

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk1 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 Pork (60g) contains

Carbohydrate 0g	Energy 228kJ 55kcal	3%	Fat 1.6g	2%	Saturates 0.5g	2%	Sugars <0.5g	0%	Salt 0.30g	5%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 380kJ / 91kcal

(27.0833g) contains

Stuffing

Carbohydrate 9.18g	Energy 195kJ 47kcal	2%	Fat <0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.44g	7%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 720kJ / 172kcal

(42.9167g) contains

Gravy

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

(216.0417g) contains

Cheese & Potato Pie

Carbohydrate 25.86g	Energy 790kJ 189kcal	9%	Fat 6.6g	9%	Saturates 3.8g	19%	Sugars 3.4g	4%	Salt 0.35g	6%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 366kJ / 87kcal

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

Product Description

custard

(90.4167g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 297kJ / 71kcal