

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive SS Week 1 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

(195.4991g) contains

Carbohydrate 24.23g	Energy 1417kJ 339kcal	17%	Fat 16g	22%	Saturates 5.3g	26%	Sugars 5.9g	7%	Salt 2.4g	40%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 725kJ / 173kcal

(174.72g) contains

Carbohydrate 25.86g	Energy 1131kJ 270kcal	13%	Fat 15g	22%	Saturates 5.3g	27%	Sugars 4.4g	5%	Salt 0.89g	15%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 647kJ / 155kcal

(189.8g) contains

Carbohydrate 41.03g	Energy 1534kJ 367kcal	18%	Fat 13g	19%	Saturates 5.4g	27%	Sugars 4.0g	4%	Salt 0.79g	13%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 808kJ / 193kcal

(111.8g) contains

Carbohydrate 36.34g	Energy 1369kJ 327kcal	16%	Fat 18g	25%	Saturates 6.6g	33%	Sugars 20g	22%	Salt 0.94g	16%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1225kJ / 293kcal