

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk3 Tuesday

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

Baked Sausages	<p>(76g) contains</p> <table border="1"> <tr> <td>Carbohydrate 9.2g</td> <td>Energy 808kJ 193kcal</td> <td>10%</td> <td>Fat 13g</td> <td>19%</td> <td>Saturates 4.3g</td> <td>21%</td> <td>Sugars 1.9g</td> <td>2%</td> <td>Salt 1.4g</td> <td>23%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1063kJ / 254kcal</p>	Carbohydrate 9.2g	Energy 808kJ 193kcal	10%	Fat 13g	19%	Saturates 4.3g	21%	Sugars 1.9g	2%	Salt 1.4g	23%	<p><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 checked="" type="radio"/></p>
Carbohydrate 9.2g	Energy 808kJ 193kcal	10%	Fat 13g	19%	Saturates 4.3g	21%	Sugars 1.9g	2%	Salt 1.4g	23%			
Mashed Potato	<p>(177.0833g) contains</p> <table border="1"> <tr> <td>Carbohydrate 27.24g</td> <td>Energy 577kJ 138kcal</td> <td>7%</td> <td>Fat 1.9g</td> <td>3%</td> <td>Saturates 0.8g</td> <td>4%</td> <td>Sugars 1.4g</td> <td>2%</td> <td>Salt 0.36g</td> <td>6%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 326kJ / 78kcal</p>	Carbohydrate 27.24g	Energy 577kJ 138kcal	7%	Fat 1.9g	3%	Saturates 0.8g	4%	Sugars 1.4g	2%	Salt 0.36g	6%	<p><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"/></p>
Carbohydrate 27.24g	Energy 577kJ 138kcal	7%	Fat 1.9g	3%	Saturates 0.8g	4%	Sugars 1.4g	2%	Salt 0.36g	6%			
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 <0.5g</td> <td>0%</td> <td>Saturates <0.1g</td> <td>0%</td> <td>Sugars <0.5g</td> <td>0%</td> <td>Salt 0.37g</td> <td>6%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 128kJ / 31kcal</p>	Carbohydrate 2.63g	Energy 55kJ 13kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.37g	6%	<p><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"/></p>
Carbohydrate 2.63g	Energy 55kJ 13kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.37g	6%			
Quorn & Vegetable paella	<p>(220.8667g) contains</p> <table border="1"> <tr> <td>Carbohydrate 30.81g</td> <td>Energy 844kJ 202kcal</td> <td>10%</td> <td>Fat 3.9g</td> <td>6%</td> <td>Saturates 0.9g</td> <td>5%</td> <td>Sugars 2.8g</td> <td>3%</td> <td>Salt 0.57g</td> <td>10%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 382kJ / 91kcal</p>	Carbohydrate 30.81g	Energy 844kJ 202kcal	10%	Fat 3.9g	6%	Saturates 0.9g	5%	Sugars 2.8g	3%	Salt 0.57g	10%	<p><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 checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/></p>
Carbohydrate 30.81g	Energy 844kJ 202kcal	10%	Fat 3.9g	6%	Saturates 0.9g	5%	Sugars 2.8g	3%	Salt 0.57g	10%			

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- Peanuts
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- Eggs
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- Gluten
- Soya
- Sesame
- Celery
- Mustard
- Lupin
- Sulphur Dioxide and Sulphites

Product Description

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

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

Strawberry Mousse (77.9167g) contains

Carbohydrate 14.48g	Energy 460kJ 110kcal	5%	Fat 4.3g	6%	Saturates 3.6g	18%	Sugars 13g	14%	Salt 0.44g	7%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 590kJ / 141kcal

Shortbread Biscuit (56.0417g) contains

Carbohydrate 30.69g	Energy 1109kJ 265kcal	13%	Fat 15g	22%	Saturates 5.7g	28%	Sugars 12g	14%	Salt 0.55g	9%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1979kJ / 473kcal

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