

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Autumn Week 2 Wednesday

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

Smokey Joe Chicken (112.42g) contains

Carbohydrate 2.3g	Energy 406kJ 97kcal	5%	Fat 3.5g	5%	Saturates 2.0g	10%	Sugars 2.0g	2%	Salt 0.99g	16%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 361kJ / 86kcal

Wholemeal Rice & peas (41.6667g) contains

Carbohydrate 27.13g	Energy 526kJ 126kcal	6%	Fat 0.9g	1%	Saturates 0.2g	1%	Sugars <0.5g	1%	Salt <0.01g	0%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1264kJ / 302kcal

Baked Italian Quorn fillet (110.09g) contains

Carbohydrate 5.75g	Energy 493kJ 118kcal	6%	Fat 5.5g	8%	Saturates 2.6g	13%	Sugars 2.1g	2%	Salt 0.87g	14%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 448kJ / 107kcal

Carrot & Pineapple Sponge Cake -reduced Sugar (80.8333g) contains

Carbohydrate 17.9g	Energy 743kJ 177kcal	9%	Fat 9.6g	14%	Saturates 1.0g	5%	Sugars 8.1g	9%	Salt 0.45g	8%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 919kJ / 220kcal