

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 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

Salmon & Sweet Potato Fishcake (57g) contains

Carbohydrate 10.28g	Energy 401kJ 96kcal	5%	Fat 3.7g	5%	Saturates 0.4g	2%	Sugars 0.9g	1%	Salt 0.56g	9%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 703kJ / 168kcal

Tomato & Cheddar Cheese Whirl (110g) contains

Carbohydrate 30.82g	Energy 1148kJ 274kcal	14%	Fat 12g	17%	Saturates 6.6g	33%	Sugars 1.6g	2%	Salt 0.78g	13%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 1043kJ / 249kcal

Herb Diced Potatoes (106.25g) contains

Carbohydrate 16.85g	Energy 381kJ 91kcal	5%	Fat 1.8g	3%	Saturates 0.2g	1%	Sugars 0.6g	1%	Salt 0.18g	3%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 359kJ / 86kcal

Carrot Portion (52.2g) contains

Carbohydrate 3.13g	Energy 66kJ 16kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.9g	3%	Salt 0.05g	1%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 126kJ / 30kcal

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Product Description

Cauliflower fresh portion (22.5024g) contains

Carbohydrate 0.68g	Energy 32kJ 8kcal	0%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 0.6g	1%	Salt <0.01g	0%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 142kJ / 34kcal

Raspberry Apple Cake (75.2083g) contains

Carbohydrate 24.7g	Energy 822kJ 196kcal	10%	Fat 10g	14%	Saturates 3.7g	18%	Sugars 12g	13%	Salt 0.44g	7%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1093kJ / 261kcal

