

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive Spring 2017 Week 3 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

**Fishermans 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

**Spanish Bean and Potato bake** (207.6g) contains

Carbohydrate 21.35g	Energy 773kJ 185kcal	9%	Fat 8.3g	12%	Saturates 2.3g	11%	Sugars 3.5g	4%	Salt 0.49g	8%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 373kJ / 89kcal

**Vegetable curry rice pot** (256.63g) contains

Carbohydrate 20.3g	Energy 676kJ 162kcal	8%	Fat 7.1g	10%	Saturates 1.9g	10%	Sugars 4.1g	4%	Salt 0.85g	14%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 263kJ / 63kcal

**Chocolate and Coconut Flapjack** (75g) contains

Carbohydrate 37.07g	Energy 2756kJ 659kcal	33%	Fat 20g	29%	Saturates 10g	51%	Sugars 17g	18%	Salt 0.15g	2%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 3674kJ / 878kcal

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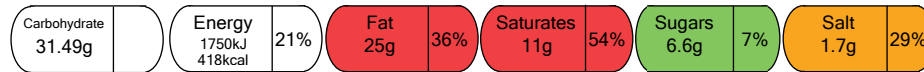
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  Does Not Contain   
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  No Information

Contains													
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Product Description

Frankfurter Hot Dog with caramelised onions

(208.25g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 840kJ / 201kcal