

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk3 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

Smokey Joe's Chicken (70.75g) contains

Carbohydrate 2.3g	Energy 406kJ 97kcal	5%	Fat 3.5g	5%	Saturates 2.0g	10%	Sugars 2.0g	2%	Salt 0.99g	16%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 573kJ / 137kcal

Tomato & Cheddar Quiche (122.7083g) contains

Carbohydrate 30.56g	Energy 1493kJ 357kcal	18%	Fat 22g	32%	Saturates 9.9g	49%	Sugars 1.9g	2%	Salt 0.92g	15%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1217kJ / 291kcal

New Potatoes (100g) contains

Carbohydrate 15.4g	Energy 276kJ 66kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 1.0g	1%	Salt 0.03g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 276kJ / 66kcal

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

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

Product Description

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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Apple Crumble (130.875g) contains

Carbohydrate 40.98g	Energy 1254kJ 300kcal	15%	Fat 13g	19%	Saturates 4.8g	24%	Sugars 19g	21%	Salt 0.45g	8%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 958kJ / 229kcal

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custard (90.4167g) contains

Carbohydrate 10.78g	Energy 269kJ 64kcal	3%	Fat 1.3g	2%	Saturates 0.9g	5%	Sugars 6.6g	7%	Salt 0.11g	2%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 297kJ / 71kcal

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