

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk3 Thursday

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

Roast Pork (60g) contains

Carbohydrate 0.5g	Energy 272kJ 65kcal	3%	Fat 1.3g	2%	Saturates 0.5g	2%	Sugars <0.5g	0%	Salt 0.62g	10%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 453kJ / 108kcal

Veggie Toad in the Hole (102.5g) contains

Carbohydrate 20.18g	Energy 627kJ 150kcal	7%	Fat 3.3g	5%	Saturates 0.7g	4%	Sugars 2.9g	3%	Salt 0.46g	8%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 612kJ / 146kcal

Gravy (42.92g) contains

Carbohydrate 2.63g	Energy 55kJ 13kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.37g	6%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 128kJ / 31kcal

Roast Potatoes (77.5g) contains

Carbohydrate 13.43g	Energy 361kJ 86kcal	4%	Fat 2.9g	4%	Saturates 0.3g	1%	Sugars <0.5g	0%	Salt 0.19g	3%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 466kJ / 111kcal

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Product Description

Carrot Portion	(60g) contains of an adult's Reference Intake Typical values (as sold) per 100g: Energy 155kJ / 37kcal	<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"/>
Cabbage Portion	(64.1842g) contains of an adult's Reference Intake Typical values (as sold) per 100g: Energy 113kJ / 27kcal	<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"/>
Raspberry Ripple Ice Cream Pot	(80g) contains of an adult's Reference Intake Typical values (as sold) per 100g: Energy 552kJ / 132kcal	<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"/>