

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 WK1 Friday

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

Crispy Baked Fish fillet (60g) contains

Carbohydrate 10.78g	Energy 512kJ 122kcal	6%	Fat 6.4g	9%	Saturates 0.5g	2%	Sugars <0.5g	1%	Salt 0.44g	7%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 854kJ / 204kcal

Vegan Chicken Style Nuggets (63g) contains

Carbohydrate 15.88g	Energy 527kJ 126kcal	6%	Fat 2.7g	4%	Saturates 0.3g	2%	Sugars 0.6g	1%	Salt 0.63g	10%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 837kJ / 200kcal

Chips (100g) contains

Carbohydrate 21.1g	Energy 552kJ 132kcal	7%	Fat 3.8g	5%	Saturates 0.4g	2%	Sugars <0.5g	0%	Salt 0.56g	9%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 552kJ / 132kcal

Baked Beans (62.5g) contains

Carbohydrate 8.02g	Energy 214kJ 51kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.3g	3%	Salt 0.34g	6%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 343kJ / 82kcal

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Product Description

Peas Portion (60g) contains

Carbohydrate 5.28g	Energy 191kJ 46kcal	2%	Fat 0.5g	1%	Saturates 0.1g	1%	Sugars 1.5g	2%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 318kJ / 76kcal

Vanilla & Chocolate Crunch (56.1042g) contains

Carbohydrate 26.54g	Energy 969kJ 229kcal	12%	Fat 11g	16%	Saturates 4.2g	21%	Sugars 8.8g	10%	Salt 0.50g	8%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1727kJ / 407kcal

