

Menu Listing with Front of Packet and Allergens

Craig

Menu: Wednesday 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

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% |
|----------------------|--------------------------|----|--------------|----|--------------------|----|----------------|----|----------------|----|

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 130kJ / 31kcal

Raspberry Swirl Cupcake (48.9167g) contains

| | | | | | | | | | | |
|------------------------|----------------------------|----|-------------|-----|-------------------|-----|----------------|-----|---------------|----|
| Carbohydrate 15.73g | Energy 611kJ 146kcal | 7% | Fat 8.7g | 12% | Saturates 4.1g | 20% | Sugars 9.4g | 10% | Salt 0.48g | 8% |
|------------------------|----------------------------|----|-------------|-----|-------------------|-----|----------------|-----|---------------|----|

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1250kJ / 299kcal

| | | | | | | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|----------------------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <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 checked="" type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |