

Menu Listing with Front of Packet and Allergens

Craig

Menu: Monday 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

Product Description

Margherita Pizza Slice (104.5833g) contains

Carbohydrate 34.78g	Energy 1194kJ 285kcal	14%	Fat 11g	15%	Saturates 5.8g	29%	Sugars 2.0g	2%	Salt 0.64g	11%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1142kJ / 273kcal

Vegetable & Bean Crumble (247.1617g) contains

Carbohydrate 31.92g	Energy 1319kJ 315kcal	16%	Fat 16g	23%	Saturates 5.8g	29%	Sugars 7.8g	9%	Salt 1.0g	17%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 534kJ / 128kcal

Baked Potato Wedges (102.5g) contains

Carbohydrate 17.28g	Energy 397kJ 95kcal	5%	Fat 2.3g	3%	Saturates 0.2g	1%	Sugars 0.6g	1%	Salt 0.02g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 387kJ / 93kcal

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

Iced Sponge Tray bake (85.4583g) contains

Carbohydrate 39.27g	Energy 1305kJ 312kcal	16%	Fat 16g	23%	Saturates 5.7g	29%	Sugars 25g	28%	Salt 0.75g	12%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1527kJ / 365kcal

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