

Menu Listing with Front of Packet and Allergens

Kim

Menu: Primary SS 2022 Week 3 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

(154.3792g) contains

Carbohydrate 45.16g	Energy 1617kJ 387kcal	19%	Fat 13g	18%	Saturates 5.6g	28%	Sugars 6.4g	7%	Salt 0.72g	12%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1048kJ / 250kcal

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(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%
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of an adult's Reference Intake

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

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(122.43g) contains

Carbohydrate 12.93g	Energy 608kJ 145kcal	7%	Fat 5.1g	7%	Saturates 2.7g	13%	Sugars 2.7g	3%	Salt 0.71g	12%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 496kJ / 119kcal

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(122.848g) contains

Carbohydrate 21.14g	Energy 586kJ 140kcal	7%	Fat 4.3g	6%	Saturates 2.4g	12%	Sugars 4.7g	5%	Salt 0.25g	4%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 477kJ / 114kcal

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**Product Description**

Carrot & Banana Cake (110.593g) contains

Carbohydrate 64.79g	Energy 1954kJ 467kcal	23%	Fat 22g	31%	Saturates 3.9g	19%	Sugars 46g	51%	Salt 0.90g	15%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1767kJ / 422kcal

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Strawberry Mousse GF (75g) contains

Carbohydrate 14.02g	Energy 406kJ 97kcal	5%	Fat 2.9g	4%	Saturates 2.4g	12%	Sugars 12g	14%	Salt 0.35g	6%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 541kJ / 129kcal

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Banana pancakes Vegan/Dairy free (52.02g) contains

Carbohydrate 23.26g	Energy 537kJ 128kcal	6%	Fat 3.5g	5%	Saturates 0.3g	2%	Sugars 14g	15%	Salt 0.34g	6%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1032kJ / 247kcal

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