

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive Spring 2017 Week 1 Friday**

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

Fisherman's catch of the day (190g) contains

Carbohydrate 38.54g	Energy 1091kJ 261kcal	13%	Fat 8.1g	12%	Saturates 0.9g	4%	Sugars 2.1g	2%	Salt 0.57g	10%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 574kJ / 137kcal



Quorn and vegetable Chow mein (148.58g) contains

Carbohydrate 42.3g	Energy 1135kJ 271kcal	14%	Fat 4.2g	6%	Saturates 0.6g	3%	Sugars 4.2g	5%	Salt 0.87g	14%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 764kJ / 183kcal



Jumbo Fish Finger Wrap (208.29g) contains

Carbohydrate 49.27g	Energy 1903kJ 455kcal	23%	Fat 22g	32%	Saturates 4.3g	21%	Sugars 6.5g	7%	Salt 1.6g	27%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 913kJ / 218kcal



Sweet Potato and Black Bean Wrap (284.8184g) contains

Carbohydrate 78.55g	Energy 1790kJ 428kcal	21%	Fat 7.5g	11%	Saturates 3.4g	17%	Sugars 13g	15%	Salt 0.83g	14%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 629kJ / 150kcal



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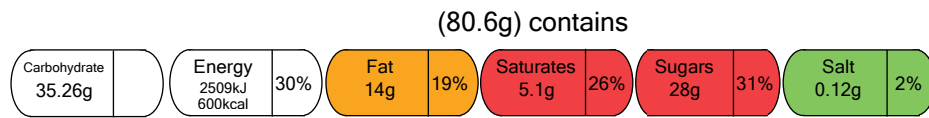
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Product Description

Chocolate Beetroot Brownie



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 3112kJ / 744kcal