Koko, Serbuk)	10.000 g	46.209	1.482	5.044	2.240	9.489	92.418	0.000	8.184	0.090	0.106
LIPTON Lemon Iced Tea	200.000 mL	76.082	0.000	17.752	0.000	4.227				0.000	17.752
Dinner		516.188	31.914	64.368	13.695	787.073	5190.433	11.558	55.469	4.911	11.449
Garlic Rice	1.000 svg.	173.126	3.182	37.017	0.991	299.132	316.908	0.846	5.406	0.130	0.110
Chicken Breast, Meat Only, Breaded, Baked or Fried	3.000 oz.	193.212	25.279	6.939	6.622	450.157	16.454	0.000	18.587	0.212	0.000
Watermelon (Tembikai)	5.000 oz.	39.700	0.850	8.500	0.285	5.650	965.000	7.800	8.500	0.565	8.500
Mixed Vegetables, Frozen, Boiled, Drained	0.500 c.	59.150	2.603	11.912	0.137	31.850	3892.070	2.912	22.750	4.004	2.839
Palm Olein Oil (Minyak Olein Sawit)	0.200 oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Evening Snack		74.781	0.266	17.425	0.408	3.699	239.863	4.903	14.357	1.997	17.425
Red Apple (Epal Merah)	100.000 g	57.144	0.201	13.087	0.399	2.998	239.863	4.903	5.009	1.997	13.087
Brown Sugar (Gula Merah)	5.000 g	17.637	0.065	4.339	0.010	0.701	0.000	0.000	9.348	0.000	4.339
Day 2		2023.387	81.396	236.259	84.660	2433.878	22915.470	105.252	357.176	13.347	51.323
Breakfast		735.816	34.030	59.909	40.093	1346.607	1438.035	59.823	207.407	0.852	11.652
White Bread (Roti Putih)	2.000 sl.	146.000	5.600	29.600	0.600	194.000	70.000	1.000	22.000	0.200	
Hard Boiled Egg	0.500 item	38.750	3.145	0.280	2.653	31.000	146.500	0.000	12.500	0.000	0.280
Sausage, Chicken, Beef and Pork, Skinless, Smoked	1.000 item	181.440	11.424	6.804	12.012	868.560	0.000	0.000	84.000	0.000	1.596
Red Tomato	0.300 item	6.642	0.325	1.447	0.074	1.845	307.377	4.686	3.690	0.443	0.971
Chicken Patty, Fillet or Tenders, Breaded, Cooked	1.500 oz.	127.925	7.225	6.124	8.262	205.700	42.500	0.000	5.525	0.000	0.000
Chicken Egg, Raw (Telur Ayam, Sebijj)	1.000 oz.	43.900	3.660	0.255	3.150	34.600	330.634	0.000	16.200	0.000	0.000
Orange Juice	100.000 mL	47.171	0.734	10.902	0.210	1.048	209.647	52.412	11.531	0.210	8.805
Malted Milk Drink, Packet (Minuman Susu Bermalt, Bungkus)	100.000 mL	92.989	1.917	4.497	7.473	9.569	331.377	1.725	51.735	0.000	
Palm Olein Oil (Minyak Olein Sawit)	0.200 oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Lunch		406.494	21.709	55.429	10.611	518.786	1065.831	21.855	49.732	5.017	13.850
Chicken Breast, Meat Only, Roasted	1.500 oz.	70.166	13.191	0.000	1.518	31.468	8.930	0.000	6.379	0.000	0.000
Red Tomato	0.500 item	11.070	0.541	2.411	0.123	3.075	512.295	7.811	6.150	0.738	1.618
Lime Juice	3.000 t.	3.849	0.066	1.296	0.012	0.309	7.698	4.620	2.157	0.063	0.261



