

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk3 Monday

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

Product Description

Margherita Pizza (96.25g) contains

Carbohydrate 34.77g	Energy 1049kJ 251kcal	12%	Fat 7.7g	11%	Saturates 4.0g	20%	Sugars 2.0g	2%	Salt 0.49g	8%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1090kJ / 261kcal

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Sweet Potato & Salmon Fishcake (57g) contains

Carbohydrate 10.28g	Energy 401kJ 96kcal	5%	Fat 3.7g	5%	Saturates 0.4g	2%	Sugars 0.9g	1%	Salt 0.56g	9%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 703kJ / 168kcal

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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

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Mixed Vegetables (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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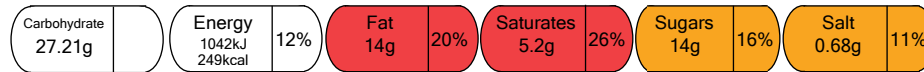
Contains

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

Product Description

Iced Sponge Cake

(67.75g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1538kJ / 367kcal