

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive Autumn Week 2 Tuesday**

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

Jerk Chicken with Rice & Peas (323.43g) contains

Carbohydrate 76.7g	Energy 2196kJ 519kcal	26%	Fat 8.3g	12%	Saturates 4.7g	24%	Sugars 7.0g	8%	Salt 4.7g	78%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 679kJ / 160kcal

Roasted Vegetable Lasagne (183.72g) contains

Carbohydrate 18.7g	Energy 1097kJ 262kcal	13%	Fat 7.7g	11%	Saturates 3.2g	16%	Sugars 6.8g	8%	Salt 0.23g	4%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 597kJ / 143kcal

Crunchy Mac'n Cheese with Spinach & Tomato (344.5g) contains

Carbohydrate 87.78g	Energy 3749kJ 896kcal	45%	Fat 25g	36%	Saturates 13g	65%	Sugars 9.6g	11%	Salt 1.2g	19%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1088kJ / 260kcal

Roast Sweet Potato, Pepper & Hummus wrap (274.62g) contains

Carbohydrate 67.64g	Energy 1890kJ 452kcal	23%	Fat 17g	24%	Saturates 4.1g	21%	Sugars 12g	13%	Salt 1.0g	17%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 688kJ / 165kcal

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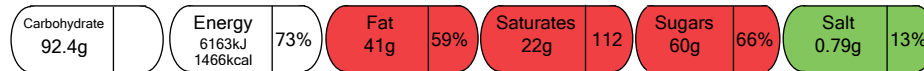
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Contains													
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Product Description

Traditional Toffee Cream
Tart & Vanilla Ice Cream

(348.5g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1768kJ / 421kcal