

Menu Listing with Front of Packet and Allergens

Kim

Menu: Primary SS 2022 Week 3 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

Margarita Pizza (101.83g) contains

Carbohydrate 41.35g	Energy 1194kJ 285kcal	14%	Fat 7.6g	11%	Saturates 4.0g	20%	Sugars 2.2g	2%	Salt 0.40g	7%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1172kJ / 280kcal

Lentil & Tomato bake (153.7561g) contains

Carbohydrate 37g	Energy 1358kJ 324kcal	16%	Fat 14g	21%	Saturates 3.1g	15%	Sugars 5.6g	6%	Salt 0.92g	15%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 883kJ / 211kcal

Potato Wedges (85g) contains

Carbohydrate 18.7g	Energy 437kJ 105kcal	5%	Fat 2.6g	4%	Saturates 0.3g	1%	Sugars <0.5g	0%	Salt 0.09g	2%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 515kJ / 123kcal

Coleslaw (55.59g) contains

Carbohydrate 3.41g	Energy 553kJ 132kcal	7%	Fat 13g	19%	Saturates 0.9g	5%	Sugars 2.4g	3%	Salt 0.25g	4%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 995kJ / 238kcal

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Contains

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  No Information

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

Product Description

GF Margarita Pizza (78.1521g) contains

Carbohydrate 24.12g	Energy 727kJ 174kcal	9%	Fat 7.2g	10%	Saturates 4.9g	25%	Sugars 2.6g	3%	Salt 0.84g	14%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 931kJ / 222kcal

Apple Crumble (144.6875g) contains

Carbohydrate 46.64g	Energy 1296kJ 310kcal	15%	Fat 13g	18%	Saturates 4.6g	23%	Sugars 21g	24%	Salt 0.73g	12%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 895kJ / 214kcal

Vanilla ice cream (83.33g) contains

Carbohydrate 17.08g	Energy 540kJ 129kcal	6%	Fat 5.4g	8%	Saturates 3.3g	16%	Sugars 17g	19%	Salt 0.13g	2%
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of an adult's Reference Intake  
Typical values (as sold) per 100g: Energy 649kJ / 155kcal