

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive High School 18 Week 3 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

**Beef Lasagne with Garlic Slice** (274.03g) contains

Carbohydrate 35.83g	Energy 2679kJ 640kcal	32%	Fat 26g	37%	Saturates 12g	58%	Sugars 7.3g	8%	Salt 0.59g	10%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 978kJ / 234kcal

**Mac n' Cheese with Crunchy Southern topping** (243.3g) contains

Carbohydrate 58.54g	Energy 3250kJ 777kcal	39%	Fat 24g	35%	Saturates 12g	62%	Sugars 8.3g	9%	Salt 1.4g	23%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1336kJ / 319kcal

**Glamorgan Patty, Potato Wedges & Tomato Relish** (258.3g) contains

Carbohydrate 60.85g	Energy 3060kJ 731kcal	36%	Fat 27g	39%	Saturates 13g	66%	Sugars 5.8g	6%	Salt 1.8g	29%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1185kJ / 283kcal

**Korean Chicken Burger & Kimchi Slaw** (347.15g) contains

Carbohydrate 81.11g	Energy 2500kJ 596kcal	30%	Fat 20g	28%	Saturates 3.0g	15%	Sugars 26g	29%	Salt 2.8g	46%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 720kJ / 172kcal

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Contains   
  Does Not Contain   
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  \* No Information

**Contains**

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

**Product Description**

Pear & Gingerbread Cake with custard (165.67g) contains

Carbohydrate 48.71g	Energy 1817kJ 434kcal	22%	Fat 24g	34%	Saturates 2.9g	14%	Sugars 15g	17%	Salt 1.5g	24%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1097kJ / 262kcal