

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 Wk2 Friday

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

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

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Crunchy Vegetable Fingers (60g) contains

Carbohydrate 15.06g	Energy 582kJ 139kcal	7%	Fat 7.1g	10%	Saturates 0.6g	3%	Sugars 1.1g	1%	Salt 0.47g	8%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 971kJ / 232kcal

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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

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

Product Description

Garden Peas (62.5g) contains

Carbohydrate 5.5g	Energy 199kJ 48kcal	2%	Fat 0.6g	1%	Saturates 0.1g	1%	Sugars 1.6g	2%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 318kJ / 76kcal

Low Sugar Chocolate Brownies (86.3333g) contains

Carbohydrate 23.42g	Energy 802kJ 188kcal	10%	Fat 8.3g	12%	Saturates 3.1g	15%	Sugars 8.2g	9%	Salt 0.57g	10%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 929kJ / 218kcal

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