

Menu Listing with Front of Packet and Allergens

Kim

Menu: Primary SS 2022 Week 1 Wednesday

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

Roast Pork (60g) contains

Carbohydrate 0.43g	Energy 195kJ 47kcal	2%	Fat 1.6g	2%	Saturates 0.8g	4%	Sugars <0.5g	0%	Salt 1.0g	17%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 324kJ / 78kcal

Sage & Onion Stuffing (25.73g) contains

Carbohydrate 9.18g	Energy 195kJ 47kcal	2%	Fat <0.5g	1%	Saturates 0.2g	1%	Sugars <0.5g	0%	Salt 0.44g	7%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 758kJ / 181kcal

Gravy (37.125g) contains

Carbohydrate 2.63g	Energy 55kJ 13kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars <0.5g	0%	Salt 0.37g	6%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 148kJ / 35kcal

Sweet Potato & lentil Plait (141.4237g) contains

Carbohydrate 37.22g	Energy 1191kJ 285kcal	14%	Fat 13g	18%	Saturates 5.2g	26%	Sugars 5.8g	6%	Salt 0.28g	5%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 842kJ / 201kcal

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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

Cabbage (38.51g) contains

Carbohydrate 1.5g	Energy 44kJ / 10kcal	1%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 1.5g	2%	Salt <0.01g	0%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 113kJ / 27kcal

Toffee Apple Muffin (60.1714g) contains

Carbohydrate 25.02g	Energy 984kJ / 235kcal	12%	Fat 14g	20%	Saturates 3.3g	17%	Sugars 17g	19%	Salt 0.51g	8%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 1636kJ / 391kcal

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Product Description

Apple custard Fool

(115.34g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 347kJ / 83kcal