

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring Week 2 Monday

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

Baked Suffolk 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

Vegetarian Sausages (100g) contains

Carbohydrate 10g	Energy 540kJ 129kcal	6%	Fat 3.7g	5%	Saturates 0.5g	2%	Sugars 1.0g	1%	Salt 1.0g	17%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 540kJ / 129kcal

Mashed potatoes (164.94g) contains

Carbohydrate 25.51g	Energy 658kJ 157kcal	8%	Fat 1.4g	2%	Saturates 0.7g	3%	Sugars 1.3g	1%	Salt 0.29g	5%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 399kJ / 95kcal

Gravy (27g) contains

Carbohydrate 1.4g	Energy 29kJ 7kcal	0%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.20g	3%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 108kJ / 26kcal

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Product Description

Custard (50.56g) contains

Carbohydrate 5.79g	Energy 147kJ 35kcal	2%	Fat 0.7g	1%	Saturates 0.5g	3%	Sugars 3.7g	4%	Salt 0.06g	1%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 290kJ / 69kcal

Apple, Pear & Cherry Crumble (137.54g) contains

Carbohydrate 48.22g	Energy 2748kJ 657kcal	33%	Fat 13g	19%	Saturates 4.7g	24%	Sugars 23g	26%	Salt 0.06g	1%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1998kJ / 478kcal

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