

Menu Listing with Front of Packet and Allergens

Craig

Menu: Monday Week 3 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

Tomato & Cheddar Pizza Wheel (110g) contains

Carbohydrate 31.21g	Energy 1160kJ / 277kcal	14%	Fat 12g	17%	Saturates 6.6g	33%	Sugars 1.6g	2%	Salt 0.75g	12%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1054kJ / 252kcal

Sweet Potato & Salmon Fishcake (57g) contains

Carbohydrate 10.28g	Energy 401kJ / 96kcal	5%	Fat 3.7g	5%	Saturates 0.4g	2%	Sugars 0.9g	1%	Salt 0.56g	9%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 703kJ / 168kcal

Herb Diced Potatoes (106.25g) contains

Carbohydrate 16.85g	Energy 381kJ / 91kcal	5%	Fat 1.8g	3%	Saturates 0.2g	1%	Sugars 0.6g	1%	Salt 0.18g	3%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 359kJ / 86kcal

Garden Peas (60g) contains

Carbohydrate 5.28g	Energy 191kJ / 46kcal	2%	Fat 0.5g	1%	Saturates 0.1g	1%	Sugars 1.5g	2%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 318kJ / 76kcal

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Product Description

Sweetcorn Portion (60g) contains

Carbohydrate 9.36g	Energy 238kJ 57kcal	3%	Fat 1.1g	2%	Saturates 0.2g	1%	Sugars 1.1g	1%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 397kJ / 95kcal

Fruit Filled Oaty Crunch (53.75g) contains

Carbohydrate 22.61g	Energy 687kJ 164kcal	8%	Fat 7.0g	10%	Saturates 2.4g	12%	Sugars 7.9g	9%	Salt 0.23g	4%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1279kJ / 306kcal

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