

Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 2 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

(425.65g) contains

Carbohydrate 57.94g	Energy 1937kJ 578kcal	23%	Fat 29g	42%	Saturates 10.0g	50%	Sugars 5.2g	6%	Salt 2.5g	41%
------------------------	-----------------------------	-----	------------	-----	--------------------	-----	----------------	----	--------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 455kJ / 136kcal

(272.97g) contains

Carbohydrate 74.73g	Energy 1646kJ 393kcal	20%	Fat 7.2g	10%	Saturates 3.0g	15%	Sugars 9.5g	11%	Salt 0.46g	8%
------------------------	-----------------------------	-----	-------------	-----	-------------------	-----	----------------	-----	---------------	----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 603kJ / 144kcal

(221.74g) contains

Carbohydrate 45.69g	Energy 2258kJ 540kcal	27%	Fat 27g	39%	Saturates 14g	69%	Sugars 2.4g	3%	Salt 1.1g	18%
------------------------	-----------------------------	-----	------------	-----	------------------	-----	----------------	----	--------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1018kJ / 243kcal

(244.42g) contains

Carbohydrate 49.4g	Energy 1692kJ 399kcal	20%	Fat 12g	17%	Saturates 2.7g	13%	Sugars 6.5g	7%	Salt 1.5g	25%
-----------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	--------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 692kJ / 163kcal

Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 2 Monday

Contains
 Does Not Contain
 May Contain
 * No Information

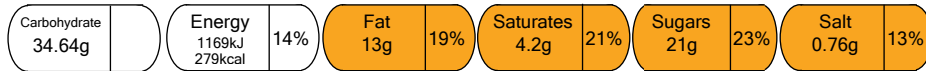
Contains

Peanuts	Nuts	Crustaceans	Molluscs	Fish	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide and
---------	------	-------------	----------	------	------	------	--------	------	--------	--------	---------	-------	---------------------

Product Description

Frosted Carrot & Orange Cake

(98.3537g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1189kJ / 284kcal

Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 2 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

(364.87g) contains

Carbohydrate 42.66g	Energy 2322kJ 555kcal	28%	Fat 25g	36%	Saturates 10g	51%	Sugars 11g	12%	Salt 1.1g	18%
------------------------	-----------------------------	-----	------------	-----	------------------	-----	---------------	-----	--------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 637kJ / 152kcal

(253.31g) contains

Carbohydrate 21.96g	Energy 1002kJ 240kcal	12%	Fat 12g	18%	Saturates 5.0g	25%	Sugars 8.7g	10%	Salt 0.60g	10%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	-----	---------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 396kJ / 95kcal

(144.4984g) contains

Carbohydrate 42.29g	Energy 1593kJ 381kcal	19%	Fat 17g	24%	Saturates 7.4g	37%	Sugars 2.8g	3%	Salt 1.3g	21%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	--------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1102kJ / 263kcal

(157.5g) contains

Carbohydrate 40.31g	Energy 1117kJ 267kcal	13%	Fat 4.5g	6%	Saturates 1.0g	5%	Sugars 10g	11%	Salt 1.2g	20%
------------------------	-----------------------------	-----	-------------	----	-------------------	----	---------------	-----	--------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 709kJ / 170kcal

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 2 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

(236.3g) contains

Sticky Toffee Pudding with Vanilla Ice Cream	Carbohydrate 81.41g	Energy 2431kJ 581kcal	29%	Fat 25g	36%	Saturates 10g	50%	Sugars 52g	58%	Salt 1.5g	25%
--	------------------------	-----------------------------	-----	------------	-----	------------------	-----	---------------	-----	--------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1029kJ / 246kcal

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	----------------------------------	----------------------------------	----------------------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 2 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 Sulphites

Product Description

Chicken & Potato Balti Bake (332.5g) contains

Carbohydrate 34.64g	Energy 1329kJ 318kcal	16%	Fat 13g	18%	Saturates 4.2g	21%	Sugars 7.2g	8%	Salt 1.8g	29%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	--------------	-----

