

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk1 Friday

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

Baked Fish Fillet (70g) contains

Carbohydrate 10.92g	Energy 460kJ 110kcal	5%	Fat 4.1g	6%	Saturates 0.4g	2%	Sugars <0.5g	0%	Salt 0.42g	7%
------------------------	----------------------------	----	-------------	----	-------------------	----	-----------------	----	---------------	----

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 657kJ / 157kcal

Vegetarian Hot Dog (105g) contains

Carbohydrate 30g	Energy 1089kJ 260kcal	13%	Fat 9.9g	14%	Saturates 1.5g	7%	Sugars 2.8g	3%	Salt 0.92g	15%
---------------------	-----------------------------	-----	-------------	-----	-------------------	----	----------------	----	---------------	-----

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1037kJ / 248kcal

Chips (80g) contains

Carbohydrate 16.88g	Energy 442kJ 106kcal	5%	Fat 3.0g	4%	Saturates 0.3g	2%	Sugars <0.5g	0%	Salt 0.45g	8%
------------------------	----------------------------	----	-------------	----	-------------------	----	-----------------	----	---------------	----

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 552kJ / 132kcal

Baked Beans (62.5g) contains

Carbohydrate 8.02g	Energy 214kJ 51kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.3g	3%	Salt 0.34g	6%
-----------------------	---------------------------	----	--------------	----	--------------------	----	----------------	----	---------------	----

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 343kJ / 82kcal

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk1 Friday

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

Garden peas	(60g) contains	<table border="1"> <tr> <td>Carbohydrate 5.28g</td> <td>Energy 191kJ 46kcal</td> <td>2%</td> <td>Fat 0.5g</td> <td>1%</td> <td>Saturates 0.1g</td> <td>1%</td> <td>Sugars 1.5g</td> <td>2%</td> <td>Salt <0.01g</td> <td>0%</td> </tr> </table>	Carbohydrate 5.28g	Energy 191kJ 46kcal	2%	Fat 0.5g	1%	Saturates 0.1g	1%	Sugars 1.5g	2%	Salt <0.01g	0%	<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"/>
Carbohydrate 5.28g	Energy 191kJ 46kcal	2%	Fat 0.5g	1%	Saturates 0.1g	1%	Sugars 1.5g	2%	Salt <0.01g	0%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 318kJ / 76kcal												
Jelly with Fresh fruit	(108.125g) contains	<table border="1"> <tr> <td>Carbohydrate 14.05g</td> <td>Energy 236kJ 56kcal</td> <td>3%</td> <td>Fat <0.5g</td> <td>0%</td> <td>Saturates <0.1g</td> <td>0%</td> <td>Sugars 14g</td> <td>15%</td> <td>Salt <0.01g</td> <td>0%</td> </tr> </table>	Carbohydrate 14.05g	Energy 236kJ 56kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 14g	15%	Salt <0.01g	0%	<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"/>
Carbohydrate 14.05g	Energy 236kJ 56kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 14g	15%	Salt <0.01g	0%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 218kJ / 52kcal												
Fruit Yoghurt	(100g) contains	<table border="1"> <tr> <td>Carbohydrate 19.6g</td> <td>Energy 393kJ 94kcal</td> <td>5%</td> <td>Fat <0.5g</td> <td>1%</td> <td>Saturates 0.5g</td> <td>2%</td> <td>Sugars 18g</td> <td>20%</td> <td>Salt <0.01g</td> <td>0%</td> </tr> </table>	Carbohydrate 19.6g	Energy 393kJ 94kcal	5%	Fat <0.5g	1%	Saturates 0.5g	2%	Sugars 18g	20%	Salt <0.01g	0%	<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"/>
Carbohydrate 19.6g	Energy 393kJ 94kcal	5%	Fat <0.5g	1%	Saturates 0.5g	2%	Sugars 18g	20%	Salt <0.01g	0%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 393kJ / 94kcal												
Fresh Fruit Salad	(84.1663g) contains	<table border="1"> <tr> <td>Carbohydrate 12.08g</td> <td>Energy 208kJ 50kcal</td> <td>2%</td> <td>Fat <0.5g</td> <td>0%</td> <td>Saturates <0.1g</td> <td>0%</td> <td>Sugars 12g</td> <td>13%</td> <td>Salt 0.16g</td> <td>3%</td> </tr> </table>	Carbohydrate 12.08g	Energy 208kJ 50kcal	2%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 12g	13%	Salt 0.16g	3%	<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"/>
Carbohydrate 12.08g	Energy 208kJ 50kcal	2%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 12g	13%	Salt 0.16g	3%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 247kJ / 59kcal												