

Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 1 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

(261.68g) contains

Carbohydrate 37.92g	Energy 1301kJ 311kcal	15%	Fat 8.4g	12%	Saturates 1.7g	8%	Sugars 19g	21%	Salt 0.55g	9%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 497kJ / 119kcal

(242.425g) contains

Carbohydrate 63.08g	Energy 1867kJ 446kcal	22%	Fat 14g	20%	Saturates 7.1g	35%	Sugars 8.3g	9%	Salt 0.67g	11%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 770kJ / 184kcal

(155.02g) contains

Carbohydrate 46.97g	Energy 1493kJ 357kcal	18%	Fat 12g	17%	Saturates 3.5g	17%	Sugars 3.6g	4%	Salt 0.34g	6%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 963kJ / 230kcal

(198.4571g) contains

Carbohydrate 46.85g	Energy 2184kJ 560kcal	26%	Fat 31g	45%	Saturates 8.6g	43%	Sugars 9.6g	11%	Salt 2.5g	42%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1101kJ / 282kcal

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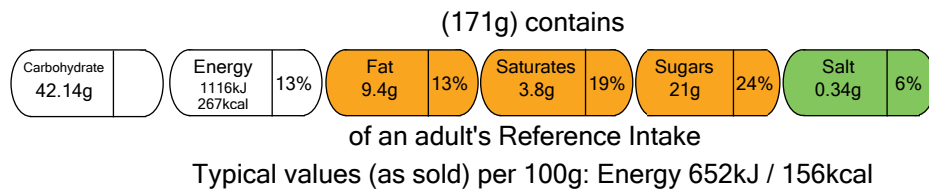
Contains
 Does Not Contain
 May Contain
 * No Information

Contains

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

Oaty Fruit Crunch & Custard



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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

Shepherds Pie (311.7g) contains

Carbohydrate 35.54g	Energy 1279kJ 306kcal	15%	Fat 11g	15%	Saturates 5.2g	26%	Sugars 4.5g	5%	Salt 0.76g	13%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 410kJ / 98kcal

Butternut Squash & Sweetcorn Risotto (194.03g) contains

Carbohydrate 60.42g	Energy 1206kJ 288kcal	14%	Fat 2.0g	3%	Saturates 0.7g	3%	Sugars 5.4g	6%	Salt 0.66g	11%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 621kJ / 149kcal

Vietnamese Chicken & Vegetable Wrap (199.5964g) contains

Carbohydrate 38.58g	Energy 1457kJ 350kcal	17%	Fat 14g	20%	Saturates 4.4g	22%	Sugars 6.6g	7%	Salt 0.81g	14%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 730kJ / 175kcal

Crispy Cajun Quorn Baguette (286.0208g) contains

Carbohydrate 77.76g	Energy 2053kJ 487kcal	24%	Fat 10g	15%	Saturates 1.6g	8%	Sugars 7.5g	8%	Salt 2.7g	45%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 718kJ / 170kcal



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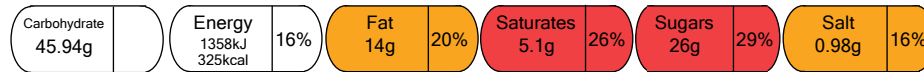
Contains

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

Lemon Drizzle Cake

(94.25g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1441kJ / 344kcal

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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

(267.8221g) contains

Carbohydrate 49.99g	Energy 1891kJ 452kcal	23%	Fat 19g	27%	Saturates 7.7g	38%	Sugars 6.2g	7%	Salt 1.3g	21%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 706kJ / 169kcal

(117.2584g) contains

Carbohydrate 33.6g	Energy 1648kJ 394kcal	20%	Fat 22g	32%	Saturates 11g	57%	Sugars 2.2g	2%	Salt 1.4g	22%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1405kJ / 336kcal

(85.66g) contains

Carbohydrate 20.35g	Energy 927kJ 222kcal	11%	Fat 11g	16%	Saturates 6.6g	33%	Sugars 2.5g	3%	Salt 0.56g	9%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1082kJ / 259kcal

(141.5g) contains

Carbohydrate 47.13g	Energy 1741kJ 416kcal	21%	Fat 18g	26%	Saturates 8.3g	42%	Sugars 2.6g	3%	Salt 0.72g	12%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1230kJ / 294kcal

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Menu: Vive A/W 18 Week 1 Wednesday

Contains

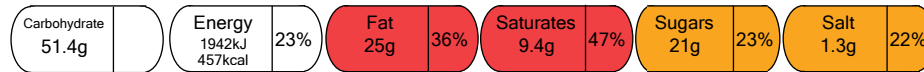
Contains
 Does Not Contain
 May Contain
 * No Information

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

Product Description

Toffee Cream Tart

(148.5g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1308kJ / 308kcal

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Menu: Vive A/W 18 Week 1 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

(297g) contains

Carbohydrate 51.06g	Energy 1551kJ 371kcal	18%	Fat 7.5g	11%	Saturates 1.4g	7%	Sugars 2.2g	2%	Salt 2.3g	39%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 522kJ / 125kcal

(213.08g) contains

Carbohydrate 63.02g	Energy 1376kJ 332kcal	16%	Fat 3.2g	5%	Saturates 0.5g	2%	Sugars 4.8g	5%	Salt 0.13g	2%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 646kJ / 156kcal

(186.92g) contains

Carbohydrate 35.47g	Energy 1786kJ 427kcal	21%	Fat 23g	33%	Saturates 6.0g	30%	Sugars 3.2g	4%	Salt 1.1g	19%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 956kJ / 228kcal

(219.7g) contains

Carbohydrate 44.8g	Energy 1184kJ 284kcal	14%	Fat 3.6g	5%	Saturates 0.9g	4%	Sugars 7.2g	8%	Salt 0.84g	14%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 539kJ / 129kcal

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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
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Product Description

American Pancakes,
Baked apple & Ice cream



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 643kJ / 154kcal

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Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 1 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%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 574kJ / 137kcal

Crunchy Vegetable Fingers & Chips (212g) contains

Carbohydrate 48.51g	Energy 1564kJ 374kcal	19%	Fat 16g	23%	Saturates 1.4g	7%	Sugars 2.6g	3%	Salt 0.95g	16%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 738kJ / 176kcal

Mexican Chilli & Rice (250.47g) contains

Carbohydrate 56.56g	Energy 1669kJ 405kcal	20%	Fat 14g	20%	Saturates 3.2g	16%	Sugars 5.9g	7%	Salt 0.81g	14%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 667kJ / 162kcal

Crispy Fish Burger & Tartar Sauce (200.3079g) contains

Carbohydrate 54.31g	Energy 1741kJ 416kcal	21%	Fat 15g	22%	Saturates 2.1g	11%	Sugars 7.4g	8%	Salt 1.5g	26%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 869kJ / 208kcal

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Menu: Vive A/W 18 Week 1 Friday

Contains

Contains
 Does Not Contain
 May Contain
 * No Information

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

Product Description

Chocolate crunch & Chocolate Custard

(115.7g) contains



of an adult's Reference Intake

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

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