

**Menu Listing with Front of Packet and Allergens**

Kim

**Menu: Primary SS 2022 Week 1 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

**Product Description**

(165.14g) contains

Carbohydrate 32.32g	Energy 1456kJ 348kcal	17%	Fat 14g	21%	Saturates 2.0g	10%	Sugars 3.6g	4%	Salt 0.89g	15%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	---------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 882kJ / 211kcal

- 

(136.3084g) contains

Carbohydrate 45.84g	Energy 1361kJ 325kcal	16%	Fat 12g	17%	Saturates 3.6g	18%	Sugars 3.2g	4%	Salt 0.63g	10%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	---------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 999kJ / 239kcal

- 

(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%
-----------------------	----------------------------	----	-------------	----	-------------------	----	-----------------	----	---------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 515kJ / 123kcal

- 

(49.5g) contains

Carbohydrate 11.05g	Energy 238kJ 57kcal	3%	Fat 0.6g	1%	Saturates <0.1g	0%	Sugars 2.3g	2%	Salt <0.01g	0%
------------------------	---------------------------	----	-------------	----	--------------------	----	----------------	----	----------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 482kJ / 115kcal

-

Menu Listing with Front of Packet and Allergens

Kim

Menu: Primary SS 2022 Week 1 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

(66.6667g) contains

Carbohydrate 26.96g	Energy 632kJ 135kcal	8%	Fat 2.4g	3%	Saturates 1.2g	6%	Sugars 21g	23%	Salt 0.14g	2%
------------------------	----------------------------	----	-------------	----	-------------------	----	---------------	-----	---------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 948kJ / 203kcal

- 

(98g) contains

Carbohydrate 22.88g	Energy 615kJ 147kcal	7%	Fat 5.2g	7%	Saturates 4.6g	23%	Sugars 16g	18%	Salt 0.14g	2%
------------------------	----------------------------	----	-------------	----	-------------------	-----	---------------	-----	---------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 627kJ / 150kcal

- 

(64.5g) contains

Carbohydrate 6.83g	Energy 117kJ 28kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 6.8g	8%	Salt <0.01g	0%
-----------------------	---------------------------	----	--------------	----	--------------------	----	----------------	----	----------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 182kJ / 44kcal

- 

(127.5g) contains

Carbohydrate 18.13g	Energy 305kJ 73kcal	4%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 18g	20%	Salt 0.04g	1%
------------------------	---------------------------	----	--------------	----	--------------------	----	---------------	-----	---------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 239kJ / 57kcal

-