

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk1 Wednesday

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

Sausage roll 4" (80g) contains

Carbohydrate 22.32g	Energy 1115kJ 266kcal	13%	Fat 16g	23%	Saturates 7.5g	38%	Sugars 1.8g	2%	Salt 1.0g	17%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1393kJ / 333kcal

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

Tomato & Vegetable Pasta (116.85g) contains

Carbohydrate 36.76g	Energy 830kJ 198kcal	10%	Fat 2.7g	4%	Saturates 0.4g	2%	Sugars 4.8g	5%	Salt 0.42g	7%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 711kJ / 170kcal

Garlic Bread Slice (30g) contains

Carbohydrate 11.01g	Energy 413kJ 99kcal	5%	Fat 5.0g	7%	Saturates 2.5g	13%	Sugars 1.0g	1%	Salt 0.24g	4%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1377kJ / 329kcal

