

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 Wk3 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 Beef	(60g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 0.06g</div> <div>Energy 228kJ 55kcal</div> <div>3%</div> <div>Fat 1.4g</div> <div>2%</div> <div>Saturates 0.7g</div> <div>3%</div> <div>Sugars <0.5g</div> <div>0%</div> <div>Salt 1.1g</div> <div>18%</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 381kJ / 91kcal	
Yorkshire Pudding	(20g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 8.01g</div> <div>Energy 228kJ 55kcal</div> <div>3%</div> <div>Fat 1.7g</div> <div>2%</div> <div>Saturates 0.1g</div> <div>1%</div> <div>Sugars <0.5g</div> <div>1%</div> <div>Salt 0.11g</div> <div>2%</div> </div>	<input type="checkbox"/> <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"/>
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 1142kJ / 273kcal	
Gravy	(42.9167g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 2.63g</div> <div>Energy 55kJ 13kcal</div> <div>1%</div> <div>Fat <0.5g</div> <div>0%</div> <div>Saturates <0.1g</div> <div>0%</div> <div>Sugars <0.5g</div> <div>0%</div> <div>Salt 0.37g</div> <div>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 Shepherdess pie	(272.8g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 41.55g</div> <div>Energy 1076kJ 257kcal</div> <div>13%</div> <div>Fat 4.8g</div> <div>7%</div> <div>Saturates 2.8g</div> <div>14%</div> <div>Sugars 9.3g</div> <div>10%</div> <div>Salt 1.2g</div> <div>20%</div> </div>	<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 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"/>
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 395kJ / 94kcal	

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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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