

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring Week 2 Thursday

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

Product Description

Roast Chicken	(60g) contains	<table border="1"> <tr> <td>Carbohydrate 1.68g</td> <td>Energy 252kJ 60kcal</td> <td>3%</td> <td>Fat 0.5g</td> <td>1%</td> <td>Saturates 0.2g</td> <td>1%</td> <td>Sugars &lt;0.5g</td> <td>0%</td> <td>Salt 0.39g</td> <td>6%</td> </tr> </table>	Carbohydrate 1.68g	Energy 252kJ 60kcal	3%	Fat 0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.39g	6%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 1.68g	Energy 252kJ 60kcal	3%	Fat 0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.39g	6%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 421kJ / 101kcal												
Sage & Onion Stuffing	(25g) contains	<table border="1"> <tr> <td>Carbohydrate 7.65g</td> <td>Energy 163kJ 39kcal</td> <td>2%</td> <td>Fat &lt;0.5g</td> <td>1%</td> <td>Saturates 0.2g</td> <td>1%</td> <td>Sugars &lt;0.5g</td> <td>0%</td> <td>Salt 0.36g</td> <td>6%</td> </tr> </table>	Carbohydrate 7.65g	Energy 163kJ 39kcal	2%	Fat <0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.36g	6%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
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	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 650kJ / 155kcal												
Roast Potatoes	(102.5g) contains	<table border="1"> <tr> <td>Carbohydrate 17.9g</td> <td>Energy 450kJ 107kcal</td> <td>5%</td> <td>Fat 3.0g</td> <td>4%</td> <td>Saturates 0.3g</td> <td>2%</td> <td>Sugars &lt;0.5g</td> <td>1%</td> <td>Salt 0.25g</td> <td>4%</td> </tr> </table>	Carbohydrate 17.9g	Energy 450kJ 107kcal	5%	Fat 3.0g	4%	Saturates 0.3g	2%	Sugars <0.5g	1%	Salt 0.25g	4%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 17.9g	Energy 450kJ 107kcal	5%	Fat 3.0g	4%	Saturates 0.3g	2%	Sugars <0.5g	1%	Salt 0.25g	4%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 439kJ / 105kcal												
Gravy	(42.92g) contains	<table border="1"> <tr> <td>Carbohydrate 2.63g</td> <td>Energy 55kJ 13kcal</td> <td>1%</td> <td>Fat &lt;0.5g</td> <td>0%</td> <td>Saturates &lt;0.1g</td> <td>0%</td> <td>Sugars &lt;0.5g</td> <td>0%</td> <td>Salt 0.37g</td> <td>6%</td> </tr> </table>	Carbohydrate 2.63g	Energy 55kJ 13kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.37g	6%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
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	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 128kJ / 31kcal												

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 \* No Information

- Peanuts
- Nuts
- Crustaceans
- Molluscs
- Fish
- Eggs
- Milk
- Gluten
- Soya
- Sesame
- Celery
- Mustard
- Lupin
- Sulphur Dioxide and Sulphites

Product Description

Cauliflower & Broccoli Bake (128g) contains

Carbohydrate 12.8g	Energy 549kJ 131kcal	7%	Fat 6.3g	9%	Saturates 3.1g	16%	Sugars 3.3g	4%	Salt 0.37g	6%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 429kJ / 102kcal

Apple Crumble (134.2083g) contains

Carbohydrate 44.31g	Energy 1310kJ 313kcal	16%	Fat 13g	19%	Saturates 4.8g	24%	Sugars 22g	24%	Salt 0.45g	8%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 976kJ / 233kcal

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