

Menu Listing with Front of Packet and Allergens

Kim

Menu: Primary SS 2022 Week 2 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

(82g) contains

Carbohydrate 4.88g	Energy 601kJ 144kcal	7%	Fat 6.3g	9%	Saturates 3.6g	18%	Sugars 3.9g	4%	Salt 0.95g	16%
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Smokey Joe \Chicken Fillet GF

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 733kJ / 175kcal

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(175.1567g) contains

Carbohydrate 18.17g	Energy 734kJ 176kcal	9%	Fat 6.8g	10%	Saturates 3.8g	19%	Sugars 3.2g	4%	Salt 0.57g	10%
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Vegetable & Bean Loaf

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 419kJ / 100kcal

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(94.86g) contains

Carbohydrate 15.41g	Energy 418kJ 100kcal	5%	Fat 4.1g	6%	Saturates 1.5g	8%	Sugars 1.0g	1%	Salt 0.16g	3%
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New potatoes

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 441kJ / 105kcal

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(60g) contains

Carbohydrate 10.8g	Energy 284kJ 68kcal	3%	Fat 1.1g	2%	Saturates 0.2g	1%	Sugars 6.6g	7%	Salt 0.03g	0%
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Corn on the Cob (60g portion)

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 473kJ / 113kcal

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Product Description

Green Beans Portion (57g) contains

Carbohydrate 1.86g	Energy 78kJ 19kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 1.4g	2%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 137kJ / 33kcal

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BBQ Quorn Fillet (Smokey Joe) (85g) contains

Carbohydrate 8.81g	Energy 441kJ 105kcal	5%	Fat 2.4g	3%	Saturates 1.6g	8%	Sugars 3.9g	4%	Salt 0.22g	4%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 518kJ / 124kcal

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Frosted Vanilla Cupcake (52.82g) contains

Carbohydrate 33.99g	Energy 1141kJ 273kcal	14%	Fat 14g	21%	Saturates 5.3g	27%	Sugars 25g	28%	Salt 0.64g	11%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 2160kJ / 516kcal

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Little town yoghurt (124.875g) contains

Carbohydrate 12.5g	Energy 329kJ 79kcal	4%	Fat 1.0g	1%	Saturates 0.5g	2%	Sugars 12g	13%	Salt 0.13g	2%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 264kJ / 63kcal

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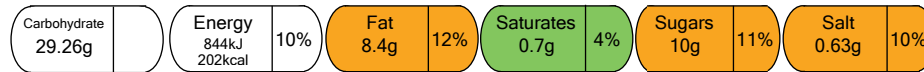
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- Gluten
- Soya
- Sesame
- Celery
- Mustard
- Lupin
- Sulphur Dioxide and

Product Description

Vegan / DF Pancakes

(64.4583g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1310kJ / 313kcal

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