

Menu Listing with Front of Packet and Allergens

Craig

Menu: Thursday 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

Roast Pork (60g) contains

Carbohydrate 0.5g	Energy 272kJ 65kcal	3%	Fat 1.3g	2%	Saturates 0.5g	2%	Sugars <0.5g	0%	Salt 0.62g	10%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 453kJ / 108kcal

Sage & Onion Stuffing (27.0833g) contains

Carbohydrate 9.18g	Energy 195kJ 47kcal	2%	Fat <0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.44g	7%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 720kJ / 172kcal

Veggie Toad-in-the -Hole (102.5g) contains

Carbohydrate 20.83g	Energy 637kJ 152kcal	8%	Fat 3.3g	5%	Saturates 0.8g	4%	Sugars 2.0g	2%	Salt 0.56g	9%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 622kJ / 149kcal

Gravy (42.9167g) contains

Carbohydrate 2.63g	Energy 55kJ 13kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.37g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 128kJ / 31kcal

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Product Description

Custard

(90.4167g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 313kJ / 75kcal