

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring Week3 Monday

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

Danish Meatballs, Onion Gravy & Crispy Potatoes (134.8g) contains

Carbohydrate 9.19g	Energy 817kJ 195kcal	10%	Fat 13g	18%	Saturates 5.2g	26%	Sugars 4.3g	5%	Salt 0.83g	14%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 606kJ / 145kcal

BBQ Quorn Fillet (67.5g) contains

Carbohydrate 5.62g	Energy 372kJ 89kcal	4%	Fat 3.1g	4%	Saturates 1.4g	7%	Sugars 2.0g	2%	Salt 0.72g	12%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 551kJ / 132kcal

Herby Diced Potatoes (101.2g) contains

Carbohydrate 16.22g	Energy 330kJ 79kcal	4%	Fat 0.7g	1%	Saturates 0.2g	1%	Sugars 0.6g	1%	Salt 0.18g	3%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 327kJ / 78kcal

Jam Roly Poly (85.71g) contains

Carbohydrate 38.89g	Energy 1653kJ 387kcal	20%	Fat 7.2g	10%	Saturates 2.7g	14%	Sugars 9.3g	10%	Salt 0.38g	6%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1928kJ / 452kcal

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Product Description

Custard

(50.56g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 292kJ / 70kcal