

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 Wk2 Thursday

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

Roast Chicken	(60g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 1.68g</div> <div>Energy 252kJ 60kcal    3%</div> <div>Fat 0.5g    1%</div> <div>Saturates 0.2g    1%</div> <div>Sugars &lt;0.5g    0%</div> <div>Salt 0.39g    6%</div> </div>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 421kJ / 101kcal	
Stuffing	(25g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 7.65g</div> <div>Energy 163kJ 39kcal    2%</div> <div>Fat &lt;0.5g    1%</div> <div>Saturates 0.2g    1%</div> <div>Sugars &lt;0.5g    0%</div> <div>Salt 0.36g    6%</div> </div>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 650kJ / 155kcal	
Gravy	(42.9167g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 2.63g</div> <div>Energy 55kJ 13kcal    1%</div> <div>Fat &lt;0.5g    0%</div> <div>Saturates &lt;0.1g    0%</div> <div>Sugars &lt;0.5g    0%</div> <div>Salt 0.37g    6%</div> </div>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 128kJ / 31kcal	
Vegetarian Sausage 'Under Wraps'	(90.8333g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 17.67g</div> <div>Energy 768kJ 184kcal    9%</div> <div>Fat 7.2g    10%</div> <div>Saturates 3.3g    17%</div> <div>Sugars 1.3g    1%</div> <div>Salt 0.79g    13%</div> </div>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 846kJ / 202kcal	

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Product Description

Roast Potatoes	(102.5g) contains	<table border="1"> <tr> <td>Carbohydrate 17.9g</td> <td>Energy 450kJ 107kcal</td> <td>5%</td> <td>Fat 3.0g</td> <td>4%</td> <td>Saturates 0.3g</td> <td>2%</td> <td>Sugars &lt;0.5g</td> <td>1%</td> <td>Salt 0.25g</td> <td>4%</td> </tr> </table>	Carbohydrate 17.9g	Energy 450kJ 107kcal	5%	Fat 3.0g	4%	Saturates 0.3g	2%	Sugars <0.5g	1%	Salt 0.25g	4%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 17.9g	Energy 450kJ 107kcal	5%	Fat 3.0g	4%	Saturates 0.3g	2%	Sugars <0.5g	1%	Salt 0.25g	4%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 439kJ / 105kcal												
Cauliflower fresh portion	(22.5024g) contains	<table border="1"> <tr> <td>Carbohydrate 0.68g</td> <td>Energy 32kJ 8kcal</td> <td>0%</td> <td>Fat &lt;0.5g</td> <td>0%</td> <td>Saturates &lt;0.1g</td> <td>0%</td> <td>Sugars 0.6g</td> <td>1%</td> <td>Salt &lt;0.01g</td> <td>0%</td> </tr> </table>	Carbohydrate 0.68g	Energy 32kJ 8kcal	0%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 0.6g	1%	Salt <0.01g	0%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 0.68g	Energy 32kJ 8kcal	0%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 0.6g	1%	Salt <0.01g	0%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 142kJ / 34kcal												
Carrot Portion	(52.2g) contains	<table border="1"> <tr> <td>Carbohydrate 3.13g</td> <td>Energy 66kJ 16kcal</td> <td>1%</td> <td>Fat &lt;0.5g</td> <td>0%</td> <td>Saturates &lt;0.1g</td> <td>0%</td> <td>Sugars 2.9g</td> <td>3%</td> <td>Salt 0.05g</td> <td>1%</td> </tr> </table>	Carbohydrate 3.13g	Energy 66kJ 16kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.9g	3%	Salt 0.05g	1%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 3.13g	Energy 66kJ 16kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.9g	3%	Salt 0.05g	1%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 126kJ / 30kcal												
Strawberry Jelly with mandarins	(108.125g) contains	<table border="1"> <tr> <td>Carbohydrate 14.81g</td> <td>Energy 252kJ 60kcal</td> <td>3%</td> <td>Fat &lt;0.5g</td> <td>0%</td> <td>Saturates &lt;0.1g</td> <td>0%</td> <td>Sugars 15g</td> <td>16%</td> <td>Salt &lt;0.01g</td> <td>0%</td> </tr> </table>	Carbohydrate 14.81g	Energy 252kJ 60kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 15g	16%	Salt <0.01g	0%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 14.81g	Energy 252kJ 60kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 15g	16%	Salt <0.01g	0%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 233kJ / 56kcal												

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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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