

Menu Listing with Front of Packet and Allergens

Craig

Menu: Vive A/W 18 Week 3 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

(393.225g) contains

Carbohydrate 58.3g	Energy 1842kJ 440kcal	22%	Fat 12g	17%	Saturates 2.2g	11%	Sugars 5.7g	6%	Salt 1.2g	20%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 468kJ / 112kcal

(263.5g) contains

Carbohydrate 74.22g	Energy 2592kJ 620kcal	31%	Fat 25g	35%	Saturates 13g	63%	Sugars 8.6g	10%	Salt 1.7g	28%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 984kJ / 235kcal

(257.9g) contains

Carbohydrate 57.04g	Energy 1791kJ 428kcal	21%	Fat 12g	17%	Saturates 3.4g	17%	Sugars 9.7g	11%	Salt 1.9g	32%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 694kJ / 166kcal

(182g) contains

Carbohydrate 32.35g	Energy 1080kJ 258kcal	13%	Fat 8.8g	13%	Saturates 0.8g	4%	Sugars 7.9g	9%	Salt 0.93g	16%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 594kJ / 142kcal

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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

Jam Roly Poly & Custard



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 767kJ / 179kcal

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Menu: Vive A/W 18 Week 3 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

Moroccan Sausage & Sweet Potato Bake (288.61g) contains

Carbohydrate 31.89g	Energy 1217kJ 405kcal	14%	Fat 22g	32%	Saturates 6.3g	32%	Sugars 9.7g	11%	Salt 0.96g	16%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 422kJ / 140kcal

Malaysian Quorn & Vegetable Curry with rice (169.07g) contains

Carbohydrate 38.91g	Energy 1099kJ 263kcal	13%	Fat 6.0g	9%	Saturates 4.0g	20%	Sugars 4.8g	5%	Salt 0.63g	10%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 650kJ / 155kcal

Chicken Enchiladas (271.01g) contains

Carbohydrate 45.64g	Energy 1900kJ 455kcal	23%	Fat 19g	28%	Saturates 8.6g	43%	Sugars 6.6g	7%	Salt 1.3g	21%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 701kJ / 168kcal

Arrabiata Pasta Pot (204.79g) contains

Carbohydrate 42.68g	Energy 1095kJ 262kcal	13%	Fat 6.3g	9%	Saturates 0.5g	3%	Sugars 9.1g	10%	Salt 0.04g	1%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 534kJ / 128kcal

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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

Honey Gingerbread
Sponge

(124.3g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1131kJ / 270kcal

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Menu: Vive A/W 18 Week 3 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

(365.5455g) contains

Carbohydrate 47.99g	Energy 2455kJ 587kcal	29%	Fat 35g	49%	Saturates 15g	75%	Sugars 4.2g	5%	Salt 2.1g	34%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 672kJ / 161kcal

(262.95g) contains

Carbohydrate 50.1g	Energy 1565kJ 375kcal	19%	Fat 14g	20%	Saturates 6.1g	30%	Sugars 8.8g	10%	Salt 0.61g	10%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 595kJ / 143kcal

(244.5231g) contains

Carbohydrate 68.66g	Energy 1559kJ 373kcal	19%	Fat 3.1g	4%	Saturates 0.7g	3%	Sugars 8.9g	10%	Salt 1.1g	18%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 638kJ / 152kcal

(234.0191g) contains

Carbohydrate 43.05g	Energy 1604kJ 379kcal	19%	Fat 15g	22%	Saturates 4.4g	22%	Sugars 6.5g	7%	Salt 1.9g	31%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 685kJ / 162kcal

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Menu: Vive A/W 18 Week 3 Wednesday

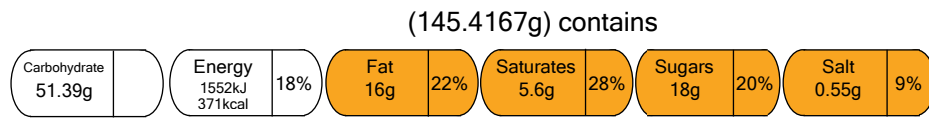
Contains
 Does Not Contain
 May Contain
 * No Information

Contains

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

Blackberry & Apple
Crumble Slice with
Custard



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1068kJ / 255kcal

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Menu: Vive A/W 18 Week 3 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

(306.25g) contains

Carbohydrate 30.53g	Energy 1600kJ 382kcal	19%	Fat 22g	31%	Saturates 6.5g	33%	Sugars 5.1g	6%	Salt 0.43g	7%
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of an adult's Reference Intake

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

(253.9g) contains

Carbohydrate 44.35g	Energy 1398kJ 334kcal	17%	Fat 10g	15%	Saturates 5.0g	25%	Sugars 6.7g	7%	Salt 0.58g	10%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 550kJ / 132kcal

(215.7984g) contains

Carbohydrate 38.41g	Energy 2096kJ 501kcal	25%	Fat 31g	44%	Saturates 5.5g	28%	Sugars 6.3g	7%	Salt 1.1g	18%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 971kJ / 232kcal

(230.0679g) contains

Carbohydrate 46.56g	Energy 1971kJ 468kcal	23%	Fat 22g	31%	Saturates 7.0g	35%	Sugars 11g	12%	Salt 1.2g	19%
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of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 857kJ / 203kcal



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Craig

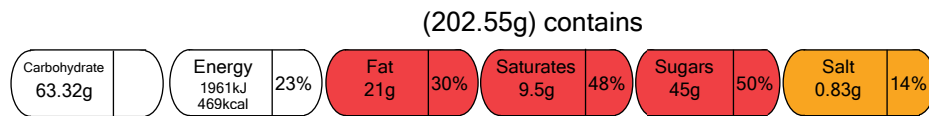
Menu: Vive A/W 18 Week 3 Thursday

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

Parsnip & Coconut Flapjack



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 968kJ / 231kcal

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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

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

Southern Style Quorn Burger & Chips (254.33g) contains

Carbohydrate 68.79g	Energy 1851kJ 442kcal	22%	Fat 11g	16%	Saturates 2.1g	11%	Sugars 8.3g	9%	Salt 1.8g	31%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 728kJ / 174kcal

Greek Lamb Kofta W/M Pitta (206.6g) contains

Carbohydrate 40.12g	Energy 1253kJ 299kcal	15%	Fat 8.0g	11%	Saturates 3.0g	15%	Sugars 5.6g	6%	Salt 0.77g	13%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 606kJ / 145kcal

Jumbo Fish Finger Wrap (198.29g) contains

Carbohydrate 49.06g	Energy 1506kJ 360kcal	18%	Fat 12g	18%	Saturates 3.6g	18%	Sugars 5.5g	6%	Salt 1.5g	26%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 759kJ / 181kcal

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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

Chocolate Tiffin Slice

(58.3333g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 2005kJ / 479kcal