

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive High School 18 Week 2 Thursday**

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 Sulphites

Product Description

(393.4g) contains

Carbohydrate 46.02g	Energy 1837kJ 439kcal	22%	Fat 19g	27%	Saturates 5.6g	28%	Sugars 3.3g	4%	Salt 0.96g	16%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 467kJ / 112kcal

(208.87g) contains

Carbohydrate 42.67g	Energy 1139kJ 410kcal	14%	Fat 9.8g	14%	Saturates 3.2g	16%	Sugars 6.6g	7%	Salt 0.53g	9%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 545kJ / 196kcal

(218.63g) contains

Carbohydrate 41.7g	Energy 1198kJ 286kcal	14%	Fat 7.6g	11%	Saturates 2.9g	15%	Sugars 16g	17%	Salt 1.8g	30%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 548kJ / 131kcal

(227.03g) contains

Carbohydrate 69.23g	Energy 1970kJ 471kcal	23%	Fat 9.7g	14%	Saturates 3.9g	20%	Sugars 5.0g	6%	Salt 1.2g	21%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 868kJ / 207kcal

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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
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Product Description

Apple & cinnamon
Streusel Sponge with
Custard

(134.27g) contains

Carbohydrate 35.43g	Energy 2791kJ 667kcal	33%	Fat 16g	22%	Saturates 5.9g	29%	Sugars 20g	22%	Salt 0.31g	5%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 2079kJ / 497kcal

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