

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 WK1 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 Pork (60g) contains

Carbohydrate 2.22g	Energy 365kJ 87kcal	4%	Fat 3.5g	5%	Saturates 1.2g	6%	Sugars 1.4g	2%	Salt 0.71g	12%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 608kJ / 145kcal

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

Gravy (42.9167g) 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

Veggie Toad-in-the -Hole (102.5g) contains

Carbohydrate 20.86g	Energy 633kJ 151kcal	8%	Fat 3.3g	5%	Saturates 0.8g	4%	Sugars 2.0g	2%	Salt 0.57g	10%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 618kJ / 148kcal

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

Product Description

Fruit Yoghurt

(100g) contains

Carbohydrate 19.6g	Energy 393kJ / 94kcal	5%	Fat <0.5g	1%	Saturates 0.5g	2%	Sugars 18g	20%	Salt <0.01g	0%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 393kJ / 94kcal

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Fruit Salad

(84.1663g) contains

Carbohydrate 12.29g	Energy 211kJ / 50kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 12g	13%	Salt <0.01g	0%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 251kJ / 60kcal

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