

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk1 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

Margherita Pizza (104.58g) contains

Carbohydrate 34.47g	Energy 1185kJ 283kcal	14%	Fat 10g	15%	Saturates 5.8g	29%	Sugars 2.0g	2%	Salt 0.67g	11%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1133kJ / 271kcal

Tomato & Vegetable pasta Spirals (116.85g) contains

Carbohydrate 38.08g	Energy 858kJ 205kcal	10%	Fat 2.7g	4%	Saturates 0.4g	2%	Sugars 4.6g	5%	Salt 0.38g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 734kJ / 175kcal

Garlic Bread slice (30g) contains

Carbohydrate 11.01g	Energy 413kJ 99kcal	5%	Fat 5.0g	7%	Saturates 2.5g	13%	Sugars 1.0g	1%	Salt 0.24g	4%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1377kJ / 329kcal

Mixed Salad (79.54g) contains

Carbohydrate 2.04g	Energy 51kJ 12kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.0g	2%	Salt 0.02g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 64kJ / 15kcal

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