

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring Week1 Wednesday

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

Beef Cottage Pie (239.83g) contains

Carbohydrate 23.05g	Energy 598kJ 264kcal	7%	Fat 13g	18%	Saturates 6.6g	33%	Sugars 2.1g	2%	Salt 0.55g	9%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 249kJ / 110kcal

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Roasted Tomato & Pepper tart (148.405g) contains

Carbohydrate 18.69g	Energy 1978kJ 473kcal	24%	Fat 16g	23%	Saturates 7.9g	39%	Sugars 4.6g	5%	Salt 0.51g	8%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1333kJ / 319kcal

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Carrot Cake with Buttercream frosting (68.93g) contains

Carbohydrate 28.01g	Energy 2046kJ 489kcal	24%	Fat 11g	15%	Saturates 3.9g	19%	Sugars 18g	20%	Salt 0.25g	4%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 2969kJ / 709kcal

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