

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring Week 2 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

Pork & Apple Burger (126.75g) contains

Carbohydrate 30.64g	Energy 1559kJ 411kcal	19%	Fat 23g	33%	Saturates 7.7g	38%	Sugars 2.8g	3%	Salt 1.8g	30%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1230kJ / 324kcal

Baked Potato Wedges (177.48g) contains

Carbohydrate 30.18g	Energy 632kJ 151kcal	8%	Fat 2.5g	4%	Saturates 0.2g	1%	Sugars 1.1g	1%	Salt 0.03g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 356kJ / 85kcal

Crunchy Quorn Burger in a bun (158.4388g) contains

Carbohydrate 50.06g	Energy 1319kJ 315kcal	16%	Fat 6.2g	9%	Saturates 0.8g	4%	Sugars 7.0g	8%	Salt 1.9g	31%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 833kJ / 199kcal

Iced Carrot Cake (129.4913g) contains

Carbohydrate 47.19g	Energy 1530kJ 366kcal	18%	Fat 18g	26%	Saturates 1.8g	9%	Sugars 24g	27%	Salt 0.66g	11%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1182kJ / 282kcal

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