

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive high School 18 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

Tex-Mex Beef & Bean Buritto (337.82g) contains

Carbohydrate 54.46g	Energy 2139kJ 511kcal	25%	Fat 22g	31%	Saturates 8.5g	42%	Sugars 6.5g	7%	Salt 1.4g	23%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 633kJ / 151kcal

Southern Style Veggie Burger & Potato Wedges (228.44g) contains

Carbohydrate 65.32g	Energy 1680kJ 401kcal	20%	Fat 8.3g	12%	Saturates 1.0g	5%	Sugars 7.3g	8%	Salt 2.0g	33%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 735kJ / 176kcal

Valencian Paella (482.36g) contains

Carbohydrate 118.92g	Energy 2419kJ 578kcal	29%	Fat 4.1g	6%	Saturates 1.2g	6%	Sugars 6.9g	8%	Salt 0.57g	10%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 501kJ / 120kcal

Pulled Piri Piri Lamb Pitta (219.1g) contains

Carbohydrate 42.24g	Energy 1645kJ 393kcal	20%	Fat 15g	21%	Saturates 6.3g	32%	Sugars 8.4g	9%	Salt 1.1g	19%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 751kJ / 179kcal

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Product Description

Lemon Curd Cheesecake (142g) contains

Carbohydrate 56.47g	Energy 3479kJ 831kcal	41%	Fat 23g	33%	Saturates 9.8g	49%	Sugars 38g	43%	Salt 0.76g	13%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 2450kJ / 586kcal