

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive High School 18 Week 3 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

Product Description

(306.25g) contains

Carbohydrate 28.95g	Energy 1575kJ 377kcal	19%	Fat 22g	31%	Saturates 6.5g	33%	Sugars 3.5g	4%	Salt 0.46g	8%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 514kJ / 123kcal

(397.24g) contains

Carbohydrate 45.75g	Energy 1868kJ 447kcal	22%	Fat 13g	19%	Saturates 4.2g	21%	Sugars 9.8g	11%	Salt 0.93g	16%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 470kJ / 112kcal

(165.03g) contains

Carbohydrate 9.5g	Energy 799kJ 191kcal	10%	Fat 13g	18%	Saturates 3.8g	19%	Sugars 5.5g	6%	Salt 0.68g	11%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 484kJ / 116kcal

(306.5g) contains

Carbohydrate 81.55g	Energy 2637kJ 630kcal	31%	Fat 20g	28%	Saturates 7.3g	37%	Sugars 8.4g	9%	Salt 1.7g	28%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 860kJ / 206kcal

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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 Sulphites

Product Description

Apple & Blackberry Crumble with ice cream

(238.05g) contains

Carbohydrate 69.33g	Energy 3804kJ 909kcal	45%	Fat 23g	32%	Saturates 8.9g	44%	Sugars 42g	46%	Salt 0.22g	4%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1598kJ / 382kcal