

Menu Listing with Front of Packet and Allergens

Craig

Menu: Monday Week 2 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

(199.0833g) contains

|                        |                             |     |            |     |                  |     |                |    |               |     |
|------------------------|-----------------------------|-----|------------|-----|------------------|-----|----------------|----|---------------|-----|
| Carbohydrate<br>49.15g | Energy<br>1875kJ<br>448kcal | 22% | Fat<br>20g | 28% | Saturates<br>10g | 51% | Sugars<br>6.7g | 7% | Salt<br>0.90g | 15% |
|------------------------|-----------------------------|-----|------------|-----|------------------|-----|----------------|----|---------------|-----|

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 942kJ / 225kcal

(101.25g) contains

|                        |                             |     |             |     |                   |    |                |    |              |     |
|------------------------|-----------------------------|-----|-------------|-----|-------------------|----|----------------|----|--------------|-----|
| Carbohydrate<br>33.07g | Energy<br>1036kJ<br>248kcal | 12% | Fat<br>7.4g | 11% | Saturates<br>1.4g | 7% | Sugars<br>2.4g | 3% | Salt<br>1.1g | 18% |
|------------------------|-----------------------------|-----|-------------|-----|-------------------|----|----------------|----|--------------|-----|

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1023kJ / 244kcal

(106.25g) contains

|                        |                           |    |             |    |                   |    |                |    |               |    |
|------------------------|---------------------------|----|-------------|----|-------------------|----|----------------|----|---------------|----|
| Carbohydrate<br>16.85g | Energy<br>381kJ<br>91kcal | 5% | Fat<br>1.8g | 3% | Saturates<br>0.2g | 1% | Sugars<br>0.6g | 1% | Salt<br>0.18g | 3% |
|------------------------|---------------------------|----|-------------|----|-------------------|----|----------------|----|---------------|----|

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 359kJ / 86kcal

(50g) contains

|                      |                          |    |              |    |                    |    |                |    |                |    |
|----------------------|--------------------------|----|--------------|----|--------------------|----|----------------|----|----------------|----|
| Carbohydrate<br>2.7g | Energy<br>65kJ<br>16kcal | 1% | Fat<br><0.5g | 0% | Saturates<br><0.1g | 0% | Sugars<br>1.2g | 1% | Salt<br><0.01g | 0% |
|----------------------|--------------------------|----|--------------|----|--------------------|----|----------------|----|----------------|----|

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 130kJ / 31kcal

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| Contains |      |             |          |      |      |      |        |      |        |        |         |       |                     |
|----------|------|-------------|----------|------|------|------|--------|------|--------|--------|---------|-------|---------------------|
| Peanuts  | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | Gluten | Soya | Sesame | Celery | Mustard | Lupin | Sulphur Dioxide and |

Product Description

Carrot Portion (60g) contains

|                       |                          |    |              |    |                    |    |                |    |               |    |
|-----------------------|--------------------------|----|--------------|----|--------------------|----|----------------|----|---------------|----|
| Carbohydrate<br>3.54g | Energy<br>93kJ<br>22kcal | 1% | Fat<br><0.5g | 0% | Saturates<br><0.1g | 0% | Sugars<br>3.3g | 4% | Salt<br>0.06g | 1% |
|-----------------------|--------------------------|----|--------------|----|--------------------|----|----------------|----|---------------|----|

of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 155kJ / 37kcal

Fruit jam & Cornflake Tart (100.8333g) contains

|                        |                             |     |            |     |                   |     |               |     |              |     |
|------------------------|-----------------------------|-----|------------|-----|-------------------|-----|---------------|-----|--------------|-----|
| Carbohydrate<br>59.13g | Energy<br>1625kJ<br>388kcal | 19% | Fat<br>15g | 22% | Saturates<br>5.7g | 28% | Sugars<br>26g | 29% | Salt<br>1.0g | 17% |
|------------------------|-----------------------------|-----|------------|-----|-------------------|-----|---------------|-----|--------------|-----|

of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1611kJ / 385kcal

Vanilla Ice Cream (83.3333g) contains

|                        |                            |    |             |    |                   |     |               |     |               |    |
|------------------------|----------------------------|----|-------------|----|-------------------|-----|---------------|-----|---------------|----|
| Carbohydrate<br>15.83g | Energy<br>516kJ<br>123kcal | 6% | Fat<br>5.9g | 8% | Saturates<br>2.9g | 15% | Sugars<br>16g | 18% | Salt<br>0.14g | 2% |
|------------------------|----------------------------|----|-------------|----|-------------------|-----|---------------|-----|---------------|----|

of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 619kJ / 148kcal

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