Menu Listing with Front of Packet and Allergens

Menu: **Vive Spring 2017 Week 3 monday**

● Contains ○ Does Not Contain ◒ May Contain ✱ No Information

Product Description

Product Description	Carbohydrate	Energy		Fat		Saturates		Sugars		Salt		Contains: Peanuts	Nuts	Crustaceans	Molluscs	Fish	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide and
(194.1g) contains																									
Bacon and Mushroom Carbonara	42.01g	2139kJ 512kcal	25%	18g	26%	6.6g	33%	3.8g	4%	0.17g	3%	○	○	○	○	○	◒	●	●	○	○	○	○	○	○
of an adult's Reference Intake																									
Typical values (as sold) per 100g: Energy 1102kJ / 264kcal																									
(81.5g) contains																									
Herb and toamto bread	36.62g	818kJ 196kcal	10%	3.6g	5%	1.3g	7%	2.8g	3%	0.11g	2%	○	○	○	○	○	○	●	●	○	○	○	○	○	○
of an adult's Reference Intake																									
Typical values (as sold) per 100g: Energy 1004kJ / 240kcal																									
(217.49g) contains																									
Macaroni Cheese & Sweet potato bake	57.97g	2923kJ 699kcal	35%	22g	31%	11g	57%	6.1g	7%	0.86g	14%	○	○	○	○	○	○	●	●	○	○	○	●	○	○
of an adult's Reference Intake																									
Typical values (as sold) per 100g: Energy 1344kJ / 321kcal																									
(86.84g) contains																									
Lentil and Spinach Dahl	16.52g	393kJ 95kcal	5%	1.2g	2%	0.1g	1%	2.3g	3%	0.06g	1%	○	○	○	○	○	○	○	◒	○	○	○	○	○	○
of an adult's Reference Intake																									
Typical values (as sold) per 100g: Energy 452kJ / 110kcal																									

Menu: **Vive Spring 2017 Week 3 monday**

● Contains ○ Does Not Contain ◒ May Contain ✱ No Information

Product Description

Contains

Product Description	Peanuts	Nuts	Crustaceans	Molluscs	Fish	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide and
(387.8458g) contains														
North African Spiced Lamb & potato Pot	○	○	○	○	○	○	○	◒	○	○	○	○	○	○
(203.21g) contains														
Mixed Berry Sponge pudding and custard	○	○	○	○	○	●	●	●	○	○	○	○	○	●

North African Spiced Lamb & potato Pot

Carbohydrate	Energy		Fat		Saturates		Sugars		Salt	
48.46g	1879kJ 449kcal	22%	21g	31%	8.4g	42%	8.3g	9%	1.3g	22%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 484kJ / 116kcal

Mixed Berry Sponge pudding and custard

Carbohydrate	Energy		Fat		Saturates		Sugars		Salt	
52.06g	3071kJ 729kcal	37%	16g	23%	6.4g	32%	31g	34%	0.59g	10%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1511kJ / 359kcal