

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive Spring 2017 Week1 Thursday**

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

Honey and Mustard Gammon, Roast Potatoes & Gravy (271g) contains

Carbohydrate 31.62g	Energy 1715kJ 410kcal	20%	Fat 23g	33%	Saturates 6.9g	35%	Sugars 6.2g	7%	Salt 3.4g	57%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 633kJ / 151kcal

Quorn Roast (90.8g) contains

Carbohydrate 3.63g	Energy 327kJ 78kcal	4%	Fat 1.4g	2%	Saturates 0.5g	2%	Sugars <0.5g	0%	Salt 0.73g	12%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 360kJ / 86kcal

Spicy Meatball Sub Roll (337.4g) contains

Carbohydrate 56.57g	Energy 2198kJ 525kcal	26%	Fat 22g	32%	Saturates 8.3g	41%	Sugars 11g	12%	Salt 2.1g	34%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 651kJ / 156kcal

Chicken Katsu curry wrap (276.6876g) contains

Carbohydrate 49.5g	Energy 1443kJ 345kcal	17%	Fat 8.9g	13%	Saturates 3.5g	17%	Sugars 13g	15%	Salt 2.0g	34%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 522kJ / 125kcal

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Contains

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 * No Information

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

Product Description

(229.21g) contains

Pear,Apple and Blackberry Crumble	Carbohydrate 59.92g	Energy 3019kJ 722kcal	36%	Fat 15g	21%	Saturates 5.8g	29%	Sugars 32g	36%	Salt 0.13g	2%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1317kJ / 315kcal

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