

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk2 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

Product Description

Roast Chicken	<p>(50g) contains</p> <table border="1"> <tr> <td>Carbohydrate 1.4g</td> <td>Energy 210kJ 50kcal</td> <td>2%</td> <td>Fat &lt;0.5g</td> <td>1%</td> <td>Saturates 0.2g</td> <td>1%</td> <td>Sugars &lt;0.5g</td> <td>0%</td> <td>Salt 0.33g</td> <td>6%</td> </tr> </table>	Carbohydrate 1.4g	Energy 210kJ 50kcal	2%	Fat <0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.33g	6%	<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"/>
Carbohydrate 1.4g	Energy 210kJ 50kcal	2%	Fat <0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.33g	6%			
<p>of an adult's Reference Intake Typical values (as sold) per 100g: Energy 421kJ / 101kcal</p>													
Stuffing	<p>(27.0833g) contains</p> <table border="1"> <tr> <td>Carbohydrate 9.18g</td> <td>Energy 195kJ 47kcal</td> <td>2%</td> <td>Fat &lt;0.5g</td> <td>1%</td> <td>Saturates 0.2g</td> <td>1%</td> <td>Sugars &lt;0.5g</td> <td>0%</td> <td>Salt 0.44g</td> <td>7%</td> </tr> </table>	Carbohydrate 9.18g	Energy 195kJ 47kcal	2%	Fat <0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.44g	7%	<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 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"/>
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<p>of an adult's Reference Intake Typical values (as sold) per 100g: Energy 720kJ / 172kcal</p>													
Gravy	<p>(42.9167g) contains</p> <table border="1"> <tr> <td>Carbohydrate 2.63g</td> <td>Energy 55kJ 13kcal</td> <td>1%</td> <td>Fat &lt;0.5g</td> <td>0%</td> <td>Saturates &lt;0.1g</td> <td>0%</td> <td>Sugars &lt;0.5g</td> <td>0%</td> <td>Salt 0.37g</td> <td>6%</td> </tr> </table>	Carbohydrate 2.63g	Energy 55kJ 13kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.37g	6%	<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"/>
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<p>of an adult's Reference Intake Typical values (as sold) per 100g: Energy 128kJ / 31kcal</p>													
Cauliflower & Broccoli Bake	<p>(122.1667g) contains</p> <table border="1"> <tr> <td>Carbohydrate 7.22g</td> <td>Energy 478kJ 114kcal</td> <td>6%</td> <td>Fat 7.1g</td> <td>10%</td> <td>Saturates 3.4g</td> <td>17%</td> <td>Sugars 3.2g</td> <td>4%</td> <td>Salt 0.32g</td> <td>5%</td> </tr> </table>	Carbohydrate 7.22g	Energy 478kJ 114kcal	6%	Fat 7.1g	10%	Saturates 3.4g	17%	Sugars 3.2g	4%	Salt 0.32g	5%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input 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"/>
Carbohydrate 7.22g	Energy 478kJ 114kcal	6%	Fat 7.1g	10%	Saturates 3.4g	17%	Sugars 3.2g	4%	Salt 0.32g	5%			
<p>of an adult's Reference Intake Typical values (as sold) per 100g: Energy 391kJ / 93kcal</p>													

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 Crustaceans  
 Molluscs  
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 Eggs  
 Milk  
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 Soya  
 Sesame  
 Celery  
 Mustard  
 Lupin  
 Sulphur Dioxide and Sulphites

Product Description

Product	Carbohydrate	Energy	Fat	Saturates	Sugars	Salt	Contains
Roast Potatoes (102.5g) contains Typical values (as sold) per 100g: Energy 439kJ / 105kcal	17.9g	450kJ 107kcal	3.0g	0.3g	<0.5g	0.25g	<input type="radio"/>
Cabbage (64.1842g) contains Typical values (as sold) per 100g: Energy 113kJ / 27kcal	2.5g	73kJ 17kcal	<0.5g	<0.1g	2.4g	<0.01g	<input type="radio"/>
Carrot Portion (60g) contains Typical values (as sold) per 100g: Energy 176kJ / 42kcal	6.42g	105kJ 25kcal	<0.5g	<0.1g	4.3g	0.04g	<input type="radio"/>
Flapjack (111.25g) contains Typical values (as sold) per 100g: Energy 1851kJ / 442kcal	52.88g	2059kJ 492kcal	27g	8.9g	21g	0.97g	<input checked="" type="radio"/>

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Product Description

custard

(90.4167g) contains



of an adult's Reference Intake

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