

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive High School 18 Week 3 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%
------------------------	-----------------------------	-----	-------------	-----	-------------------	----	----------------	----	---------------	-----

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 574kJ / 137kcal

Veggie Spring roll, rice & Curry Sauce (306.52g) contains

Carbohydrate 61.22g	Energy 1355kJ 324kcal	16%	Fat 5.1g	7%	Saturates 0.7g	4%	Sugars 7.3g	8%	Salt 1.4g	23%
------------------------	-----------------------------	-----	-------------	----	-------------------	----	----------------	----	--------------	-----

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 442kJ / 106kcal

Lamb & lentil Moussaka (290.04g) contains

Carbohydrate 34.62g	Energy 1667kJ 400kcal	20%	Fat 12g	17%	Saturates 4.7g	23%	Sugars 8.2g	9%	Salt 0.26g	4%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	---------------	----

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 575kJ / 138kcal

Po 'Boy Quorn Baguette, cajun Mayo (286.0208g) contains

Carbohydrate 77.76g	Energy 2053kJ 487kcal	24%	Fat 10g	15%	Saturates 1.6g	8%	Sugars 7.5g	8%	Salt 2.7g	45%
------------------------	-----------------------------	-----	------------	-----	-------------------	----	----------------	----	--------------	-----

of an adult's Reference Intake
 Typical values (as sold) per 100g: Energy 718kJ / 170kcal

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive High School 18 Week 3 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

Chocolate Orange Brownie (102.3g) contains

Carbohydrate 39.31g	Energy 3230kJ 770kcal	38%	Fat 18g	26%	Saturates 6.8g	34%	Sugars 31g	35%	Salt 0.20g	3%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	---------------	-----	---------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 3157kJ / 752kcal