

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive Spring 2017 Week 1 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 and Garlic bread (274.81g) contains

Carbohydrate 41.67g	Energy 1859kJ 614kcal	22%	Fat 25g	35%	Saturates 11g	56%	Sugars 8.7g	10%	Salt 0.41g	7%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 677kJ / 224kcal

Mediterranean Vegetable and feta layer (405.54g) contains

Carbohydrate 46.43g	Energy 1879kJ 449kcal	22%	Fat 13g	19%	Saturates 4.2g	21%	Sugars 10g	11%	Salt 0.93g	16%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 463kJ / 111kcal

Vegetable chilli tacos (123.24g) contains

Carbohydrate 18.67g	Energy 1053kJ 252kcal	13%	Fat 17g	24%	Saturates 4.2g	21%	Sugars 3.1g	3%	Salt 0.14g	2%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 855kJ / 204kcal

Onion Bhaji wrap with Mango Chutney and yoghurt (138.2984g) contains

Carbohydrate 49.84g	Energy 1457kJ 348kcal	17%	Fat 13g	18%	Saturates 3.7g	18%	Sugars 11g	13%	Salt 1.3g	22%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1054kJ / 252kcal

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Product Description

Parsnip and coconut Flapjack



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 3391kJ / 810kcal