

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 Wk2 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

Italian Tomato Pasta (117.1g) contains

Carbohydrate 38.13g	Energy 860kJ 206kcal	10%	Fat 2.7g	4%	Saturates 0.4g	2%	Sugars 4.6g	5%	Salt 0.38g	6%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 735kJ / 176kcal

Cheesy Garlic Bread (35g) contains

Carbohydrate 11.02g	Energy 500kJ 120kcal	6%	Fat 6.8g	10%	Saturates 3.6g	18%	Sugars 1.0g	1%	Salt 0.33g	6%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 1429kJ / 341kcal

Mac n' Cheese (211.75g) contains

Carbohydrate 50.28g	Energy 2099kJ 502kcal	25%	Fat 24g	35%	Saturates 13g	65%	Sugars 6.2g	7%	Salt 1.2g	19%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 991kJ / 237kcal

Wholemeal Bread (59g) contains

Carbohydrate 25.58g	Energy 609kJ 146kcal	7%	Fat 2.2g	3%	Saturates 0.8g	4%	Sugars 0.9g	1%	Salt 0.07g	1%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 1033kJ / 247kcal

