

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive SS Week 1 Tuesday**

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

Italian Meatballs and Pasta (250.21g) contains

| | | | | | | | | | | |
|------------------------|-----------------------------|-----|------------|-----|-------------------|-----|----------------|----|--------------|-----|
| Carbohydrate 58.25g | Energy 1757kJ 420kcal | 21% | Fat 12g | 17% | Saturates 2.6g | 13% | Sugars 6.5g | 7% | Salt 1.1g | 18% |
|------------------------|-----------------------------|-----|------------|-----|-------------------|-----|----------------|----|--------------|-----|

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 702kJ / 168kcal

Quornish Pasty, Mash & Gravy (446.83g) contains

| | | | | | | | | | | |
|------------------------|-----------------------------|-----|------------|-----|------------------|-----|----------------|----|--------------|-----|
| Carbohydrate 97.79g | Energy 3211kJ 767kcal | 38% | Fat 35g | 50% | Saturates 13g | 66% | Sugars 4.6g | 5% | Salt 2.3g | 38% |
|------------------------|-----------------------------|-----|------------|-----|------------------|-----|----------------|----|--------------|-----|

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 719kJ / 172kcal

Pizza Pasta Pot with NF pesto (159.53g) contains

| | | | | | | | | | | |
|------------------------|-----------------------------|-----|------------|-----|-------------------|-----|----------------|----|---------------|----|
| Carbohydrate 41.61g | Energy 1383kJ 331kcal | 16% | Fat 12g | 17% | Saturates 3.6g | 18% | Sugars 4.4g | 5% | Salt 0.37g | 6% |
|------------------------|-----------------------------|-----|------------|-----|-------------------|-----|----------------|----|---------------|----|

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 867kJ / 207kcal

Fruit filled Flapjack (72.75g) contains

| | | | | | | | | | | |
|------------------------|----------------------------|-----|------------|-----|-------------------|-----|---------------|-----|---------------|----|
| Carbohydrate 28.12g | Energy 982kJ 235kcal | 12% | Fat 12g | 17% | Saturates 3.9g | 19% | Sugars 13g | 14% | Salt 0.43g | 7% |
|------------------------|----------------------------|-----|------------|-----|-------------------|-----|---------------|-----|---------------|----|

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1350kJ / 323kcal