

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Week 1 Friday

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

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%
-----------------------	----------------------------	----	-------------	----	-------------------	----	-----------------	----	---------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 837kJ / 200kcal

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

Crunchy vegetable Fingers (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%
-----------------------	----------------------------	----	-------------	----	-------------------	----	-----------------	----	---------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 837kJ / 200kcal

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

Chips (100g) contains

Carbohydrate 20.4g	Energy 477kJ 114kcal	6%	Fat 2.8g	4%	Saturates 0.3g	2%	Sugars <0.5g	1%	Salt 0.07g	1%
-----------------------	----------------------------	----	-------------	----	-------------------	----	-----------------	----	---------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 477kJ / 114kcal

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

Chocolate Beetroot Brownie (62g) contains

Carbohydrate 27.13g	Energy 1930kJ 461kcal	23%	Fat 10g	15%	Saturates 3.9g	20%	Sugars 22g	24%	Salt 0.10g	2%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	---------------	-----	---------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 3112kJ / 744kcal

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
-

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Week 1 Friday

Contains

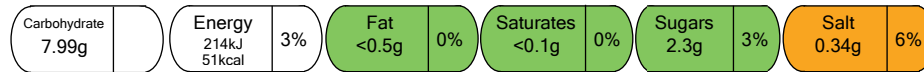
Contains   
  Does Not Contain   
  May Contain   
  \* No Information

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

Product Description

Baked beans

(62.4g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 343kJ / 82kcal

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
-