

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Autumn Week 3 Tuesday

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

Baked Pork Sausages (90g) contains

Carbohydrate 10.44g	Energy 677kJ 276kcal	8%	Fat 19g	28%	Saturates 6.0g	30%	Sugars 1.5g	2%	Salt 0.89g	15%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 752kJ / 307kcal

Mashed Potatoes (177.0833g) contains

Carbohydrate 27.24g	Energy 760kJ 182kcal	9%	Fat 1.9g	3%	Saturates 0.8g	4%	Sugars 1.4g	2%	Salt 0.31g	5%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 429kJ / 103kcal

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

Vegetarian Toad-in-the-Hole (102.5g) contains

Carbohydrate 20.14g	Energy 639kJ 153kcal	8%	Fat 3.2g	5%	Saturates 0.8g	4%	Sugars 2.3g	2%	Salt 0.57g	10%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 623kJ / 149kcal

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

Product Description

(46.0164g) contains

Carbohydrate 20.79g	Energy 2019kJ 483kcal	24%	Fat 11g	16%	Saturates 4.0g	20%	Sugars 6.2g	7%	Salt 0.04g	1%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 4387kJ / 1049kcal

(85g) contains

Carbohydrate 9.69g	Energy 167kJ 40kcal	2%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 9.7g	11%	Salt <0.01g	0%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 197kJ / 47kcal

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