

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 18 Week 1 Thursday

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

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

Sage & Onion Stuffing (25g) contains

Carbohydrate 7.65g	Energy 163kJ 39kcal	2%	Fat <0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.36g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 650kJ / 155kcal

Roast Potatoes (102.5g) contains

Carbohydrate 17.9g	Energy 450kJ 107kcal	5%	Fat 3.0g	4%	Saturates 0.3g	2%	Sugars <0.5g	1%	Salt 0.25g	4%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 439kJ / 105kcal

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

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Product Description

Roast Quorn Fillet (69g) contains

Carbohydrate 4g	Energy 297kJ 71kcal	4%	Fat 1.8g	3%	Saturates 0.4g	2%	Sugars <0.5g	0%	Salt 0.69g	12%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 431kJ / 103kcal

Oaty Fruit Crunch (53.75g) contains

Carbohydrate 24.47g	Energy 708kJ 169kcal	8%	Fat 7.0g	10%	Saturates 2.4g	12%	Sugars 9.3g	10%	Salt 0.23g	4%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1318kJ / 315kcal

Custard (90.4167g) contains

Carbohydrate 10.78g	Energy 269kJ 64kcal	3%	Fat 1.3g	2%	Saturates 0.9g	5%	Sugars 6.6g	7%	Salt 0.11g	2%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 297kJ / 71kcal

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