

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive Autumn 2017 Week 1 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

Chunky Beef Chilli with Rice & Sour Cream (304.68g) contains

Carbohydrate 57.74g	Energy 1989kJ 478kcal	24%	Fat 14g	21%	Saturates 4.5g	22%	Sugars 6.6g	7%	Salt 0.99g	16%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 653kJ / 157kcal



Vegetable Spring rolls with Sweet Chilli Noodles (208.43g) contains

Carbohydrate 58.91g	Energy 1253kJ 299kcal	15%	Fat 3.0g	4%	Saturates 0.5g	2%	Sugars 14g	15%	Salt 1.9g	32%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 601kJ / 144kcal



Chicken & Bacon Wrap with Honey Mustard Mayo (195.15g) contains

Carbohydrate 35.58g	Energy 1462kJ 345kcal	17%	Fat 13g	19%	Saturates 3.9g	19%	Sugars 5.5g	6%	Salt 1.8g	29%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 749kJ / 177kcal



Indonesian Pork Curry & Basmati Rice Pot (218.75g) contains

Carbohydrate 28.94g	Energy 2100kJ 502kcal	25%	Fat 35g	50%	Saturates 16g	79%	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 960kJ / 229kcal



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Product Description

Award Winning Carrot Cake

(125.79g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 2762kJ / 660kcal

