

Menu Listing with Front of Packet and Allergens

Craig

Menu: Wednesday 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

Chicken Meatballs and Tomato Sauce (127.1g) contains

Carbohydrate 7.48g	Energy 610kJ 146kcal	7%	Fat 8.9g	13%	Saturates 1.9g	9%	Sugars 3.2g	4%	Salt 0.75g	12%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 480kJ / 115kcal

Pitta Bread Portion (30g) contains

Carbohydrate 13.68g	Energy 321kJ 77kcal	4%	Fat 0.8g	1%	Saturates 0.1g	1%	Sugars <0.5g	0%	Salt 0.23g	4%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1071kJ / 256kcal

Mexican Quorn & Rice Tortilla (125.4575g) contains

Carbohydrate 44.62g	Energy 1238kJ 296kcal	15%	Fat 7.8g	11%	Saturates 4.1g	20%	Sugars 2.9g	3%	Salt 1.2g	19%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 986kJ / 236kcal

50/50 Rice Portion (40g) contains

Carbohydrate 31.68g	Energy 600kJ 143kcal	7%	Fat 1.0g	1%	Saturates 0.3g	1%	Sugars <0.5g	0%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1500kJ / 359kcal

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Product Description

Mixed Vegetables (62.5g) contains

Carbohydrate 3.23g	Energy 85kJ 20kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.0g	2%	Salt 0.03g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 137kJ / 33kcal

Fruit filled Chelsea Bun (76.5833g) contains

Carbohydrate 33.46g	Energy 844kJ 202kcal	10%	Fat 5.6g	8%	Saturates 2.0g	10%	Sugars 13g	14%	Salt 0.21g	4%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1102kJ / 263kcal

