

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk1 Friday

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
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Product Description

Crispy Baked Fish Fillet (60g) contains

Carbohydrate 12.1g	Energy 454kJ 109kcal	5%	Fat 3.5g	5%	Saturates 0.4g	2%	Sugars 1.1g	1%	Salt 0.33g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 757kJ / 181kcal

Vegetarian Hot Dog (105g) contains

Carbohydrate 30g	Energy 1089kJ 260kcal	13%	Fat 9.9g	14%	Saturates 1.5g	7%	Sugars 2.8g	3%	Salt 0.96g	16%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1037kJ / 248kcal

Baked Chips (80g) contains

Carbohydrate 16.8g	Energy 412kJ 98kcal	5%	Fat 2.4g	3%	Saturates 0.3g	2%	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 515kJ / 123kcal

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

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Product Description

Garden Peas (60g) contains

Carbohydrate	Energy	Fat	Saturates	Sugars	Salt
5.16g	188kJ / 45kcal (2%)	0.5g (1%)	0.1g (1%)	1.5g (2%)	<0.01g (0%)

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 314kJ / 75kcal

Jelly with Fruit (82.5g) contains

Carbohydrate	Energy	Fat	Saturates	Sugars	Salt
9.51g	161kJ / 38kcal (2%)	<0.5g (0%)	<0.1g (0%)	9.2g (10%)	<0.01g (0%)

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 195kJ / 47kcal

Fruit Yoghurt (85g) contains

Carbohydrate	Energy	Fat	Saturates	Sugars	Salt
16.66g	334kJ / 80kcal (4%)	<0.5g (1%)	0.4g (2%)	16g (17%)	<0.01g (0%)

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 393kJ / 94kcal

Fruit Salad (84.1663g) contains

Carbohydrate	Energy	Fat	Saturates	Sugars	Salt
12.29g	211kJ / 50kcal (3%)	<0.5g (0%)	<0.1g (0%)	12g (13%)	<0.01g (0%)

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 251kJ / 60kcal