

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk3 Friday

Contains   
  Does Not Contain   
  May Contain   
 \* No Information

Contains													
Peanuts	Nuts	Crustaceans	Molluscs	Fish	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide and Sulphites

Product Description

Crispy Baked Fish Fillet (60g) contains

Carbohydrate 12.1g	Energy 454kJ 109kcal	5%	Fat 3.5g	5%	Saturates 0.4g	2%	Sugars 1.1g	1%	Salt 0.33g	6%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 757kJ / 181kcal

Crunchy Vegetable Fingers (60g) contains

Carbohydrate 14.4g	Energy 515kJ 123kcal	6%	Fat 5.7g	8%	Saturates 0.5g	2%	Sugars 0.7g	1%	Salt 0.34g	6%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 858kJ / 205kcal

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

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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