

Menu Listing with Front of Packet and Allergens

Craig

Menu: Wednesday Week 2 A/W19

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

Product Description

Baked Sausages	<p>(76g) contains</p> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1063kJ / 254kcal</p>	
Mashed Potatoes	<p>(177.0833g) contains</p> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 326kJ / 78kcal</p>	
Gravy	<p>(42.9167g) contains</p> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 128kJ / 31kcal</p>	
Vegetable Quiche	<p>(134.1667g) contains</p> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1133kJ / 271kcal</p>	

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Product Description

Garden Peas	<p>(60g) contains</p> <table border="1"> <tr> <td>Carbohydrate 5.28g</td> <td>Energy 191kJ 46kcal 2%</td> <td>Fat 0.5g 1%</td> <td>Saturates 0.1g 1%</td> <td>Sugars 1.5g 2%</td> <td>Salt <0.01g 0%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 318kJ / 76kcal</p>	Carbohydrate 5.28g	Energy 191kJ 46kcal 2%	Fat 0.5g 1%	Saturates 0.1g 1%	Sugars 1.5g 2%	Salt <0.01g 0%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 5.28g	Energy 191kJ 46kcal 2%	Fat 0.5g 1%	Saturates 0.1g 1%	Sugars 1.5g 2%	Salt <0.01g 0%			
Sweetcorn Portion	<p>(60g) contains</p> <table border="1"> <tr> <td>Carbohydrate 9.36g</td> <td>Energy 238kJ 57kcal 3%</td> <td>Fat 1.1g 2%</td> <td>Saturates 0.2g 1%</td> <td>Sugars 1.1g 1%</td> <td>Salt <0.01g 0%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 397kJ / 95kcal</p>	Carbohydrate 9.36g	Energy 238kJ 57kcal 3%	Fat 1.1g 2%	Saturates 0.2g 1%	Sugars 1.1g 1%	Salt <0.01g 0%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 9.36g	Energy 238kJ 57kcal 3%	Fat 1.1g 2%	Saturates 0.2g 1%	Sugars 1.1g 1%	Salt <0.01g 0%			
Flapjack Slice	<p>(59.7917g) contains</p> <table border="1"> <tr> <td>Carbohydrate 29.49g</td> <td>Energy 1095kJ 262kcal 13%</td> <td>Fat 14g 20%</td> <td>Saturates 4.6g 23%</td> <td>Sugars 13g 15%</td> <td>Salt 0.51g 8%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1832kJ / 438kcal</p>	Carbohydrate 29.49g	Energy 1095kJ 262kcal 13%	Fat 14g 20%	Saturates 4.6g 23%	Sugars 13g 15%	Salt 0.51g 8%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 29.49g	Energy 1095kJ 262kcal 13%	Fat 14g 20%	Saturates 4.6g 23%	Sugars 13g 15%	Salt 0.51g 8%			
Fruit Wedge	<p>(35.8326g) contains</p> <table border="1"> <tr> <td>Carbohydrate 3.8g</td> <td>Energy 65kJ 16kcal 1%</td> <td>Fat <0.5g 0%</td> <td>Saturates <0.1g 0%</td> <td>Sugars 3.8g 4%</td> <td>Salt <0.01g 0%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 182kJ / 44kcal</p>	Carbohydrate 3.8g	Energy 65kJ 16kcal 1%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 3.8g 4%	Salt <0.01g 0%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 3.8g	Energy 65kJ 16kcal 1%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 3.8g 4%	Salt <0.01g 0%			