

Menu Listing with Front of Packet and Allergens

Craig

Menu: Tuesday Week 1 A/W19

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

(208.1917g) contains

Carbohydrate 19.11g	Energy 867kJ 207kcal	10%	Fat 8.4g	12%	Saturates 4.6g	23%	Sugars 1.8g	2%	Salt 0.41g	7%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 417kJ / 100kcal

(116.85g) contains

Carbohydrate 37.18g	Energy 841kJ 201kcal	10%	Fat 2.7g	4%	Saturates 0.4g	2%	Sugars 5.3g	6%	Salt 0.39g	6%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 719kJ / 172kcal

(30g) contains

Carbohydrate 11.01g	Energy 413kJ 99kcal	5%	Fat 5.0g	7%	Saturates 2.5g	13%	Sugars 1.0g	1%	Salt 0.24g	4%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1377kJ / 329kcal

(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

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Product Description

Cabbage Portion (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

Hot Chocolate Sponge Pudding (99.4167g) contains

Carbohydrate 31.92g	Energy 1172kJ 280kcal	14%	Fat 15g	21%	Saturates 5.5g	27%	Sugars 19g	21%	Salt 0.70g	12%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1179kJ / 282kcal

