

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk1 Monday

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

Margherita Pizza (96.25g) contains

Carbohydrate 34.77g	Energy 1049kJ 251kcal	12%	Fat 7.7g	11%	Saturates 4.0g	20%	Sugars 2.0g	2%	Salt 0.49g	8%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1090kJ / 261kcal

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Vegetarian Bolognese & Pasta (144g) contains

Carbohydrate 43.91g	Energy 1214kJ 290kcal	14%	Fat 4.0g	6%	Saturates 1.7g	9%	Sugars 5.4g	6%	Salt 0.36g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 843kJ / 201kcal

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Side Salad (79.5448g) contains

Carbohydrate 2.04g	Energy 51kJ 12kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.0g	2%	Salt 0.02g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 64kJ / 15kcal

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

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Product Description

Garden Peas (60g) contains

Carbohydrate 5.16g	Energy 188kJ 45kcal	2%	Fat 0.5g	1%	Saturates 0.1g	1%	Sugars 1.5g	2%	Salt <0.01g	0%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 314kJ / 75kcal

Sweetcorn Portion (60g) contains

Carbohydrate 9.36g	Energy 238kJ 57kcal	3%	Fat 1.1g	2%	Saturates 0.2g	1%	Sugars 1.1g	1%	Salt <0.01g	0%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 397kJ / 95kcal

Strawberry Whip (65.42g) contains

Carbohydrate 12.15g	Energy 392kJ 94kcal	5%	Fat 3.8g	5%	Saturates 3.2g	16%	Sugars 11g	12%	Salt 0.38g	6%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 600kJ / 143kcal

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