

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Autumn Week 3 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 Sulphites

Product Description

Roast Chicken	(60g) contains	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 1.68g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 252kJ 60kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">3%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat 0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">1%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates 0.2g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">1%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt 0.39g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">6%</div> </div>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 421kJ / 101kcal		
Sage & Onion Stuffing	(25g) contains	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 8.01g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 161kJ 39kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">2%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">1%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates 0.2g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">1%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt 0.36g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">6%</div> </div>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 645kJ / 154kcal		
Roast potatoes	(102.5g) contains	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 17.9g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 450kJ 107kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">5%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat 3.0g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">4%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates 0.3g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">2%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">1%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt 0.25g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">4%</div> </div>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 439kJ / 105kcal		
Gravy	(22.9167g) contains	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 1.46g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 31kJ 7kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates <0.1g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt 0.21g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">4%</div> </div>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 133kJ / 32kcal		

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- Peanuts
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- Soya
- Sesame
- Celery
- Mustard
- Lupin
- Sulphur Dioxide and

Product Description

Quorn Roast Joint (75.6667g) contains

Carbohydrate 3.03g	Energy 272kJ 65kcal	3%	Fat 1.1g	2%	Saturates 0.4g	2%	Sugars <0.5g	0%	Salt 0.61g	10%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 360kJ / 86kcal

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Yorkshire Pudding (18.3473g) contains

Carbohydrate 6.78g	Energy 192kJ 46kcal	2%	Fat 1.3g	2%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.11g	2%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1044kJ / 250kcal

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Greek Lemon Cake (100.9831g) contains

Carbohydrate 39.65g	Energy 2446kJ 580kcal	29%	Fat 12g	18%	Saturates 4.5g	22%	Sugars 24g	26%	Salt 0.28g	5%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 2423kJ / 574kcal

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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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