

Menu Listing with Front of Packet and Allergens

Craig

Menu: Tuesday Week 2 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

BBQ Chicken Wrap (132.9158g) contains

Carbohydrate 21.09g	Energy 774kJ 185kcal	9%	Fat 4.8g	7%	Saturates 2.0g	10%	Sugars 4.6g	5%	Salt 0.49g	8%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 582kJ / 139kcal

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

BBQ Quorn & Sweetcorn Jacket Potato (297.5g) contains

Carbohydrate 54.87g	Energy 1166kJ 279kcal	14%	Fat 1.6g	2%	Saturates 0.5g	2%	Sugars 16g	18%	Salt 0.59g	10%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 392kJ / 94kcal

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

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Product Description

Broccoli Portion (50g) contains

Carbohydrate 0.55g	Energy 50kJ 12kcal	1%	Fat <0.5g	1%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.02g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 100kJ / 24kcal

Cinnamon Swirl Cake (110.25g) contains

Carbohydrate 53.1g	Energy 1548kJ 370kcal	18%	Fat 15g	22%	Saturates 5.7g	29%	Sugars 29g	32%	Salt 1.1g	18%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1404kJ / 336kcal

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