

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 18 Wk1 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 Pork Sausages (114g) contains

Carbohydrate 13.22g	Energy 857kJ 350kcal	10%	Fat 25g	35%	Saturates 7.6g	38%	Sugars 1.9g	2%	Salt 1.1g	19%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 752kJ / 307kcal

Mashed Potato (177.0833g) contains

Carbohydrate 27.24g	Energy 577kJ 138kcal	7%	Fat 1.9g	3%	Saturates 0.8g	4%	Sugars 1.4g	2%	Salt 0.36g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 326kJ / 78kcal

Gravy (42.92g) contains

Carbohydrate 2.63g	Energy 55kJ 13kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.37g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 128kJ / 31kcal

Vegetarian Toad-in-the-Hole (102.5g) contains

Carbohydrate 20.86g	Energy 633kJ 151kcal	8%	Fat 3.3g	5%	Saturates 0.8g	4%	Sugars 2.0g	2%	Salt 0.57g	10%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 618kJ / 148kcal

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											Lupin
											Sulphur Dioxide and Sulphites

Product Description

Apple Flapjack

(92.92g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 836kJ / 200kcal