

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk2 Friday

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

Baked Cod Fish Fingers (49.95g) contains

Carbohydrate 8.9g	Energy 441kJ / 106kcal	5%	Fat 4.6g	6%	Saturates 0.4g	2%	Sugars <0.5g	1%	Salt 1.3g	21%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 884kJ / 211kcal

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Vegan Nuggets (63g) contains

Carbohydrate 16.13g	Energy 538kJ / 129kcal	6%	Fat 2.0g	3%	Saturates 0.2g	1%	Sugars 1.4g	2%	Salt 0.95g	16%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 854kJ / 204kcal

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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

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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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