

Menu Listing with Front of Packet and Allergens

Craig

Menu: Tuesday 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

Chicken Pasta Bake (157.52g) contains

Carbohydrate 28.66g	Energy 1071kJ 256kcal	13%	Fat 7.5g	11%	Saturates 2.8g	14%	Sugars 3.8g	4%	Salt 0.31g	5%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 680kJ / 163kcal

Butternut Squash & Red Pepper Risotto (265.4691g) contains

Carbohydrate 41.93g	Energy 826kJ 197kcal	10%	Fat 1.4g	2%	Saturates 0.5g	2%	Sugars 4.7g	5%	Salt 0.45g	8%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 311kJ / 74kcal

Garlic Bread Slice (30g) contains

Carbohydrate 11.01g	Energy 413kJ 99kcal	5%	Fat 5.0g	7%	Saturates 2.5g	13%	Sugars 1.0g	1%	Salt 0.24g	4%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1377kJ / 329kcal

Mixed vegetables (62.5g) contains

Carbohydrate 3.23g	Energy 85kJ 20kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.0g	2%	Salt 0.03g	0%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 137kJ / 33kcal

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Product Description

Strawberry Whip (65.42g) contains

Carbohydrate 12.15g	Energy 392kJ 94kcal	5%	Fat 3.8g	5%	Saturates 3.2g	16%	Sugars 11g	12%	Salt 0.38g	6%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 600kJ / 143kcal

Shortbread Biscuit (56.0417g) contains

Carbohydrate 30.69g	Energy 1109kJ 265kcal	13%	Fat 15g	22%	Saturates 5.7g	28%	Sugars 12g	14%	Salt 0.55g	9%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1979kJ / 473kcal

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