

Menu Listing with Front of Packet and Allergens

Craig

Menu: Friday Week 1 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 Sulphites

Product Description

Crispy Baked Fish Fillet (70g) contains

Carbohydrate 10.92g	Energy 460kJ 110kcal	5%	Fat 4.1g	6%	Saturates 0.4g	2%	Sugars <0.5g	0%	Salt 0.42g	7%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 657kJ / 157kcal

Vegan Nuggets (63g) contains

Carbohydrate 15.88g	Energy 527kJ 126kcal	6%	Fat 2.7g	4%	Saturates 0.3g	2%	Sugars 0.6g	1%	Salt 0.63g	10%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 837kJ / 200kcal

Chips (80g) contains

Carbohydrate 16.88g	Energy 442kJ 106kcal	5%	Fat 3.0g	4%	Saturates 0.3g	2%	Sugars <0.5g	0%	Salt 0.45g	8%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 552kJ / 132kcal

Baked Beans (62.5g) contains

Carbohydrate 8.02g	Energy 214kJ 51kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.3g	3%	Salt 0.34g	6%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 343kJ / 82kcal

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