

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive Autumn 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

Beef Bourguignon with Mashed Potato (397.59g) contains

Carbohydrate 34.43g	Energy 1537kJ 367kcal	18%	Fat 12g	17%	Saturates 4.3g	22%	Sugars 4.3g	5%	Salt 1.3g	22%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 387kJ / 92kcal

Vegetable & Lentil Moussaka (202.85g) contains

Carbohydrate 20.8g	Energy 1386kJ 332kcal	16%	Fat 12g	17%	Saturates 4.9g	24%	Sugars 7.2g	8%	Salt 0.51g	8%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 683kJ / 164kcal

Thai Spiced Chicken Wrap (199.5964g) contains

Carbohydrate 38.58g	Energy 1452kJ 349kcal	17%	Fat 14g	20%	Saturates 4.4g	22%	Sugars 6.6g	7%	Salt 0.81g	14%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 728kJ / 175kcal

Po'Boy Quorn Burger Baguette, Cajun dressing (286.0208g) contains

Carbohydrate 77.86g	Energy 2053kJ 487kcal	24%	Fat 10g	15%	Saturates 1.6g	8%	Sugars 7.5g	8%	Salt 2.7g	45%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 718kJ / 170kcal

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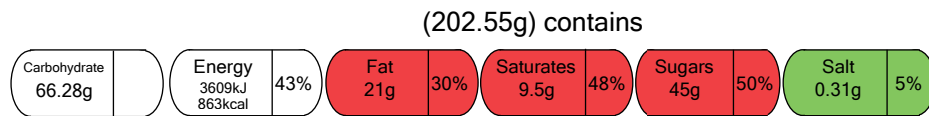
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Product Description

Parsnip & Coconut Flapjack Slice



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1782kJ / 426kcal

