

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive High School 18 Week 2 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

Chicken Biryani (212.98g) contains

Carbohydrate 58.77g	Energy 1708kJ 408kcal	20%	Fat 9.9g	14%	Saturates 2.0g	10%	Sugars 3.7g	4%	Salt 0.20g	3%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 802kJ / 192kcal

Lemon Quorn, Roast Quinoa & Broccoli (178.968g) contains

Carbohydrate 34.57g	Energy 1352kJ 323kcal	16%	Fat 14g	20%	Saturates 1.7g	8%	Sugars 8.3g	9%	Salt 0.65g	11%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 756kJ / 181kcal

Tomato, courgette & basil Gnocchi (184.32g) contains

Carbohydrate 26.72g	Energy 903kJ 216kcal	11%	Fat 7.7g	11%	Saturates 4.5g	22%	Sugars 7.2g	8%	Salt 1.1g	18%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 490kJ / 117kcal

Louisiana Cajun Chicken Sub (174.42g) contains

Carbohydrate 49.4g	Energy 1346kJ 317kcal	16%	Fat 9.1g	13%	Saturates 1.7g	8%	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 772kJ / 182kcal

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Contains											
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Peanuts	Nuts	Crustaceans	Molluscs	Fish	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard
											Lupin
											Sulphur Dioxide and Sulphites

Product Description

Sticky Toffee Pudding with Vanilla Ice Cream (236.3g) contains

Carbohydrate 81.41g	Energy 4233kJ / 1012kcal	50%	Fat 25g	36%	Saturates 10.0g	50%	Sugars 52g	58%	Salt 0.98g	16%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1792kJ / 428kcal