Menu Template Report

Total Days: 6
Total Foods: 135

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Name: WWSC Menu 2018

Name	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Granulated Sugar (Gula Pasir)	5.000 g	19.930	0.000	4.974	0.000	0.050	0.000	0.000	0.100	0.000	4.780
Spaghetti with Tomato Sauce, Meatless	1.000 c.	250.480	7.911	46.748	3.298	483.600	536.908	9.424	34.720	4.216	7.192
Palm Olein Oil (Minyak Olein Sawit)	0.200 oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Afternoon Snack		104.589	1.192	14.386	5.079	122.459	24.638	4.653	3.697	1.074	5.331
Popcorn, Popped in Oil	1.000 c.	64.130	0.802	4.957	4.791	116.380	16.940	0.033	0.440	0.891	0.051
Ice Cream Cone, Wafer	1.000 item	16.680	0.324	3.160	0.276	5.720	0.000	0.000	1.000	0.120	0.240
Lime Juice	3.000 t.	3.849	0.066	1.296	0.012	0.309	7.698	4.620	2.157	0.063	0.261
Granulated Sugar (Gula Pasir)	5.000 g	19.930	0.000	4.974	0.000	0.050	0.000	0.000	0.100	0.000	4.780
Dinner		600.696	22.056	73.229	24.938	391.706	20360.020	18.922	89.108	6.305	12.201
Rice, Cooked (Nasi)	1.000 c.	167.000	2.900	38.500	0.100	8.000	0.000	0.000	4.000	0.000	0.000
Chicken Kurma (Ayam Kurma)	1.000 svg.	219.081	15.548	1.502	16.784	122.792	231.890	0.000	40.062	1.502	0.000
Potatoes, Baked	0.500 item	80.445	2.163	18.295	0.113	8.650	8.650	8.304	12.975	1.903	1.021
Carrots, Fresh, Cooked with Fat	0.500 c.	43.470	0.596	6.432	1.996	246.330	19154.480	2.818	23.345	2.335	2.681
Watermelon (Tembikai)	5.000 oz.	39.700	0.850	8.500	0.285	5.650	965.000	7.800	8.500	0.565	8.500
Palm Olein Oil (Minyak Olein Sawit)	0.200 oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Evening Snack		175.792	2.409	33.307	3.939	54.320	26.950	0.000	7.232	0.100	8.289
Chocolate Biscuit (Biskut Coklat)	1.000 oz.	130.000	2.150	21.600	3.910	42.800	26.950	0.000	6.800	0.085	0.000
Marshmallows	2.000 item	45.792	0.259	11.707	0.029	11.520	0.000	0.000	0.432	0.015	8.289
Day 3		2085.320	88.380	211.771	97.401	3255.563	9381.959	39.059	335.282	4.769	70.419
Breakfast		625.597	17.571	45.565	41.490	1233.270	1512.604	3.709	153.857	0.322	1.448
Cream of Chicken Soup, Condensed, Prepared with Water	0.500 c.	58.560	1.720	4.636	3.685	492.880	280.600	0.122	17.080	0.122	0.000
Cream of Mushroom Soup, Condensed, Prepared with Water	0.500 c.	51.240	0.964	4.014	3.514	387.960	17.080	0.000	8.540	0.000	0.879
White Bread (Roti Putih)	2.000 sl.	146.000	5.600	29.600	0.600	194.000	70.000	1.000	22.000	0.200	0.000
Butter	1.000 T.	101.814	0.121	0.009	11.518	81.792	354.858	0.000	3.408	0.000	0.009
Hard Boiled Egg	1.000 item	77.500	6.290	0.560	5.305	62.000	293.000	0.000	25.000	0.000	0.560
Malted Milk Drink, Packet (Minuman Susu Bermalt, Bungkus)	150.000 mL	139.483	2.876	6.746	11.209	14.354	497.066	2.587	77.603	0.000	0.000
Palm Olein Oil (Minyak Olein Sawit)	0.200 oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Lunch		547.564	30.606	58.402	20.106	1260.443	439.555	4.620	80.546	0.857	27.511
Chicken Breast, Meat Only, Roasted	1.500 oz.	70.166	13.191	0.000	1.518	31.468	8.930	0.000	6.379	0.000	0.000
Hard Boiled Egg	0.500 item	38.750	3.145	0.280	2.653	31.000	146.500	0.000	12.500	0.000	0.280
Wheat Noodle Soup (Mee Sup)	0.700 svg.	268.768	14.204	29.662	10.263	1192.048	276.427	0.000	59.184	0.794	0.000
Lime Juice	3.000 t.	3.849	0.066	1.296	0.012	0.309	7.698	4.620	2.157	0.063	0.261
LIPTON Lemon Iced Tea	250.000 mL	95.102	0.000	22.190	0.000	5.283	0.000	0.000	0.000	0.000	22.190
Granulated Sugar (Gula Pasir)	5.000 g	19.930	0.000	4.974	0.000	0.050	0.000	0.000	0.100	0.000	4.780
Palm Olein Oil (Minyak Olein Sawit)	0.200 oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Afternoon Snack		195.906	2.841	18.065	12.441	6.433	7.969	0.013	7.592	0.084	2.987
Bubur pulut hitam	1.000 svg.	195.906	2.841	18.065	12.441	6.433	7.969	0.013	7.592	0.084	2.987
Dinner		529.463	35.412	54.123	18.334	666.301	7242.576	27.446	74.539	3.421	11.511
Garlic Rice	1.000 svg.	173.126	3.182	37.017	0.991	299.132	316.908	0.846	5.406	0.130	0.110
Chicken, Meat Only, Stewed	3.000 oz.	150.537	23.210	0.000	5.707	59.534	42.525	0.000	11.907	0.000	0.000
Hard Boiled Egg	1.000 item	77.500	6.290	0.560	5.305	62.000	293.000	0.000	25.000	0.000	0.560
Watermelon (Tembikai)	5.000 oz.	39.700	0.850	8.500	0.285	5.650	965.000	7.800	8.500	0.565	8.500
Vegetable Combinations with Broccoli, Carrots, Corn, and Cauliflower, Cooked	0.670 c.	37.600	1.880	8.046	0.385	239.700	5625.143	18.800	23.500	2.726	2.341
Palm Olein Oil (Minyak Olein Sawit)	0.200 oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000



