

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk2 Wednesday

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

Pasta Bolognese (135.5g) contains

Carbohydrate 32.78g	Energy 1105kJ 264kcal	13%	Fat 7.8g	11%	Saturates 2.9g	15%	Sugars 3.0g	3%	Salt 0.03g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 815kJ / 195kcal

Beans, tomato & Cheddar Filled Jacket Potato (287.5g) contains

Carbohydrate 41.6g	Energy 1034kJ 247kcal	12%	Fat 5.0g	7%	Saturates 2.8g	14%	Sugars 3.8g	4%	Salt 0.54g	9%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 360kJ / 86kcal

Mixed Salad (79.54g) contains

Carbohydrate 2.04g	Energy 51kJ 12kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.0g	2%	Salt 0.02g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 64kJ / 15kcal

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

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Contains

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 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

Green Beans Portion (50g) contains

Carbohydrate 2.7g	Energy 65kJ 16kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 1.2g	1%	Salt <0.01g	0%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 130kJ / 31kcal

Chocolate Crunch (68.5g) contains

Carbohydrate 37.05g	Energy 1182kJ 279kcal	14%	Fat 13g	18%	Saturates 4.7g	24%	Sugars 12g	13%	Salt 0.56g	9%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1725kJ / 407kcal

Chocolate Sauce (101.4583g) contains

Carbohydrate 12.33g	Energy 323kJ 77kcal	4%	Fat 1.6g	2%	Saturates 1.1g	6%	Sugars 7.8g	9%	Salt 0.12g	2%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 319kJ / 76kcal

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