

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Autumn Week 1 Thursday

Contains

Contains   
  Does Not Contain   
  May Contain   
 \* No Information

- Peanuts
- Nuts
- Crustaceans
- Molluscs
- Fish
- Eggs
- Milk
- Gluten
- Soya
- Sesame
- Celery
- Mustard
- Lupin
- Sulphur Dioxide and

Product Description

Roast loin of Pork (60g) contains

Carbohydrate 0g	Energy 678kJ 162kcal	8%	Fat 13g	19%	Saturates 4.8g	24%	Sugars <0.5g	0%	Salt 0.08g	1%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1130kJ / 270kcal

Sage & Onion Stuffing (25g) contains

Carbohydrate 8.01g	Energy 161kJ 39kcal	2%	Fat <0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.36g	6%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 645kJ / 154kcal

Roast potatoes (102.5g) contains

Carbohydrate 17.9g	Energy 450kJ 107kcal	5%	Fat 3.0g	4%	Saturates 0.3g	2%	Sugars <0.5g	1%	Salt 0.25g	4%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 439kJ / 105kcal

Gravy (22.9167g) contains

Carbohydrate 1.46g	Energy 31kJ 7kcal	0%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.21g	4%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 133kJ / 32kcal

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- Gluten
- Soya
- Sesame
- Celery
- Mustard
- Lupin
- Sulphur Dioxide and Sulphites

Product Description

Cauliflower & Leek Bake (146.3367g) contains

Carbohydrate 9g	Energy 1252kJ 299kcal	15%	Fat 12g	17%	Saturates 6.2g	31%	Sugars 4.4g	5%	Salt 0.43g	7%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 856kJ / 205kcal

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Oaty Apple & Blackberry Crumble (135.0417g) contains

Carbohydrate 46.23g	Energy 2714kJ 649kcal	32%	Fat 13g	19%	Saturates 4.7g	24%	Sugars 21g	23%	Salt 0.05g	1%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 2010kJ / 480kcal

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Custard (50.4167g) contains

Carbohydrate 5.64g	Energy 144kJ 34kcal	2%	Fat 0.7g	1%	Saturates 0.5g	3%	Sugars 3.6g	4%	Salt 0.06g	1%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 286kJ / 68kcal

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