

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk1 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 Sulphites

Product Description

(161.2667g) contains

Carbohydrate 39.74g	Energy 1265kJ 302kcal	15%	Fat 9.5g	14%	Saturates 2.0g	10%	Sugars 4.0g	4%	Salt 0.76g	13%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 785kJ / 188kcal

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(88.2083g) contains

Carbohydrate 1.43g	Energy 580kJ 139kcal	7%	Fat 9.9g	14%	Saturates 4.8g	24%	Sugars 0.6g	1%	Salt 0.47g	8%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 657kJ / 157kcal

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(102.5g) contains

Carbohydrate 22.08g	Energy 598kJ 143kcal	7%	Fat 5.1g	7%	Saturates 0.5g	2%	Sugars 0.5g	1%	Salt 0.10g	2%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 583kJ / 139kcal

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(62.5g) contains

Carbohydrate 3.23g	Energy 85kJ 20kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.0g	2%	Salt 0.03g	0%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 137kJ / 33kcal

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Product Description

Flapjack Slice (58.13g) contains

Carbohydrate 27.47g	Energy 1060kJ 253kcal	13%	Fat 14g	20%	Saturates 4.6g	23%	Sugars 11g	12%	Salt 0.51g	8%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1823kJ / 436kcal

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

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