

Menu Listing with Front of Packet and Allergens

Craig

Menu: **September 20 Wk 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 Sulphites

Product Description

Baked Sausages	<p>(76g) contains</p>  <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1063kJ / 254kcal</p>	<p><input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input 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 checked="" type="radio"/></p>
Mashed Potatoes	<p>(135.4167g) contains</p>  <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 334kJ / 80kcal</p>	<p><input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input 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"/></p>
Gravy	<p>(42.92g) contains</p>  <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 128kJ / 31kcal</p>	<p><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"/></p>
Vegetable & Bean Burger	<p>(57.6g) contains</p>  <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1032kJ / 247kcal</p>	<p><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"/></p>

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Product Description

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

Green Beans (50g) contains

Carbohydrate 2.7g	Energy 65kJ 16kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 1.2g	1%	Salt <0.01g	0%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 130kJ / 31kcal

Chocolate Brownie (46.375g) contains

Carbohydrate 15.94g	Energy 834kJ 199kcal	10%	Fat 14g	20%	Saturates 5.1g	26%	Sugars 8.6g	10%	Salt 0.59g	10%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1798kJ / 430kcal

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