

Menu Listing with Front of Packet and Allergens

Kim

Menu: Primary SS 2022 Week 3 Friday

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

Baked GF Fish Fingers (59.94g) contains

Carbohydrate 12.06g	Energy 394kJ 94kcal	5%	Fat 1.8g	3%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 1.4g	22%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 658kJ / 157kcal

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Chips (90g) contains

Carbohydrate 18.9g	Energy 463kJ 111kcal	6%	Fat 2.7g	4%	Saturates 0.4g	2%	Sugars <0.5g	0%	Salt 0.22g	4%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 515kJ / 123kcal

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Quorn Vegan Nuggets (63g) contains

Carbohydrate 16.13g	Energy 538kJ 129kcal	6%	Fat 2.0g	3%	Saturates 0.2g	1%	Sugars 1.4g	2%	Salt 0.95g	16%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 854kJ / 204kcal

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salmon fish fingers (74.25g) contains

Carbohydrate 14.9g	Energy 675kJ 161kcal	8%	Fat 6.3g	9%	Saturates 0.8g	4%	Sugars 1.1g	1%	Salt 0.30g	5%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 909kJ / 217kcal

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

Product Description

Baked Beans (60g) contains

Carbohydrate 7.7g	Energy 206kJ 49kcal	2%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.2g	2%	Salt 0.32g	5%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 343kJ / 82kcal

Mendham Chocolate Square (64g) contains

Carbohydrate 40.16g	Energy 1682kJ 402kcal	20%	Fat 25g	36%	Saturates 13g	63%	Sugars 24g	27%	Salt 0.88g	15%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 2629kJ / 628kcal

Chocolate Mousse GF (62.5g) contains

Carbohydrate 9.96g	Energy 326kJ 78kcal	4%	Fat 2.5g	4%	Saturates 2.0g	10%	Sugars 8.4g	9%	Salt 0.28g	5%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 522kJ / 125kcal

Chocolate Square Vegan Dairy free (51g) contains

Carbohydrate 37.22g	Energy 536kJ 223kcal	6%	Fat 6.8g	10%	Saturates 2.6g	13%	Sugars 18g	20%	Salt 0.68g	11%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1051kJ / 437kcal