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Total Days: 6
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Evening Snack		186.790	1.950	35.616	5.030	89.117	179.256	3.272	18.748	0.085	26.963
Salted caramel donut	1.000 svg.	102.698	1.886	12.694	5.017	49.015	151.482	0.022	16.015	0.000	4.810
SPRITE Soda	200.000 mL	81.154	0.000	21.979	0.000	39.731	0.000	0.000	0.000	0.000	21.979
Lime Juice	2.000 t.	2.566	0.044	0.864	0.008	0.206	5.132	3.080	1.438	0.042	0.174
Peppermint Leaves	1.000 t.	0.373	0.020	0.079	0.005	0.165	22.642	0.169	1.295	0.043	
Day 4		1817.940	100.906	210.364	62.460	3584.238	11843.130	48.177	599.599	7.493	81.601
Breakfast		447.992	42.852	41.557	10.752	2072.753	9867.684	2.892	73.300	1.928	30.277
MAGGI Liquid Seasoning	1.000 t.	0.000	0.990	0.000	0.000	410.000				0.000	0.000
Chicken Noodle Soup	2.000 c.	255.460	35.572	13.833	5.447	1595.420	9574.684	2.892	48.200	1.928	2.747
Hard Boiled Egg	1.000 item	77.500	6.290	0.560	5.305	62.000	293.000	0.000	25.000	0.000	0.560
LIPTON Lemon Iced Tea	250.000 mL	95.102	0.000	22.190	0.000	5.283				0.000	22.190
Granulated Sugar (Gula Pasir)	5.000 g	19.930	0.000	4.974	0.000	0.050	0.000	0.000	0.100	0.000	4.780
Lunch		544.710	26.332	52.281	26.148	1024.573	717.551	29.205	245.854	3.528	24.553
Lime Juice	3.000 t.	3.849	0.066	1.296	0.012	0.309	7.698	4.620	2.157	0.063	0.261
Granulated Sugar (Gula Pasir)	5.000 g	19.930	0.000	4.974	0.000	0.050	0.000	0.000	0.100	0.000	4.780
Cucumber (Timun)	2.000 oz.	9.080	0.284	1.928	0.000	7.380	0.000	5.500	7.940	0.340	1.292
Sloppy Joe on Roll	1.000 item	329.591	19.303	31.525	13.925	603.320	552.457	9.529	77.981	2.141	6.895
Cheddar Cheese, Processed (Keju, Dalam Bukungsan Plastik)	1.000 oz.	91.900	6.150	2.350	6.440	412.000	110.656	0.085	139.000	0.000	2.100
Pineapple, Canned in Water	0.500 c.	39.360	0.529	10.209	0.111	1.230	46.740	9.471	18.450	0.984	9.225
Palm Olein Oil (Minyak Olein Sawit)	0.200 oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Afternoon Snack		220.660	6.752	34.327	6.302	120.300	89.990	0.000	190.600	0.000	9.559
Savoury Biscuit (Biskut Savoury)	5.000 item	65.000	0.800	8.900	2.900	35.000	5.000	0.000	5.000	0.000	
Granulated Sugar (Gula Pasir)	10.000 g	39.860	0.000	9.947	0.000	0.100	0.000	0.000	0.200	0.000	9.559
