Menu: **Eats A/W18 Wk2 Wednesday**

● Contains ○ Does Not Contain ▬ May Contain ✱ No Information

Product Description

Contains

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

Beef & Tomato grill

(89.4388g) contains

Carbohydrate	Energy		Fat		Saturates		Sugars		Salt	
2.79g	665kJ 159kcal	8%	12g	17%	4.9g	24%	2.8g	3%	1.2g	19%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 743kJ / 178kcal

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Bread Bun

(86g) contains

Carbohydrate	Energy		Fat		Saturates		Sugars		Salt	
40.08g	860kJ 206kcal	10%	1.2g	2%	0.2g	1%	3.3g	4%	0.75g	12%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1000kJ / 239kcal

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Baked Jacket Wedges

(177.4781g) contains

Carbohydrate	Energy		Fat		Saturates		Sugars		Salt	
30.18g	632kJ 151kcal	8%	2.5g	4%	0.2g	1%	1.1g	1%	0.03g	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 356kJ / 85kcal

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Vegetable Enchiladas

(172.5234g) contains

Carbohydrate	Energy		Fat		Saturates		Sugars		Salt	
46.16g	1658kJ 396kcal	20%	16g	23%	8.6g	43%	5.7g	6%	1.5g	25%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 961kJ / 230kcal

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Product Description	Contains: Peanuts	Nuts	Crustaceans	Molluscs	Fish	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide and
Mixed Steamed Rice	○	○	○	○	○	○	○	○	○	○	○	○	○	○
(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% of an adult's Reference Intake														
Typical values (as sold) per 100g: Energy 1500kJ / 359kcal														
Mixed Vegetables	○	○	○	○	○	○	○	○	○	○	○	○	○	○
(57.4g) contains: Carbohydrate 2.96g; Energy 73kJ 17kcal 1%; Fat <0.5g 0%; Saturates <0.1g 0%; Sugars 1.8g 2%; Salt 0.03g 0% of an adult's Reference Intake														
Typical values (as sold) per 100g: Energy 127kJ / 30kcal														
Jam Roly Poly	○	○	○	○	○	▬	●	●	▬	○	○	○	○	○
(100g) contains: Carbohydrate 45.16g; Energy 1207kJ 280kcal 14%; Fat 8.7g 12%; Saturates 3.4g 17%; Sugars 11g 12%; Salt 0.65g 11% of an adult's Reference Intake														
Typical values (as sold) per 100g: Energy 1207kJ / 280kcal														
custard	○	○	○	○	○	○	●	○	○	○	○	○	○	○
(90.4167g) contains: Carbohydrate 10.78g; Energy 269kJ 64kcal 3%; Fat 1.3g 2%; Saturates 0.9g 5%; Sugars 6.6g 7%; Salt 0.11g 2% of an adult's Reference Intake														
Typical values (as sold) per 100g: Energy 297kJ / 71kcal														