

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk2 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

Macaroni Cheese (199.25g) contains

Carbohydrate 50.27g	Energy 1881kJ 450kcal	22%	Fat 20g	28%	Saturates 10g	51%	Sugars 6.2g	7%	Salt 0.92g	15%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 944kJ / 226kcal

Veggie toad-in-the-Hole (102.5g) contains

Carbohydrate 20.86g	Energy 633kJ 151kcal	8%	Fat 3.3g	5%	Saturates 0.8g	4%	Sugars 2.0g	2%	Salt 0.57g	10%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 618kJ / 148kcal

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

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

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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

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%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 397kJ / 95kcal

Lemon Drizzle Sponge (94.25g) contains

Carbohydrate 45.94g	Energy 1358kJ / 325kcal	16%	Fat 14g	20%	Saturates 5.1g	26%	Sugars 26g	29%	Salt 0.98g	16%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1441kJ / 344kcal

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