Chocolate Flavored Milk, Pasteurized (Susu Suhu Ultra Tinggi, Berperisa Coklat)	6.000 fl. oz.	115.800	5.952	15.480	3.402	85.200	84.990	0.000	185.400	0.000	
Dinner		470.979	16.571	63.157	16.539	362.076	1167.905	16.080	44.485	2.037	17.212
Rice, Cooked (Nasi)	1.000 c.	167.000	2.900	38.500	0.100	8.000	0.000	0.000	4.000	0.000	
Chicken, Light Meat and Skin, Breaded, Fried	2.000 oz.	171.799	12.423	6.809	10.268	339.062	66.905	0.000	20.979		
Watermelon (Tembikai)	5.000 oz.	39.700	0.850	8.500	0.285	5.650	965.000	7.800	8.500	0.565	8.500
Red Apple (Epal Merah)	2.000 oz.	32.400	0.114	7.420	0.226	1.700	136.000	2.780	2.840	1.132	7.420
Cucumber (Timun)	2.000 oz.	9.080	0.284	1.928	0.000	7.380	0.000	5.500	7.940	0.340	1.292
Palm Olein Oil (Minyak Olein Sawit)	0.200 oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Evening Snack		133.600	8.400	19.040	2.720	4.536	0.000	0.000	45.360	0.000	
Soybean Milk, Unsweetened (Susu Kacang Soya, Tanpa Gula)	8.000 fl. oz.	133.600	8.400	19.040	2.720	4.536	0.000	0.000	45.360	0.000	
Day 5		2290.411	91.992	236.514	109.100	2120.943	14598.990	74.394	749.344	13.078	68.380
Breakfast		578.493	15.331	62.980	29.582	121.048	296.660	2.312	29.214	4.188	27.976
Chapati (Indian Flat Bread)	1.000 pc.	137.380	4.110	21.771	4.561	1.500	39.000	0.000	10.200	3.660	0.123
Chicken Rendang	0.300 svg.	183.781	10.141	3.744	14.291	96.930	226.460	2.000	16.418	0.528	0.741
French Fries	1.000 oz.	91.300	1.080	10.300	5.070	17.000	31.200	0.312	2.270	0.000	0.142
LIPTON Lemon Iced Tea	250.000 mL	95.102	0.000	22.190	0.000	5.283				0.000	22.190
Granulated Sugar (Gula Pasir)	5.000 g	19.930	0.000	4.974	0.000	0.050	0.000	0.000	0.100	0.000	4.780
Palm Olein Oil (Minyak Olein Sawit)	0.200 oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Lunch		679.242	35.059	47.865	38.391	733.890	2219.881	2.018	251.043	0.739	0.603
Coconut Milk Rice (Nasi Lemak)	0.700 svg.	272.505	6.770	40.790	9.216	545.011	435.212	0.643	38.686	0.484	
Chicken, Fried (Ayam Goreng)	0.700 svg.	238.050	18.848	3.028	16.741	135.350	1632.509	0.000	136.240	0.000	0.000
Anchovy, Fried (Boquerón Frito)	1.000 oz.	49.867	5.443	0.085	2.920		0.000	0.000	57.266	0.000	
Peas, Salted, Fried (Kacang Pea, Goreng Bergaram)	0.200 oz.	26.800	0.782	3.200	1.202	20.400	5.660	0.000	4.140	0.170	
Cucumber (Timun)	0.500 oz.	2.270	0.071	0.482	0.000	1.845	0.000	1.375	1.985	0.085	0.323



