

Menu Listing with Front of Packet and Allergens

Kim

Menu: Primary SS 2022 Week 3 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

(103.5g) contains

Carbohydrate 30.39g	Energy 1181kJ 282kcal	14%	Fat 11g	16%	Saturates 3.5g	17%	Sugars 2.5g	3%	Salt 1.4g	23%
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Wicks Manor Pork & Apple Burger

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1141kJ / 273kcal

(115g) contains

Carbohydrate 34.64g	Energy 1099kJ 263kcal	13%	Fat 6.8g	10%	Saturates 2.5g	12%	Sugars 6.0g	7%	Salt 1.4g	23%
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Quorn Hot Dog with ketchup

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 955kJ / 228kcal

(124g) contains

Carbohydrate 19.52g	Energy 485kJ 116kcal	6%	Fat 3.2g	5%	Saturates 0.4g	2%	Sugars 0.8g	1%	Salt 0.21g	4%
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Herby Diced Potatoes

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 391kJ / 94kcal

(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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Sweetcorn Portion

of an adult's Reference Intake

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

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

Product Description

Peas -Veg Portion	(50g) contains	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 4.4g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 159kJ 38kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">2%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">1%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates <0.1g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars 1.3g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">1%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt <0.01g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> </div>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 318kJ / 76kcal		
GF Beef Burger	(54.15g) contains	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 4.33g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 613kJ 146kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">7%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat 11g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">15%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates 4.7g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">24%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt 0.59g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">10%</div> </div>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 1132kJ / 271kcal		
Quorn Vegan Dippers	(59.4g) contains	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 5.94g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 462kJ 110kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">6%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat 5.8g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">8%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates 0.6g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">3%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars <0.5g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">0%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt 0.47g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">8%</div> </div>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 778kJ / 186kcal		
Chocolate & Vanilla Marble Crunch	(61.94g) contains	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Carbohydrate 32.38g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Energy 1067kJ 252kcal</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">13%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Fat 11g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">16%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Saturates 4.2g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">21%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Sugars 15g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">16%</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">Salt 0.50g</div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px;">8%</div> </div>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	of an adult's Reference Intake		
	Typical values (as sold) per 100g: Energy 1722kJ / 407kcal		

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Contains

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

Product Description

Gluten free shortbread (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

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Apple Juice Cuplet (85g) contains

Carbohydrate 9.35g	Energy 139kJ 33kcal	2%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 9.4g	10%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 163kJ / 39kcal

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Vegan DF Oat cookie (57g) contains

Carbohydrate 34.89g	Energy 1138kJ 272kcal	14%	Fat 14g	20%	Saturates 4.9g	25%	Sugars 17g	19%	Salt 0.62g	10%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1996kJ / 477kcal

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