

Menu Listing with Front of Packet and Allergens

Kim

Menu: Primary SS 2022 Week 2 Tuesday

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

Italian Beef Lasagne & Garlic bread (181.4283g) contains

Carbohydrate 30.86g	Energy 1634kJ 391kcal	19%	Fat 22g	31%	Saturates 9.9g	49%	Sugars 7.4g	8%	Salt 0.92g	15%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 901kJ / 215kcal

Everybody's Favourite Macaroni Cheese (124.3125g) contains

Carbohydrate 29.36g	Energy 1180kJ 282kcal	14%	Fat 13g	19%	Saturates 6.9g	34%	Sugars 4.1g	5%	Salt 0.75g	12%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 949kJ / 227kcal

Broccoli -Veg Portion (50g) contains

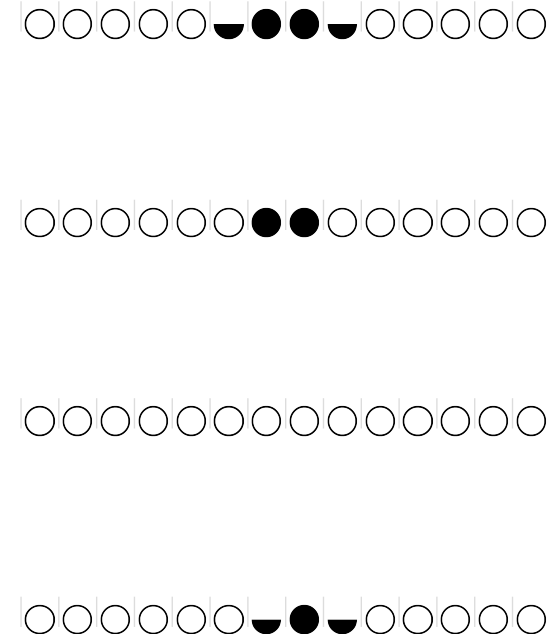
Carbohydrate 1.15g	Energy 77kJ 19kcal	1%	Fat <0.5g	1%	Saturates <0.1g	0%	Sugars 0.7g	1%	Salt <0.01g	0%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 155kJ / 37kcal

Garlic & Herb Slice (30g) contains

Carbohydrate 11.01g	Energy 413kJ 99kcal	5%	Fat 5.0g	7%	Saturates 2.5g	13%	Sugars 1.0g	1%	Salt 0.24g	4%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1377kJ / 329kcal



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

(107.84g) contains

Carbohydrate 13.18g	Energy 444kJ 106kcal 5%	Fat 4.7g 7%	Saturates 2.0g 10%	Sugars 1.8g 2%	Salt 0.20g 3%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 412kJ / 98kcal

(79.992g) contains

Carbohydrate 15.04g	Energy 274kJ 66kcal 3%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 14g 16%	Salt 0.03g 0%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 343kJ / 82kcal

(46.55g) contains

Carbohydrate 29g	Energy 943kJ 226kcal 11%	Fat 12g 17%	Saturates 4.3g 21%	Sugars 9.1g 10%	Salt 0.43g 7%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 2027kJ / 484kcal

(126.8306g) contains

Carbohydrate 15.68g	Energy 751kJ 180kcal 9%	Fat 10g 14%	Saturates 4.1g 21%	Sugars 1.6g 2%	Salt 0.39g 6%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 592kJ / 142kcal