

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 WK1 Wednesday

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 Sulphites

Product Description

(126.2667g) contains

Carbohydrate 7.31g	Energy 576kJ 138kcal	7%	Fat 8.0g	11%	Saturates 2.9g	14%	Sugars 3.1g	3%	Salt 0.20g	3%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 456kJ / 109kcal

(50g) contains

Carbohydrate 37.8g	Energy 772kJ 185kcal	9%	Fat 0.8g	1%	Saturates <0.1g	0%	Sugars 1.1g	1%	Salt <0.01g	0%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1544kJ / 369kcal

(40g) contains

Carbohydrate 31.68g	Energy 600kJ 143kcal	7%	Fat 1.0g	1%	Saturates 0.3g	1%	Sugars <0.5g	0%	Salt <0.01g	0%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1500kJ / 359kcal

(127.5g) contains

Carbohydrate 19.55g	Energy 1390kJ 332kcal	17%	Fat 22g	31%	Saturates 10g	52%	Sugars 2.8g	3%	Salt 0.90g	15%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1090kJ / 261kcal

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Product Description

Broccoli Portion (100g) contains

Carbohydrate 1.1g	Energy 100kJ / 24kcal	1%	Fat 0.8g	1%	Saturates 0.2g	1%	Sugars 0.9g	1%	Salt 0.03g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 100kJ / 24kcal

Sweetcorn Portion (60g) contains

Carbohydrate 9.36g	Energy 238kJ / 57kcal	3%	Fat 1.1g	2%	Saturates 0.2g	1%	Sugars 1.1g	1%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 397kJ / 95kcal

Apricot Layer Shortbread (68.2083g) contains

Carbohydrate 28.7g	Energy 959kJ / 229kcal	11%	Fat 12g	17%	Saturates 4.2g	21%	Sugars 7.4g	8%	Salt 0.41g	7%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1407kJ / 336kcal

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