

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive Spring 2017 Week 2 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



**Vegetable spring rolls & Sweet chilli sauce** (200g) contains

Carbohydrate 50.51g	Energy 1105kJ 264kcal	13%	Fat 3.8g	5%	Saturates 0.6g	3%	Sugars 15g	17%	Salt 2.9g	48%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 553kJ / 132kcal



**Salmon and Ketchup fishcake** (141.8261g) contains

Carbohydrate 7.63g	Energy 1256kJ 300kcal	15%	Fat 20g	29%	Saturates 2.4g	12%	Sugars 2.3g	2%	Salt 1.1g	18%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 886kJ / 212kcal



**Piri Piri Chicken and rice wrap** (208.7g) contains

Carbohydrate 63.51g	Energy 1881kJ 449kcal	22%	Fat 12g	17%	Saturates 4.2g	21%	Sugars 3.8g	4%	Salt 0.89g	15%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 901kJ / 215kcal



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												Sulphur Dioxide and

Product Description

Chocolate Banana cake, chocolate custard

(230.45g) contains

Carbohydrate 50.4g	Energy 1591kJ 377kcal	19%	Fat 16g	22%	Saturates 3.4g	17%	Sugars 32g	36%	Salt 0.47g	8%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 690kJ / 163kcal