

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive Spring 2017 Week 2 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

Spicy Beef Burrito (291.59g) contains

Carbohydrate 56.6g	Energy 1568kJ 502kcal	19%	Fat 22g	31%	Saturates 10g	50%	Sugars 4.6g	5%	Salt 1.0g	17%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 538kJ / 172kcal

Southern Style Quorn Burger in a fresh Bun (228.4388g) contains

Carbohydrate 68.69g	Energy 1680kJ 402kcal	20%	Fat 8.3g	12%	Saturates 1.0g	5%	Sugars 7.4g	8%	Salt 2.0g	33%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 735kJ / 176kcal

Mexican Meatballs and rice (222.4g) contains

Carbohydrate 48.12g	Energy 1623kJ 388kcal	19%	Fat 15g	21%	Saturates 5.8g	29%	Sugars 5.5g	6%	Salt 0.94g	16%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 730kJ / 174kcal

Tomato, Basil and mozzarella Pasta Pot (192g) contains

Carbohydrate 45.19g	Energy 1525kJ 367kcal	18%	Fat 15g	22%	Saturates 5.8g	29%	Sugars 6.0g	7%	Salt 0.95g	16%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 794kJ / 191kcal

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											Lupin
											Sulphur Dioxide and

Product Description

Bread and butter Pudding (247.97g) contains

Carbohydrate 55.25g	Energy 2776kJ 663kcal	33%	Fat 12g	17%	Saturates 4.9g	25%	Sugars 33g	37%	Salt 0.57g	10%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1119kJ / 268kcal