

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive High School 18 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

(224.75g) contains

Carbohydrate 45.27g	Energy 1986kJ 475kcal	24%	Fat 22g	31%	Saturates 9.7g	49%	Sugars 5.4g	6%	Salt 0.57g	10%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 884kJ / 211kcal

(232.46g) contains

Carbohydrate 55.74g	Energy 1796kJ 429kcal	21%	Fat 18g	26%	Saturates 11g	53%	Sugars 5.5g	6%	Salt 0.04g	1%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 773kJ / 185kcal

(200.1984g) contains

Carbohydrate 54.31g	Energy 1916kJ 458kcal	23%	Fat 20g	29%	Saturates 6.5g	33%	Sugars 12g	13%	Salt 1.4g	23%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 957kJ / 229kcal

(115.02g) contains

Carbohydrate 27.68g	Energy 986kJ 236kcal	12%	Fat 8.6g	12%	Saturates 0.8g	4%	Sugars 3.9g	4%	Salt 0.92g	15%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 858kJ / 205kcal

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

Product Description

Oaty Apple & Blackberry Bake with Custard

(147.4167g) contains

Carbohydrate 53.38g	Energy 3080kJ 736kcal	37%	Fat 16g	22%	Saturates 5.6g	28%	Sugars 20g	22%	Salt 0.12g	2%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 2089kJ / 499kcal