

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk1 Wednesday

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

Product Description

Chicken & Gravy Pie (126.75g) contains

Carbohydrate 12.98g	Energy 788kJ 188kcal	9%	Fat 9.4g	13%	Saturates 3.8g	19%	Sugars 3.3g	4%	Salt 0.44g	7%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 622kJ / 149kcal

Herb Diced Potatoes (106.25g) contains

Carbohydrate 16.85g	Energy 381kJ 91kcal	5%	Fat 1.8g	3%	Saturates 0.2g	1%	Sugars 0.6g	1%	Salt 0.18g	3%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 359kJ / 86kcal

Vegetarian Bolognaise (99g) contains

Carbohydrate 9.75g	Energy 529kJ 127kcal	6%	Fat 3.7g	5%	Saturates 0.3g	2%	Sugars 3.6g	4%	Salt 0.34g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 535kJ / 129kcal

Pasta Twists (45g) contains

Carbohydrate 34.02g	Energy 695kJ 166kcal	8%	Fat 0.7g	1%	Saturates <0.1g	0%	Sugars 1.0g	1%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1544kJ / 369kcal

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- Sesame
- Celery
- Mustard
- Lupin
- Sulphur Dioxide and Sulphites

Product Description

Garden peas (60g) contains

Carbohydrate 5.28g	Energy 191kJ 46kcal	2%	Fat 0.5g	1%	Saturates 0.1g	1%	Sugars 1.5g	2%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 318kJ / 76kcal

Carrot Portion (60g) contains

Carbohydrate 6.42g	Energy 105kJ 25kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 4.3g	5%	Salt 0.04g	1%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 176kJ / 42kcal

Chocolate Brownie (66.04g) contains

Carbohydrate 21.17g	Energy 968kJ 231kcal	12%	Fat 14g	20%	Saturates 5.3g	26%	Sugars 12g	14%	Salt 0.50g	8%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1466kJ / 350kcal

Vanilla Ice Cream (83.33g) contains

Carbohydrate 15.83g	Energy 516kJ 123kcal	6%	Fat 5.9g	8%	Saturates 2.9g	15%	Sugars 16g	18%	Salt 0.14g	2%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 619kJ / 148kcal

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