

Menu Listing with Front of Packet and Allergens

Craig

Menu: Friday Week 2 A/W 19

Contains

Contains
 Does Not Contain
 May Contain
 No Information

- Peanuts
- Nuts
- Crustaceans
- Molluscs
- Fish
- Eggs
- Milk
- Gluten
- Soya
- Sesame
- Celery
- Mustard
- Lupin
- Sulphur Dioxide and Sulphites

Product Description

Crispy 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

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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%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1037kJ / 248kcal

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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

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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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