

Menu Listing with Front of Packet and Allergens

Craig

Menu: **Vive SS Week3 Monday**

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 Beef Lasagne & Garlic Bread (232.03g) contains

Carbohydrate 33.29g	Energy 1827kJ 437kcal	22%	Fat 24g	35%	Saturates 11g	54%	Sugars 6.3g	7%	Salt 0.75g	12%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 787kJ / 188kcal

Sweet Potato & Red Pepper Quesadilla (238.6434g) contains

Carbohydrate 55.62g	Energy 1784kJ 426kcal	21%	Fat 18g	25%	Saturates 7.5g	37%	Sugars 9.6g	11%	Salt 1.2g	20%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 748kJ / 179kcal

Chicken Shawarma Flatbread Wrap (126.37g) contains

Carbohydrate 23.05g	Energy 765kJ 183kcal	9%	Fat 7.5g	11%	Saturates 1.0g	5%	Sugars 4.7g	5%	Salt 0.66g	11%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 605kJ / 145kcal

Sticky Iced Bun (82.25g) contains

Carbohydrate 39.21g	Energy 994kJ 238kcal	12%	Fat 7.3g	10%	Saturates 2.6g	13%	Sugars 13g	15%	Salt 0.29g	5%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 1209kJ / 289kcal