

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk2 Tuesday

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

Italian Chicken (124.18g) contains

Carbohydrate 3.15g	Energy 362kJ 87kcal	4%	Fat 2.6g	4%	Saturates 0.4g	2%	Sugars 2.4g	3%	Salt 0.99g	16%
-----------------------	---------------------------	----	-------------	----	-------------------	----	----------------	----	---------------	-----

of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 292kJ / 70kcal

Tomato & Cheddar Quiche (106.0417g) contains

Carbohydrate 27.29g	Energy 1197kJ 286kcal	14%	Fat 17g	24%	Saturates 7.0g	35%	Sugars 1.8g	2%	Salt 0.67g	11%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	---------------	-----

of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 1128kJ / 270kcal

Herb Diced Potatoes (77.0833g) contains

Carbohydrate 12.16g	Energy 293kJ 70kcal	3%	Fat 1.8g	3%	Saturates 0.2g	1%	Sugars <0.5g	1%	Salt 0.13g	2%
------------------------	---------------------------	----	-------------	----	-------------------	----	-----------------	----	---------------	----

of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 380kJ / 91kcal

Carrot Portion (60g) contains

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

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

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

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk2 Tuesday

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

Product Description

Broccoli Portion (50g) contains

Carbohydrate 0.55g	Energy 50kJ 12kcal	1%	Fat <0.5g	1%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.02g	0%
-----------------------	--------------------------	----	--------------	----	--------------------	----	-----------------	----	---------------	----

of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 100kJ / 24kcal

Lemon Drizzle Sponge (78.55g) contains

Carbohydrate 31.75g	Energy 1110kJ 265kcal	13%	Fat 14g	20%	Saturates 5.1g	26%	Sugars 13g	14%	Salt 1.0g	17%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	---------------	-----	--------------	-----

of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 1413kJ / 338kcal

Fresh Fruit Portion (35.8326g) contains

Carbohydrate 3.8g	Energy 65kJ 16kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 3.8g	4%	Salt <0.01g	0%
----------------------	--------------------------	----	--------------	----	--------------------	----	----------------	----	----------------	----

of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 182kJ / 44kcal

<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"/>	<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"/>	<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"/>