

Menu Listing with Front of Packet and Allergens

Kim

Menu: Primary SS 2022 Week 3 Wednesday

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

Roast Potatoes (88g) contains

Carbohydrate 15.22g	Energy 415kJ 99kcal	5%	Fat 3.4g	5%	Saturates 0.3g	2%	Sugars <0.5g	0%	Salt 0.21g	4%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 472kJ / 113kcal

baby carrots portion (50g) contains

Carbohydrate 2.95g	Energy 77kJ 19kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.8g	3%	Salt 0.05g	1%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 155kJ / 37kcal

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

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

Product Description

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