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 400kJ / 96kcal

Mushroom & Pepper Stroganoff (342.9g) contains

Carbohydrate 47.61g	Energy 1231kJ 294kcal	15%	Fat 7.8g	11%	Saturates 1.4g	7%	Sugars 7.5g	8%	Salt 0.54g	9%
------------------------	-----------------------------	-----	-------------	-----	-------------------	----	----------------	----	---------------	----

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 359kJ / 86kcal

Cauliflower & Leek Bake (146.3367g) contains

Carbohydrate 9g	Energy 760kJ 182kcal	9%	Fat 12g	18%	Saturates 6.4g	32%	Sugars 4.4g	5%	Salt 0.57g	10%
--------------------	----------------------------	----	------------	-----	-------------------	-----	----------------	----	---------------	-----

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 519kJ / 124kcal

Onion Bhaji Wrap with Mango Chutney & Yogurt (143.3g) contains

Carbohydrate 41.83g	Energy 1340kJ 320kcal	16%	Fat 11g	16%	Saturates 4.2g	21%	Sugars 12g	13%	Salt 1.5g	25%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	---------------	-----	--------------	-----

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 935kJ / 223kcal

Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 2 Thursday

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

(393.4g) contains

Carbohydrate 46.02g	Energy 1837kJ 439kcal	22%	Fat 19g	27%	Saturates 5.6g	28%	Sugars 3.3g	4%	Salt 0.96g	16%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	---------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 467kJ / 112kcal



(500.5g) contains

Carbohydrate 77.53g	Energy 2202kJ 526kcal	26%	Fat 13g	18%	Saturates 2.4g	12%	Sugars 7.9g	9%	Salt 1.9g	32%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	--------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 440kJ / 105kcal



(266.54g) contains

Carbohydrate 20.71g	Energy 1297kJ 310kcal	15%	Fat 18g	26%	Saturates 5.7g	28%	Sugars 5.5g	6%	Salt 0.82g	14%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	---------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 486kJ / 116kcal



(242.03g) contains

Carbohydrate 71.75g	Energy 2229kJ 533kcal	27%	Fat 15g	21%	Saturates 6.4g	32%	Sugars 5.6g	6%	Salt 2.3g	38%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	--------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 921kJ / 220kcal



Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 2 Thursday

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

Apple Pie & Custard

(303.5g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 606kJ / 145kcal

Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 2 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

Battered Fish 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



Vegetable pancake Roll, Chips & Sweet Chilli Sauce (300g) contains

Carbohydrate 80.63g	Energy 1771kJ 423kcal	21%	Fat 6.8g	10%	Saturates 1.6g	8%	Sugars 12g	13%	Salt 2.6g	43%
------------------------	-----------------------------	-----	-------------	-----	-------------------	----	---------------	-----	--------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 590kJ / 141kcal



Falafel Wrap, Pickled veg & Tzatziki (234.08g) contains

Carbohydrate 54.9g	Energy 1530kJ 366kcal	18%	Fat 9.6g	14%	Saturates 3.6g	18%	Sugars 6.4g	7%	Salt 0.70g	12%
-----------------------	-----------------------------	-----	-------------	-----	-------------------	-----	----------------	----	---------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 654kJ / 156kcal



Chicken Fajita & Spicy bean wrap (196.11g) contains

Carbohydrate 36.95g	Energy 1352kJ 323kcal	16%	Fat 11g	15%	Saturates 4.0g	20%	Sugars 3.2g	4%	Salt 0.91g	15%
------------------------	-----------------------------	-----	------------	-----	-------------------	-----	----------------	----	---------------	-----

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 689kJ / 165kcal



Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 2 Friday

Contains
 Does Not Contain
 May Contain
 * No Information

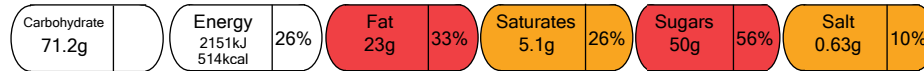
Contains

Peanuts	Nuts	Crustaceans	Molluscs	Fish	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide and
---------	------	-------------	----------	------	------	------	--------	------	--------	--------	---------	-------	---------------------

Product Description

Courgette Brownie

(133.4g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1613kJ / 385kcal