

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk3 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

Salmon & Sweet Potato Fishcakes (57g) contains

Carbohydrate 10.28g	Energy 401kJ 96kcal	5%	Fat 3.7g	5%	Saturates 0.4g	2%	Sugars 0.9g	1%	Salt 0.56g	9%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 703kJ / 168kcal

Tomato & Cheese Pizza Whirl (110g) contains

Carbohydrate 30.82g	Energy 1148kJ 274kcal	14%	Fat 12g	17%	Saturates 6.6g	33%	Sugars 1.6g	2%	Salt 0.78g	13%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1043kJ / 249kcal

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

Mixed Vegetables (62.5g) contains

Carbohydrate 3.23g	Energy 85kJ 20kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.0g	2%	Salt 0.03g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 137kJ / 33kcal

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Contains

Peanuts
 Nuts
 Crustaceans
 Molluscs
 Fish
 Eggs
 Milk
 Gluten
 Soya
 Sesame
 Celery
 Mustard
 Lupin
 Sulphur Dioxide and Sulphites

Product Description

Fruit Swirl Cake

(86.1667g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1421kJ / 335kcal