

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring Week 2 Friday

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

Breaded Salmon Fillet (60g) contains

Carbohydrate 9.06g	Energy 495kJ 118kcal	6%	Fat 5.5g	8%	Saturates 0.5g	2%	Sugars 0.8g	1%	Salt 0.20g	3%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 824kJ / 197kcal

Baked Fish Finger (74.9258g) contains

Carbohydrate 14.55g	Energy 653kJ 156kcal	8%	Fat 6.5g	9%	Saturates 0.8g	4%	Sugars 0.6g	1%	Salt 0.66g	11%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 871kJ / 208kcal

Quorn frankfurter Hot Dog (95g) contains

Carbohydrate 27.45g	Energy 956kJ 229kcal	11%	Fat 8.6g	12%	Saturates 0.8g	4%	Sugars 2.8g	3%	Salt 0.92g	15%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1007kJ / 241kcal

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%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 477kJ / 114kcal

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Product Description

Chocolate & Coconut Flapjack (62.5g) contains

Carbohydrate 30.89g	Energy 2296kJ 549kcal	27%	Fat 17g	24%	Saturates 8.4g	42%	Sugars 14g	15%	Salt 0.12g	2%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 3674kJ / 878kcal

Baked beans (62.4g) contains

Carbohydrate 7.99g	Energy 214kJ 51kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.3g	3%	Salt 0.34g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 343kJ / 82kcal

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