

Menu Listing with Front of Packet and Allergens

Craig

Menu: Thursday Week 2 A/W 19

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 Chicken (57g) contains

Carbohydrate 0g	Energy 217kJ 52kcal	3%	Fat 0.6g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.78g	13%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 381kJ / 91kcal

Roast Quorn Wellington (81.5833g) contains

Carbohydrate 18.04g	Energy 696kJ 166kcal	8%	Fat 6.7g	10%	Saturates 3.3g	16%	Sugars 0.6g	1%	Salt 0.84g	14%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 853kJ / 204kcal

Sage & Onion Stuffing (27.0833g) contains

Carbohydrate 9.18g	Energy 195kJ 47kcal	2%	Fat <0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.44g	7%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 720kJ / 172kcal

Gravy (42.9167g) contains

Carbohydrate 2.63g	Energy 55kJ 13kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.37g	6%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 128kJ / 31kcal

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Product Description

Roast Potatoes (82.5g) contains

Carbohydrate 14.32g	Energy 379kJ 90kcal	5%	Fat 2.9g	4%	Saturates 0.3g	1%	Sugars <0.5g	0%	Salt 0.20g	3%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 459kJ / 110kcal

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

Green Beans (50g) contains

Carbohydrate 2.7g	Energy 65kJ 16kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 1.2g	1%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 130kJ / 31kcal

Sticky Toffee Pudding (121.9167g) contains

Carbohydrate 53.55g	Energy 1574kJ 376kcal	19%	Fat 16g	23%	Saturates 5.9g	30%	Sugars 29g	32%	Salt 1.1g	18%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1291kJ / 309kcal

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Product Description

Custard

(90.4167g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 313kJ / 75kcal

