



Menu Listing with Front of Packet and Allergens

Craig

Menu: Eats A/W18 Wk3 Wednesday

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

Broccoli Portion (100g) contains

Carbohydrate 1.1g	Energy 100kJ 24kcal	1%	Fat 0.8g	1%	Saturates 0.2g	1%	Sugars 0.9g	1%	Salt 0.03g	0%
----------------------	---------------------------	----	-------------	----	-------------------	----	----------------	----	---------------	----

of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 100kJ / 24kcal

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

Carrot, Orange & Banana Sponge (124.908g) contains

Carbohydrate 42.13g	Energy 1493kJ 351kcal	18%	Fat 18g	26%	Saturates 1.8g	9%	Sugars 23g	25%	Salt 0.59g	10%
------------------------	-----------------------------	-----	------------	-----	-------------------	----	---------------	-----	---------------	-----

of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1195kJ / 281kcal

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