

Menu Listing with Front of Packet and Allergens

Craig

Menu: Thursday Week 3 A/W19

Contains

Contains   
  Does Not Contain   
  May Contain   
 \* No Information

Peanuts	Nuts	Crustaceans	Molluscs	Fish	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide and
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Product Description

Roast Beef (50g) contains

Carbohydrate 0.05g	Energy 190kJ 46kcal	2%	Fat 1.2g	2%	Saturates 0.6g	3%	Sugars <0.5g	0%	Salt 0.89g	15%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 381kJ / 91kcal

Yorkshire Pudding (20g) contains

Carbohydrate 8.01g	Energy 228kJ 55kcal	3%	Fat 1.7g	2%	Saturates 0.1g	1%	Sugars <0.5g	1%	Salt 0.11g	2%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1142kJ / 273kcal

Shepherdess Pie (242.725g) contains

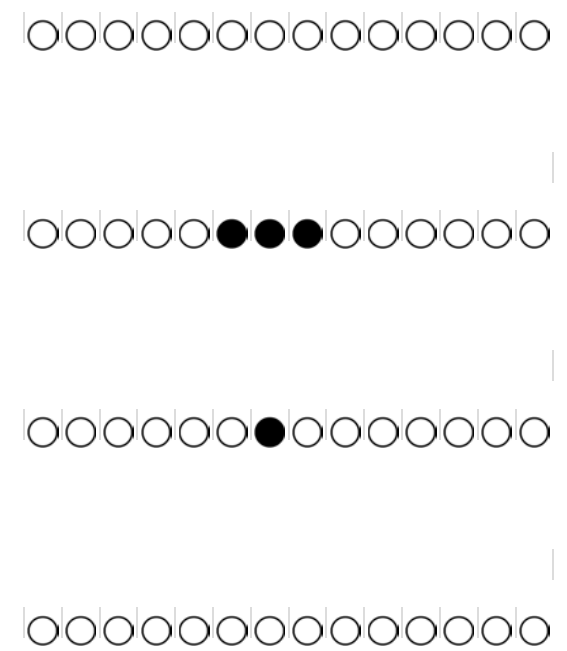
Carbohydrate 37.88g	Energy 973kJ 233kcal	12%	Fat 4.1g	6%	Saturates 2.3g	12%	Sugars 8.1g	9%	Salt 0.76g	13%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 401kJ / 96kcal

Roast Potatoes (82.5g) contains

Carbohydrate 14.32g	Energy 379kJ 90kcal	5%	Fat 2.9g	4%	Saturates 0.3g	1%	Sugars <0.5g	0%	Salt 0.20g	3%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 459kJ / 110kcal



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Contains

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  Does Not Contain   
  May Contain   
 \* No Information

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

Product Description

Carrot Portion	<p>(60g) contains</p> <table border="1"> <tr> <td>Carbohydrate 3.54g</td> <td>Energy 93kJ 22kcal</td> <td>1%</td> <td>Fat &lt;0.5g</td> <td>0%</td> <td>Saturates &lt;0.1g</td> <td>0%</td> <td>Sugars 3.3g</td> <td>4%</td> <td>Salt 0.06g</td> <td>1%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 155kJ / 37kcal</p>	Carbohydrate 3.54g	Energy 93kJ 22kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 3.3g	4%	Salt 0.06g	1%	<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 type="radio"/> <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 type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 3.54g	Energy 93kJ 22kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 3.3g	4%	Salt 0.06g	1%			
Broccoli Portion	<p>(50g) contains</p> <table border="1"> <tr> <td>Carbohydrate 0.55g</td> <td>Energy 50kJ 12kcal</td> <td>1%</td> <td>Fat &lt;0.5g</td> <td>1%</td> <td>Saturates &lt;0.1g</td> <td>0%</td> <td>Sugars &lt;0.5g</td> <td>0%</td> <td>Salt 0.02g</td> <td>0%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 100kJ / 24kcal</p>	Carbohydrate 0.55g	Energy 50kJ 12kcal	1%	Fat <0.5g	1%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.02g	0%	<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 type="radio"/> <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 type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 0.55g	Energy 50kJ 12kcal	1%	Fat <0.5g	1%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.02g	0%			
Chocolate Crunch	<p>(68.5g) contains</p> <table border="1"> <tr> <td>Carbohydrate 36.68g</td> <td>Energy 1186kJ 280kcal</td> <td>14%</td> <td>Fat 13g</td> <td>18%</td> <td>Saturates 4.7g</td> <td>24%</td> <td>Sugars 12g</td> <td>13%</td> <td>Salt 0.56g</td> <td>9%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1731kJ / 408kcal</p>	Carbohydrate 36.68g	Energy 1186kJ 280kcal	14%	Fat 13g	18%	Saturates 4.7g	24%	Sugars 12g	13%	Salt 0.56g	9%	<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 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 type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 36.68g	Energy 1186kJ 280kcal	14%	Fat 13g	18%	Saturates 4.7g	24%	Sugars 12g	13%	Salt 0.56g	9%			
Chocolate Custard	<p>(101.4583g) contains</p> <table border="1"> <tr> <td>Carbohydrate 12.33g</td> <td>Energy 323kJ 77kcal</td> <td>4%</td> <td>Fat 1.6g</td> <td>2%</td> <td>Saturates 1.1g</td> <td>6%</td> <td>Sugars 7.8g</td> <td>9%</td> <td>Salt 0.12g</td> <td>2%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 319kJ / 76kcal</p>	Carbohydrate 12.33g	Energy 323kJ 77kcal	4%	Fat 1.6g	2%	Saturates 1.1g	6%	Sugars 7.8g	9%	Salt 0.12g	2%	<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"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 12.33g	Energy 323kJ 77kcal	4%	Fat 1.6g	2%	Saturates 1.1g	6%	Sugars 7.8g	9%	Salt 0.12g	2%			