

Menu Listing with Front of Packet and Allergens

Craig

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

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

(181.76g) contains

Carbohydrate 43.67g	Energy 1584kJ 394kcal	19%	Fat 14g	20%	Saturates 2.1g	10%	Sugars 12g	13%	Salt 0.81g	14%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 871kJ / 217kcal

(228.02g) contains

Carbohydrate 40.69g	Energy 1969kJ 471kcal	23%	Fat 26g	37%	Saturates 8.2g	41%	Sugars 6.9g	8%	Salt 0.62g	10%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 864kJ / 206kcal

(218.75g) contains

Carbohydrate 28.94g	Energy 1534kJ 367kcal	18%	Fat 19g	27%	Saturates 9.7g	48%	Sugars 3.1g	3%	Salt 1.1g	18%
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of an adult's Reference Intake

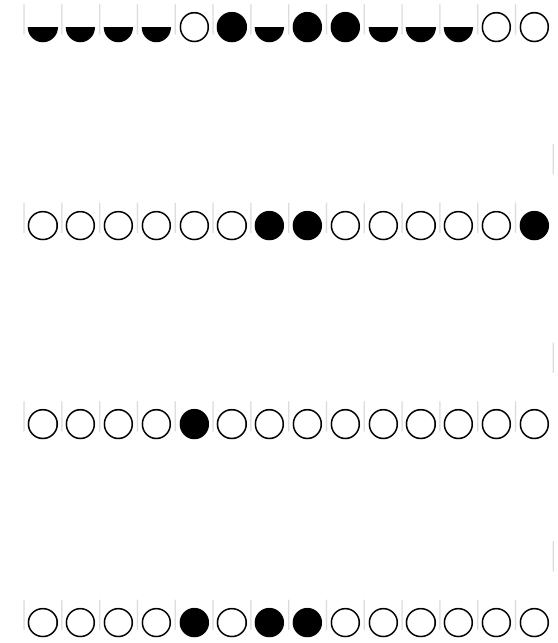
Typical values (as sold) per 100g: Energy 701kJ / 168kcal

(183.2g) contains

Carbohydrate 40.43g	Energy 2273kJ 543kcal	27%	Fat 15g	22%	Saturates 5.7g	28%	Sugars 4.0g	4%	Salt 0.55g	9%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1241kJ / 297kcal



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

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

Raspberry & Apple Cake with lemon frosting

(89.8399g) contains

Carbohydrate 26.77g	Energy 922kJ 220kcal 11%	Fat 11g 16%	Saturates 1.2g 6%	Sugars 16g 18%	Salt 0.23g 4%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1026kJ / 245kcal