

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive SS Week2 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

Mexican Beef Chili with Lime Rice (304.8g) contains

Carbohydrate 47.61g	Energy 1803kJ 431kcal	21%	Fat 18g	25%	Saturates 6.2g	31%	Sugars 4.5g	5%	Salt 1.2g	21%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 592kJ / 141kcal

Oriental Quorn & Vegetable Noodles (129.41g) contains

Carbohydrate 40.25g	Energy 1311kJ 313kcal	16%	Fat 12g	17%	Saturates 1.4g	7%	Sugars 9.4g	10%	Salt 2.3g	39%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1013kJ / 242kcal

All Day Breakfast Wrap (203g) contains

Carbohydrate 47.68g	Energy 1996kJ 477kcal	24%	Fat 23g	33%	Saturates 8.2g	41%	Sugars 3.2g	4%	Salt 2.9g	48%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 983kJ / 235kcal

Fruit Cheesecake Slice (94.0102g) contains

Carbohydrate 27.74g	Energy 1036kJ 248kcal	12%	Fat 14g	20%	Saturates 7.4g	37%	Sugars 15g	16%	Salt 0.68g	11%
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of an adult's Reference Intake  
 Typical values (as sold) per 100g: Energy 1102kJ / 263kcal

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