

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 Wk3 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

(158.4388g) contains

| | | | | | | | | | | |
|------------------------|-----------------------------|-----|-------------|----|-------------------|----|----------------|----|--------------|-----|
| Carbohydrate 50.06g | Energy 1319kJ 315kcal | 16% | Fat 6.2g | 9% | Saturates 0.8g | 4% | Sugars 7.0g | 8% | Salt 1.9g | 31% |
|------------------------|-----------------------------|-----|-------------|----|-------------------|----|----------------|----|--------------|-----|

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 833kJ / 199kcal

(229.1479g) contains

| | | | | | | | | | | |
|------------------------|----------------------------|-----|-------------|----|-------------------|-----|----------------|----|---------------|----|
| Carbohydrate 31.93g | Energy 849kJ 203kcal | 10% | Fat 4.9g | 7% | Saturates 2.8g | 14% | Sugars 3.2g | 4% | Salt 0.48g | 8% |
|------------------------|----------------------------|-----|-------------|----|-------------------|-----|----------------|----|---------------|----|

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 370kJ / 89kcal

(106.25g) contains

| | | | | | | | | | | |
|------------------------|---------------------------|----|-------------|----|-------------------|----|----------------|----|---------------|----|
| Carbohydrate 16.85g | Energy 381kJ 91kcal | 5% | Fat 1.8g | 3% | Saturates 0.2g | 1% | Sugars 0.6g | 1% | Salt 0.18g | 3% |
|------------------------|---------------------------|----|-------------|----|-------------------|----|----------------|----|---------------|----|

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 359kJ / 86kcal

(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% |
|-----------------------|---------------------------|----|-------------|----|-------------------|----|----------------|----|----------------|----|

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 318kJ / 76kcal

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

Product Description

Sweetcorn Portion (60g) contains

| | | | | | | | | | | |
|-----------------------|---------------------------|----|-------------|----|-------------------|----|----------------|----|----------------|----|
| Carbohydrate 9.36g | Energy 238kJ 57kcal | 3% | Fat 1.1g | 2% | Saturates 0.2g | 1% | Sugars 1.1g | 1% | Salt <0.01g | 0% |
|-----------------------|---------------------------|----|-------------|----|-------------------|----|----------------|----|----------------|----|

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 397kJ / 95kcal

Vanilla & Cocoa Marble Cake (81.5833g) contains

| | | | | | | | | | | |
|------------------------|-----------------------------|-----|------------|-----|-------------------|-----|---------------|-----|---------------|-----|
| Carbohydrate 29.35g | Energy 1265kJ 298kcal | 15% | Fat 18g | 25% | Saturates 6.5g | 32% | Sugars 15g | 17% | Salt 0.78g | 13% |
|------------------------|-----------------------------|-----|------------|-----|-------------------|-----|---------------|-----|---------------|-----|

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1550kJ / 365kcal