

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk3 Tuesday

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

Product Description

Pork & Apple Burger	<p>(108.75g) contains</p> <table border="1"> <tr> <td>Carbohydrate 29.18g</td> <td>Energy 1448kJ 346kcal</td> <td>17%</td> <td>Fat 18g</td> <td>26%</td> <td>Saturates 6.7g</td> <td>33%</td> <td>Sugars 2.0g</td> <td>2%</td> <td>Salt 1.3g</td> <td>21%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1331kJ / 318kcal</p>	Carbohydrate 29.18g	Energy 1448kJ 346kcal	17%	Fat 18g	26%	Saturates 6.7g	33%	Sugars 2.0g	2%	Salt 1.3g	21%	<p>*****●*****●</p>
Carbohydrate 29.18g	Energy 1448kJ 346kcal	17%	Fat 18g	26%	Saturates 6.7g	33%	Sugars 2.0g	2%	Salt 1.3g	21%			
Vegetable Lasagne	<p>(126.89g) contains</p> <table border="1"> <tr> <td>Carbohydrate 23.06g</td> <td>Energy 806kJ 193kcal</td> <td>10%</td> <td>Fat 8.1g</td> <td>12%</td> <td>Saturates 3.4g</td> <td>17%</td> <td>Sugars 3.8g</td> <td>4%</td> <td>Salt 0.31g</td> <td>5%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 636kJ / 152kcal</p>	Carbohydrate 23.06g	Energy 806kJ 193kcal	10%	Fat 8.1g	12%	Saturates 3.4g	17%	Sugars 3.8g	4%	Salt 0.31g	5%	<p>○○○○○●●○○○○○</p>
Carbohydrate 23.06g	Energy 806kJ 193kcal	10%	Fat 8.1g	12%	Saturates 3.4g	17%	Sugars 3.8g	4%	Salt 0.31g	5%			
Garlic Bread Slice	<p>(30g) contains</p> <table border="1"> <tr> <td>Carbohydrate 11.01g</td> <td>Energy 413kJ 99kcal</td> <td>5%</td> <td>Fat 5.0g</td> <td>7%</td> <td>Saturates 2.5g</td> <td>13%</td> <td>Sugars 1.0g</td> <td>1%</td> <td>Salt 0.24g</td> <td>4%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1377kJ / 329kcal</p>	Carbohydrate 11.01g	Energy 413kJ 99kcal	5%	Fat 5.0g	7%	Saturates 2.5g	13%	Sugars 1.0g	1%	Salt 0.24g	4%	<p>○○○○○●●○○○○○</p>
Carbohydrate 11.01g	Energy 413kJ 99kcal	5%	Fat 5.0g	7%	Saturates 2.5g	13%	Sugars 1.0g	1%	Salt 0.24g	4%			
Baked Potato Wedges	<p>(102.5g) contains</p> <table border="1"> <tr> <td>Carbohydrate 22.08g</td> <td>Energy 598kJ 143kcal</td> <td>7%</td> <td>Fat 5.1g</td> <td>7%</td> <td>Saturates 0.5g</td> <td>2%</td> <td>Sugars 0.5g</td> <td>1%</td> <td>Salt 0.10g</td> <td>2%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 583kJ / 139kcal</p>	Carbohydrate 22.08g	Energy 598kJ 143kcal	7%	Fat 5.1g	7%	Saturates 0.5g	2%	Sugars 0.5g	1%	Salt 0.10g	2%	<p>○○○○○●○○○○○</p>
Carbohydrate 22.08g	Energy 598kJ 143kcal	7%	Fat 5.1g	7%	Saturates 0.5g	2%	Sugars 0.5g	1%	Salt 0.10g	2%			

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- Eggs
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- Gluten
- Soya
- Sesame
- Celery
- Mustard
- Lupin
- Sulphur Dioxide and Sulphites

Product Description

<p>Garden Peas</p> <p>(60g) contains</p> <table border="1"> <tr> <td>Carbohydrate 5.16g</td> <td>Energy 188kJ 45kcal 2%</td> <td>Fat 0.5g 1%</td> <td>Saturates 0.1g 1%</td> <td>Sugars 1.5g 2%</td> <td>Salt <0.01g 0%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 314kJ / 75kcal</p>	Carbohydrate 5.16g	Energy 188kJ 45kcal 2%	Fat 0.5g 1%	Saturates 0.1g 1%	Sugars 1.5g 2%	Salt <0.01g 0%	<p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p>
Carbohydrate 5.16g	Energy 188kJ 45kcal 2%	Fat 0.5g 1%	Saturates 0.1g 1%	Sugars 1.5g 2%	Salt <0.01g 0%		
<p>Carrot Portion</p> <p>(60g) contains</p> <table border="1"> <tr> <td>Carbohydrate 3.54g</td> <td>Energy 93kJ 22kcal 1%</td> <td>Fat <0.5g 0%</td> <td>Saturates <0.1g 0%</td> <td>Sugars 3.3g 4%</td> <td>Salt 0.06g 1%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 155kJ / 37kcal</p>	Carbohydrate 3.54g	Energy 93kJ 22kcal 1%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 3.3g 4%	Salt 0.06g 1%	<p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p>
Carbohydrate 3.54g	Energy 93kJ 22kcal 1%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 3.3g 4%	Salt 0.06g 1%		
<p>Marbled Cookie</p> <p>(61g) contains</p> <table border="1"> <tr> <td>Carbohydrate 32.27g</td> <td>Energy 1090kJ 260kcal 13%</td> <td>Fat 13g 19%</td> <td>Saturates 5.0g 25%</td> <td>Sugars 13g 14%</td> <td>Salt 0.48g 8%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 1786kJ / 427kcal</p>	Carbohydrate 32.27g	Energy 1090kJ 260kcal 13%	Fat 13g 19%	Saturates 5.0g 25%	Sugars 13g 14%	Salt 0.48g 8%	<p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input checked="" type="radio"/></p> <p><input checked="" type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p>
Carbohydrate 32.27g	Energy 1090kJ 260kcal 13%	Fat 13g 19%	Saturates 5.0g 25%	Sugars 13g 14%	Salt 0.48g 8%		
<p>Fresh Fruit Portion</p> <p>(35.8326g) contains</p> <table border="1"> <tr> <td>Carbohydrate 3.8g</td> <td>Energy 65kJ 16kcal 1%</td> <td>Fat <0.5g 0%</td> <td>Saturates <0.1g 0%</td> <td>Sugars 3.8g 4%</td> <td>Salt <0.01g 0%</td> </tr> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 182kJ / 44kcal</p>	Carbohydrate 3.8g	Energy 65kJ 16kcal 1%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 3.8g 4%	Salt <0.01g 0%	<p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p> <p><input type="radio"/></p>
Carbohydrate 3.8g	Energy 65kJ 16kcal 1%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 3.8g 4%	Salt <0.01g 0%		