

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 WK1 Tuesday

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 Sulphites

Product Description

Beef Lasagne	<p>(219.0167g) contains</p> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 690kJ / 165kcal</p>	
Seasonal vegetable Crumble	<p>(215.3333g) contains</p> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 511kJ / 122kcal</p>	
Garlic Bread	<p>(30g) contains</p> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1377kJ / 329kcal</p>	
Peas Portion	<p>(60g) contains</p> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 318kJ / 76kcal</p>	

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Product Description

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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Macaroon Tart (73.3333g) contains

Carbohydrate 38.43g	Energy 1295kJ 309kcal	15%	Fat 16g	23%	Saturates 5.6g	28%	Sugars 13g	15%	Salt 0.70g	12%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1765kJ / 422kcal

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