

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk2 Tuesday

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

(126.2667g) contains

Carbohydrate 7.31g	Energy 576kJ 138kcal	7%	Fat 8.0g	11%	Saturates 2.9g	14%	Sugars 3.1g	3%	Salt 0.20g	3%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 456kJ / 109kcal

(40g) contains

Carbohydrate 31.68g	Energy 600kJ 143kcal	7%	Fat 1.0g	1%	Saturates 0.3g	1%	Sugars <0.5g	0%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1500kJ / 359kcal

(105.2083g) contains

Carbohydrate 1.44g	Energy 772kJ 185kcal	9%	Fat 14g	19%	Saturates 6.8g	34%	Sugars 0.6g	1%	Salt 0.65g	11%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 734kJ / 175kcal

(103.4g) contains

Carbohydrate 45.27g	Energy 1018kJ 243kcal	12%	Fat 3.8g	5%	Saturates 1.3g	7%	Sugars 2.0g	2%	Salt 0.20g	3%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 985kJ / 235kcal

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Product Description

Broccoli Portion (50g) contains

Carbohydrate 0.55g	Energy 50kJ 12kcal	1%	Fat <0.5g	1%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.02g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 100kJ / 24kcal

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

Fruit Cheesecake (78.3418g) contains

Carbohydrate 24.23g	Energy 871kJ 208kcal	10%	Fat 12g	16%	Saturates 6.2g	31%	Sugars 13g	15%	Salt 0.56g	9%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1112kJ / 266kcal

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