

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Autumn Week 3 Wednesday

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

Beef Lasagne (292.77g) contains

Carbohydrate 41.78g	Energy 2140kJ 512kcal	25%	Fat 16g	22%	Saturates 7.9g	39%	Sugars 11g	13%	Salt 0.42g	7%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 731kJ / 175kcal

Potato Skins with Cheddar, Tomato & Baked Beans (220.8146g) contains

Carbohydrate 30.3g	Energy 915kJ 219kcal	11%	Fat 6.9g	10%	Saturates 4.2g	21%	Sugars 2.7g	3%	Salt 0.55g	9%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 414kJ / 99kcal

Toffee Apple Crumble (107.08g) contains

Carbohydrate 43.25g	Energy 2535kJ 606kcal	30%	Fat 13g	19%	Saturates 4.7g	23%	Sugars 15g	17%	Salt 0.06g	1%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 2367kJ / 566kcal

Vanilla Ice Cream Portion (83.3333g) contains

Carbohydrate 17.08g	Energy 568kJ 136kcal	7%	Fat 6.6g	9%	Saturates 5.4g	27%	Sugars 16g	18%	Salt 0.10g	2%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 682kJ / 163kcal