

Menu Listing with Front of Packet and Allergens

Craig

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

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

Fishermans catch of the day (190g) contains

Carbohydrate 39.12g	Energy 1091kJ 261kcal	13%	Fat 6.8g	10%	Saturates 0.8g	4%	Sugars 1.1g	1%	Salt 0.77g	13%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 574kJ / 137kcal

Vegetable Bean Burger & Chips (232.5g) contains

Carbohydrate 79.42g	Energy 1852kJ 443kcal	22%	Fat 7.6g	11%	Saturates 1.8g	9%	Sugars 9.5g	11%	Salt 1.1g	18%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 797kJ / 190kcal

Carne Con Chilli with rice & Sour Cream (268.77g) contains

Carbohydrate 64.93g	Energy 1899kJ 457kcal	23%	Fat 16g	23%	Saturates 4.4g	22%	Sugars 6.2g	7%	Salt 0.46g	8%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 707kJ / 170kcal

Cuban Lamb Meatball Pitta (176.98g) contains

Carbohydrate 33.5g	Energy 1717kJ 410kcal	20%	Fat 22g	32%	Saturates 5.9g	30%	Sugars 4.9g	5%	Salt 1.1g	19%
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of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 970kJ / 232kcal

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Product Description

