

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk2 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%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 657kJ / 157kcal

Vegan Nuggets (63g) contains

Carbohydrate 15.88g	Energy 527kJ 126kcal	6%	Fat 2.7g	4%	Saturates 0.3g	2%	Sugars 0.6g	1%	Salt 0.63g	10%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 837kJ / 200kcal

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

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Contains													
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Product Description

(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

(108.125g) contains

Carbohydrate 14.05g	Energy 236kJ 56kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 14g	15%	Salt <0.01g	0%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 218kJ / 52kcal

(100g) contains

Carbohydrate 19.6g	Energy 393kJ 94kcal	5%	Fat <0.5g	1%	Saturates 0.5g	2%	Sugars 18g	20%	Salt <0.01g	0%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 393kJ / 94kcal

(84.1663g) contains

Carbohydrate 12.08g	Energy 208kJ 50kcal	2%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 12g	13%	Salt 0.16g	3%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 247kJ / 59kcal

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