

Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 Wk3 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

Baked Pork Sausages (114g) contains

Carbohydrate 13.22g	Energy 857kJ 350kcal	10%	Fat 25g	35%	Saturates 7.6g	38%	Sugars 1.9g	2%	Salt 1.1g	19%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 752kJ / 307kcal

Mashed Potato (177.0833g) contains

Carbohydrate 27.24g	Energy 577kJ 138kcal	7%	Fat 1.9g	3%	Saturates 0.8g	4%	Sugars 1.4g	2%	Salt 0.36g	6%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 326kJ / 78kcal

Gravy (42.9167g) contains

Carbohydrate 2.63g	Energy 55kJ 13kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.37g	6%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 128kJ / 31kcal

Cheesy Lentil & Parsnip Bake (100.775g) contains

Carbohydrate 23.14g	Energy 1017kJ 243kcal	12%	Fat 12g	18%	Saturates 5.8g	29%	Sugars 3.3g	4%	Salt 1.0g	17%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1009kJ / 241kcal

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

Product Description

Carrot Portion	(52.2g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 3.13g</div> <div>Energy 66kJ 16kcal 1%</div> <div>Fat <0.5g 0%</div> <div>Saturates <0.1g 0%</div> <div>Sugars 2.9g 3%</div> <div>Salt 0.05g 1%</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"/>
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 126kJ / 30kcal	
Green Beans	(50g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 2.7g</div> <div>Energy 65kJ 16kcal 1%</div> <div>Fat <0.5g 0%</div> <div>Saturates <0.1g 0%</div> <div>Sugars 1.2g 1%</div> <div>Salt <0.01g 0%</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"/>
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 130kJ / 31kcal	
Oaty Apple & Blackberry Crumble	(130.875g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 42.99g</div> <div>Energy 1285kJ 307kcal 15%</div> <div>Fat 13g 19%</div> <div>Saturates 4.8g 24%</div> <div>Sugars 20g 22%</div> <div>Salt 0.45g 8%</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 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"/>
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 982kJ / 235kcal	
custard	(90.4167g) contains	<div style="display: flex; justify-content: space-between;"> <div>Carbohydrate 10.78g</div> <div>Energy 269kJ 64kcal 3%</div> <div>Fat 1.3g 2%</div> <div>Saturates 0.9g 5%</div> <div>Sugars 6.6g 7%</div> <div>Salt 0.11g 2%</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 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"/>
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 297kJ / 71kcal	