

Menu Listing with Front of Packet and Allergens

Craig

Menu: September 20 Wk3 Wednesday

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

(169.0833g) contains

Carbohydrate 42.66g	Energy 1536kJ 367kcal	18%	Fat 16g	23%	Saturates 7.8g	39%	Sugars 3.8g	4%	Salt 0.69g	12%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 908kJ / 217kcal

(111.9167g) contains

Carbohydrate 12.17g	Energy 779kJ 186kcal	9%	Fat 9.6g	14%	Saturates 3.9g	20%	Sugars 1.2g	1%	Salt 0.42g	7%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 696kJ / 166kcal

(135.4167g) contains

Carbohydrate 20.53g	Energy 452kJ 108kcal	5%	Fat 1.8g	3%	Saturates 0.8g	4%	Sugars 1.2g	1%	Salt 0.28g	5%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 334kJ / 80kcal

(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

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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

Rice Krispie Cake (33.125g) contains

Carbohydrate 19.68g	Energy 609kJ 146kcal	7%	Fat 6.8g	10%	Saturates 2.6g	13%	Sugars 8.0g	9%	Salt 0.48g	8%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1840kJ / 440kcal

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