

# Children's menu

The secret is out...  
(not for adults)

Annabel Karmel is here



## Nutritional Information

Product Description	Product Weight	Energy kcal	Energy kJ	Protein	Carbohydrate	Sugars	Fat	Saturated	Fibre	Sodium (mg) (Theoretical)
Chili Con Carne	250g Per 100g	92	386	8.4	4.8	3	3.2	2.6	0.8	106
Fish Pie	250g Per 100g	115	482	4.5	11.9	1.3	5.8	3.3	1.6	210
Spaghetti Bolognese with Hidden Vegetables	250g Per 100g	101	428	5.3	14.9	2.8	2.7	0.9	1.6	93
Fruity Chicken Curry	200g Per 100g	94	381	7	5.4	2	4.8	2.6	0.9	200
Macaroni Cheese	250g Per 100g	179	751	5.6	18.6	3.8	9.7	5.8	1.0	140

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## The Annabel Karmel Range



This season Stena Line has teamed up with Annabel Karmel MBE, the celebrated children's nutritional expert and author to bring you a selection of little people's favourite dishes. Each of the recipes not only meet the nutritional targets for children over four, but are also yummy in the tummy!!!

'My philosophy is that food is the one element you can control which can determine your child's future health. I aim to give children the best start in life through a healthy nutritious diet.'



Annabel is the UK's leading food expert and bestselling author on feeding children and families.

You will most probably recognise Annabel's meals from the shelves of the high street supermarkets, but there is a lot more to Annabel than that!

Regular TV appearances, book sales of over 4 million and an MBE for her work in food nutrition.

For delicious recipes visit [www.annabelkarmel.com](http://www.annabelkarmel.com)



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