

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 Wk2 Tuesday

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

Lamb & Potato Bake (255.1833g) contains

Carbohydrate 27.29g	Energy 1072kJ 256kcal	13%	Fat 10.0g	14%	Saturates 5.0g	25%	Sugars 4.1g	5%	Salt 0.42g	7%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 420kJ / 100kcal



Sweet Potato & Cauliflower Cheese (173.0068g) contains

Carbohydrate 21.29g	Energy 1302kJ 311kcal	16%	Fat 20g	29%	Saturates 10.0g	50%	Sugars 4.8g	5%	Salt 0.93g	16%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 752kJ / 180kcal



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



Peas Portion (60g) contains

Carbohydrate 5.28g	Energy 191kJ 46kcal	2%	Fat 0.5g	1%	Saturates 0.1g	1%	Sugars 1.5g	2%	Salt <0.01g	0%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 318kJ / 76kcal



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Product Description

Strawberry Whip (77.9167g) contains

Carbohydrate 14.48g	Energy 460kJ 110kcal	5%	Fat 4.3g	6%	Saturates 3.6g	18%	Sugars 13g	14%	Salt 0.44g	7%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 590kJ / 141kcal

Shortbread Biscuit (56.04g) contains

Carbohydrate 30.69g	Energy 1109kJ 265kcal	13%	Fat 15g	22%	Saturates 5.7g	28%	Sugars 12g	14%	Salt 0.55g	9%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1979kJ / 473kcal

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