



Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk2 Thursday

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

Roast Potatoes (102.5g) contains

Carbohydrate 17.9g	Energy 450kJ 107kcal	5%	Fat 3.0g	4%	Saturates 0.3g	2%	Sugars <0.5g	1%	Salt 0.25g	4%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 439kJ / 105kcal

Cabbage (64.1842g) contains

Carbohydrate 2.5g	Energy 73kJ 17kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.4g	3%	Salt <0.01g	0%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 113kJ / 27kcal

Carrot Portion (60g) contains

Carbohydrate 3.54g	Energy 93kJ 22kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 3.3g	4%	Salt 0.06g	1%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 155kJ / 37kcal

Flapjack (111.25g) contains

Carbohydrate 52.88g	Energy 2059kJ 492kcal	25%	Fat 27g	38%	Saturates 8.9g	45%	Sugars 21g	23%	Salt 0.97g	16%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1851kJ / 442kcal

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Product Description

custard

(90.4167g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 297kJ / 71kcal