

Menu Listing with Front of Packet and Allergens

Craig

Menu: Friday 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

Crispy Cod Fish Fingers (49.95g) contains

Carbohydrate 8.9g	Energy 441kJ 106kcal	5%	Fat 4.6g	6%	Saturates 0.4g	2%	Sugars <0.5g	1%	Salt 1.3g	21%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 884kJ / 211kcal

GF Crunchy Vegetable Fingers (60g) contains

Carbohydrate 15.06g	Energy 582kJ 139kcal	7%	Fat 7.1g	10%	Saturates 0.6g	3%	Sugars 1.1g	1%	Salt 0.47g	8%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 971kJ / 232kcal

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

