

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive Autumn Week 3 Monday**

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

Tikka Masala Beef Meatballs, Rice & Naan (311.9g) contains

Carbohydrate 73.4g	Energy 2757kJ 659kcal	33%	Fat 29g	42%	Saturates 7.8g	39%	Sugars 6.5g	7%	Salt 1.8g	29%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 884kJ / 211kcal

Tomato, Red Onion & Cheddar Tart (146.53g) contains

Carbohydrate 23.76g	Energy 1356kJ 324kcal	16%	Fat 22g	32%	Saturates 11g	55%	Sugars 3.2g	4%	Salt 0.68g	11%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 925kJ / 221kcal

Greek Lamb Kofta in Pitta Bread (233.6g) contains

Carbohydrate 36.95g	Energy 1579kJ 377kcal	19%	Fat 15g	22%	Saturates 6.8g	34%	Sugars 6.8g	8%	Salt 0.92g	15%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 676kJ / 162kcal

Meat Free Hot Dog Tacos (137.725g) contains

Carbohydrate 20.14g	Energy 1440kJ 344kcal	17%	Fat 22g	32%	Saturates 2.0g	10%	Sugars 2.2g	2%	Salt 0.92g	15%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1045kJ / 250kcal

