

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring Week 2 Thursday

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

Roast Loin of Suffolk Pork (60g) contains

Carbohydrate 0g	Energy 678kJ 162kcal	8%	Fat 13g	19%	Saturates 4.8g	24%	Sugars <0.5g	0%	Salt 0.08g	1%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1130kJ / 270kcal

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Cauliflower & Sweet Potato Gratin (187.75g) contains

Carbohydrate 19.91g	Energy 1536kJ 367kcal	18%	Fat 13g	19%	Saturates 7.2g	36%	Sugars 7.1g	8%	Salt 0.55g	9%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 818kJ / 196kcal

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Roast Potatoes (123g) contains

Carbohydrate 21.48g	Energy 540kJ 129kcal	6%	Fat 3.6g	5%	Saturates 0.4g	2%	Sugars 0.6g	1%	Salt 0.30g	5%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 439kJ / 105kcal

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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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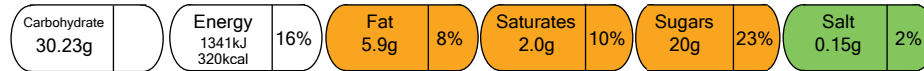
Contains
 Does Not Contain
 May Contain
 * No Information

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

Product Description

Cowboy Cookie & Fruit Juice Drink

(121.3333g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1105kJ / 264kcal