Menu Template Report

Total Days: 6
Total Foods: 135

Avg. Daily Kcals: 1823.478
Name: WWSC Menu 2018

Name	Amount	Unit	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
Hard Boiled Egg	0.500	item	38.750	3.145	0.280	2.653	31.000	146.500	0.000	12.500	0.000	0.280
Palm Olein Oil (Minyak Olein Sawit)	0.200	oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Afternoon Snack			225.944	6.789	38.446	5.194	77.561	8.018	0.000	22.089	3.642	14.537
Red Bean Soup	0.600	svg.	225.944	6.789	38.446	5.194	77.561	8.018	0.000	22.089	3.642	14.537
Dinner			630.941	32.404	53.917	31.994	1134.124	12047.480	70.064	439.766	4.410	16.976
Cheese Baked Rice (WWSC)	1.000	svg.	367.429	16.210	31.646	19.900	450.731	3952.193	4.221	377.574	1.094	2.796
Chicken, Meat and Skin, Roasted	1.500	oz.	101.634	11.609	0.000	5.783	34.870	68.464	0.000	6.379	0.000	0.000
Watermelon (Tembikai)	5.000	oz.	39.700	0.850	8.500	0.285	5.650	965.000	7.800	8.500	0.565	8.500
Carrots	0.300	c.	15.006	0.341	3.506	0.088	25.254	6114.396	2.159	12.078	1.025	1.735
Cucumber (Timun)	1.000	oz.	4.540	0.142	0.964	0.000	3.690	0.000	2.750	3.970	0.170	0.646
Pumpkin (Labu Merah)	1.000	oz.	17.000	0.255	3.940	0.028	14.200	473.000	10.300	5.950	0.085	1.260
Red Tomato	0.300	item	6.642	0.325	1.447	0.074	1.845	307.377	4.686	3.690	0.443	0.971
Cauliflower (Bunga Kobis)	1.000	oz.	9.070	0.907	1.360	0.000	16.200	0.000	13.500	7.090	0.651	0.672
Broccoli (Brokoli)	1.000	oz.	8.220	1.160	0.794	0.028	3.400	133.000	24.100	11.300	0.283	0.396
Composite-Sauce, Soy/Steak/BBQ	1.000	T.	10.700	0.606	1.760	0.148	578.000	34.050	0.547	3.010	0.094	
Palm Olein Oil (Minyak Olein Sawit)	0.200	oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Evening Snack			175.792	2.409	33.307	3.939	54.320	26.950	0.000	7.232	0.100	8.289
Chocolate Biscuit (Biskut Coklat)	1.000	oz.	130.000	2.150	21.600	3.910	42.800	26.950	0.000	6.800	0.085	
Marshmallows	2.000	item	45.792	0.259	11.707	0.029	11.520	0.000	0.000	0.432	0.015	8.289
Day 6			996.265	47.947	122.151	32.938	1034.363	2710.988	25.772	147.188	6.661	49.195
Breakfast			561.099	25.485	61.803	22.005	509.971	621.150	3.868	92.263	1.541	28.403
Pita Bread	1.000	item	165.000	5.460	33.420	0.720	321.600	0.000	0.000	51.600	1.320	0.780
Hard Boiled Egg	1.000	item	77.500	6.290	0.560	5.305	62.000	293.000	0.000	25.000	0.000	0.560
Chicken Breast, Meat Only, Roasted	1.500	oz.	70.166	13.191	0.000	1.518	31.468	8.930	0.000	6.379	0.000	0.000
Basil Pesto	1.000	T.	82.402	0.544	0.659	8.802	89.285	319.220	3.868	8.959	0.221	0.092
LIPTON Lemon Iced Tea	250.000	mL	95.102	0.000	22.190	0.000	5.283				0.000	22.190
Granulated Sugar (Gula Pasir)	5.000	g	19.930	0.000	4.974	0.000	0.050	0.000	0.000	0.100	0.000	4.780
Palm Olein Oil (Minyak Olein Sawit)	0.200	oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000
Lunch			435.166	22.462	60.348	10.932	524.392	2089.838	21.904	54.925	5.120	20.792
Watermelon (Tembikai)	8.000	oz.	63.520	1.360	13.600	0.456	9.040	1544.000	12.480	13.600	0.904	13.600
Spaghetti with Tomato Sauce, Meatless	1.000	c.	250.480	7.911	46.748	3.298	483.600	536.908	9.424	34.720	4.216	7.192
Chicken Breast, Meat Only, Roasted	1.500	oz.	70.166	13.191	0.000	1.518	31.468	8.930	0.000	6.379	0.000	0.000
Palm Olein Oil (Minyak Olein Sawit)	0.200	oz.	51.000	0.000	0.000	5.660	0.284	0.000	0.000	0.226	0.000	0.000