

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Autumn Week 3 Friday

Contains
 Does Not Contain
 May Contain
 * No Information

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

Product Description

Crispy Baked Fish Fillet in Batter (60g) contains

Carbohydrate 8.82g	Energy 502kJ 120kcal	6%	Fat 6.6g	9%	Saturates 0.5g	2%	Sugars <0.5g	0%	Salt 0.30g	5%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 837kJ / 200kcal

Chips (100g) contains

Carbohydrate 21.1g	Energy 552kJ 132kcal	7%	Fat 3.8g	5%	Saturates 0.4g	2%	Sugars <0.5g	0%	Salt 0.56g	9%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 552kJ / 132kcal

Crunchy vegetable Fingers (60g) contains

Carbohydrate 16.5g	Energy 605kJ 145kcal	7%	Fat 7.3g	10%	Saturates 0.6g	3%	Sugars 5.0g	6%	Salt 0.30g	5%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1008kJ / 241kcal

Chocolate Cracknell Slice (49.1667g) contains

Carbohydrate 28.74g	Energy 2058kJ 492kcal	24%	Fat 10g	14%	Saturates 3.8g	19%	Sugars 15g	17%	Salt 0.60g	10%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 4186kJ / 1001kcal