

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 Wk3 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

Baked Fish Fingers (59.94g) contains

Carbohydrate 11.64g	Energy 522kJ / 125kcal	6%	Fat 5.2g	7%	Saturates 0.6g	3%	Sugars <0.5g	1%	Salt 0.53g	9%
------------------------	---------------------------	----	-------------	----	-------------------	----	-----------------	----	---------------	----

of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 871kJ / 208kcal

- 

Quorn Hot Dog (95g) contains

Carbohydrate 26.1g	Energy 956kJ / 229kcal	11%	Fat 8.6g	12%	Saturates 0.8g	4%	Sugars 2.8g	3%	Salt 0.92g	15%
-----------------------	---------------------------	-----	-------------	-----	-------------------	----	----------------	----	---------------	-----

of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1007kJ / 241kcal

- 

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%
-----------------------	---------------------------	----	-------------	----	-------------------	----	-----------------	----	---------------	----

of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 552kJ / 132kcal

- 

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%
-----------------------	--------------------------	----	--------------	----	--------------------	----	----------------	----	---------------	----

of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 343kJ / 82kcal

-

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 Wk3 Friday

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 Sulphites

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%
----------------------	---------------------------	----	-------------	----	-------------------	----	----------------	----	----------------	----

of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 318kJ / 76kcal

Chocolate Coconut Tart (86.1667g) contains

Carbohydrate 29.34g	Energy 1555kJ 372kcal	19%	Fat 26g	37%	Saturates 13g	63%	Sugars 8.6g	10%	Salt 0.71g	12%
------------------------	-----------------------------	-----	------------	-----	------------------	-----	----------------	-----	---------------	-----

of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1804kJ / 431kcal

<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 checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>