

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk1 Thursday

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 Sulphites

Product Description

Roast Beef	(50g) contains	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 0.05g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 190kJ 46kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">2%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat 1.2g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">2%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates 0.6g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">3%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt 0.89g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">15%</div> </div>	<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"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 381kJ / 91kcal		
Yorkshire Pudding	(20g) contains	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 8.01g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 228kJ 55kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">3%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat 1.7g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">2%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates 0.1g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">1%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">1%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt 0.11g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">2%</div> </div>	<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 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"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 1142kJ / 273kcal		
Roast Potatoes	(77.5g) contains	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 13.43g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 361kJ 86kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">4%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat 2.9g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">4%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates 0.3g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">1%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt 0.19g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">3%</div> </div>	<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"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 466kJ / 111kcal		
Gravy	(42.92g) contains	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 2.63g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 55kJ 13kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">1%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates <0.1g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt 0.37g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">6%</div> </div>	<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"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 128kJ / 31kcal		

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- Soya
- Sesame
- Celery
- Mustard
- Lupin
- Sulphur Dioxide and

Product Description

Cheese & Potato Pie (125.0917g) contains

Carbohydrate 13.45g	Energy 554kJ 132kcal	7%	Fat 6.2g	9%	Saturates 3.8g	19%	Sugars 2.1g	2%	Salt 0.33g	6%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 443kJ / 106kcal

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

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Cabbage Portion (64.1842g) contains

Carbohydrate 2.5g	Energy 73kJ 17kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.4g	3%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 113kJ / 27kcal

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Iced Carrot Cake (113.3746g) contains

Carbohydrate 40.07g	Energy 1406kJ 336kcal	17%	Fat 18g	26%	Saturates 1.8g	9%	Sugars 18g	20%	Salt 0.70g	12%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1240kJ / 296kcal

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