

## **The Blue School**

**This booklet is to be used in conjunction with the Primary School menus dated from the 5<sup>th</sup> January – 1<sup>st</sup> April 2021 for meals provided by the Blue School, Wells only.**

**From time to time ingredients will change due to unavailability from suppliers, when this occurs, separate labels will be issued for that day.**

**Please be aware that some allergens marked in the boxes are not due to ingredients within but where they are manufactured next to other ingredients that may cause allergic reactions.**

**We take every care to prevent cross-contamination of foods that can cause allergic reactions, but cannot guarantee.**

## **Tortilla Wrap**

### Ingredients

Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),  
Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Raising Agents  
(E500, E450, E296), Salt.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b><i>Wheat</i></b>						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

## **Gluten Free Roll**

### Ingredients

Water, Maize Starch, Potato Starch, Mixed Seeds (11%): Sunflower Seeds, Linseed,  
Millet Seeds, Poppy Seeds; Tapioca starch,  
rapeseed oil, black treacle, Humectant: Glycerol; Psyllium Husk powder, Yeast,  
Stabiliser: Hydroxypropyl Methyl Cellulose, xanthan gum;  
sugar beet fibre, rice bran,

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
		<b>X</b>				
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

## **White Gluten Free Roll**

### **Ingredients**

Water, Potato Flour, Tapioca Starch, Corn Starch, White Rice Flour, Buckwheat Flour, Thickening Agent (Xanthan Gum, Cellulose), Yeast, Corn Flour, Rice Bran, Glycerol, Apple Juice Concentrate, Sourdough (Fermented Quinoa, Rice and Maize Flour), Salt, Psyllium Husk, Pea Fibre, Rapeseed Oil, Acids (Citric Acid, Malic Acid, Tartaric Acid), Acidifier (Glucono-Delta-Lactone), Flour Treatment Agent (Ascorbic Acid).

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Suitable for Vegans

## **Kerrymaid Margarine**

### **Ingredients**

Vegetable Oils (Rapeseed, Palm) Water, Reconstituted Buttermilk 3%, Salt (1.5%), Emulsifiers: Mono and Di Glyceride of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A & D, Flavouring, Colour: carotenes

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
					<b>X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

## **Fletchers Thick Sliced Wholemeal**

### Ingredients

Wholemeal Wheat Flour, Water, Yeast, Salt, Emulsifiers: E471, E472(e); Palm Oil, Yeast, Spirit Vinegar, Soya Flour, Preservatives: E282;

Spirit Vinegar, Wheat Flour (Wheat Flour, Calcium Carbonate, iron, Niacin & Thiamin), Flour Treatment Agent: E300

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Wheat</i>						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X	X			

### Small Baguette

#### Ingredients

Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, Flour Treatment Agent: Ascorbic Acid.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Wheat</i>						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
			X			

### White Bap

#### Ingredients

Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers: E471,

## E472(E), Flour Treatment Agents: E300, E920

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>Wheat</b>						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
			X*			

\*May Contain

## Mayonnaise

### Ingredients

Water, rapeseed oil, modified starch, vinegar, sugar, salt, mustard flour, xanthan gum, pasteurised egg, potassium sorbate, acidity regulator citric acid.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>*Barley</b>		X	*X		<b>*X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
					X	*X

## Pickle

### Ingredients

Water, Sugar, Swede, Onion, Cauliflower, Carrot, Modified Maize starch, acidity regulator, apple pulp, date paste, brown sugar, tomato paste, colour; ammonia caramel, flavouring, salt, preservative: E223

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### **Sweet Chilli Sauce**

#### **Ingredients**

Water, Glucose-Fructose Syrup, Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Garlic Puree (1.2%) (Water, Dried Garlic, Acidity Regulator (Citric Acid)),

Onion, Red Chilli (0.5%), Dried Red Pepper, Crushed Chilli, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Ground Chilli, Colour (Paprika

Extract), Sweetener (Sodium Saccharin), Colour (Plain Caramel).

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### **Mature Grated Cheddar**

#### **Ingredients**

Milk, water, palm oil, milk protein, modified starch, salt, lactic acid, emulsifying salts, E321, E339 preservative E202 anti caking Potato starch

Suitable for Vegetarians

### **Plain Chicken**

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
					<b>X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### Ingredients

#### Chicken

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### Roast Beef

#### Ingredients

#### Beef

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### Chicken & Sweet Corn

#### Ingredients

Chicken, Sweet corn, water, water, rapeseed oil, modified starch, vinegar, sugar, salt, mustard flour, xanthan gum, pasteurised egg, potassium sorbate, acidity regulator citric acid.

\*May Contain

### Plain Turkey

#### Ingredients

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>*Barley</b>		<b>X</b>	<b>*X</b>		<b>*X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
					<b>X</b>	<b>*X</b>

### **Turkey**

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### **Roast Pork**

#### **Ingredients**

#### **Pork**

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### **Falafel**

#### **Ingredients**

Chickpeas, onion, garlic, salt, herbs, spices, raising agent (sodium bicarbonate), and rapeseed oil.

\*May Contain



<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
<b>*X</b>		<b>*X</b>	<b>*X</b>		<b>*X</b>	

### **Coronation Chicken**

#### **Ingredients**

Chicken, Rapeseed Oil, Water, Curry paste, Coriander, salt, Rice flour, turmeric, fenugreek, black pepper, cumin, preservative, acetic acid, garlic powder, ginger, mango powder, acidity regulator, citric acid, spice extracts, flavourings, natural colour, paprika & turmeric extract, emulsifier 9polyoxyethylene sorbitan monooleate-polysorbate 80) pasteurised egg yolk, spirit vinegar, sugar, salt, mustard flour, stabilisers (xanthan gum & Guar gum)

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>*Gluten</b>		<b>X</b>	<b>*X</b>		<b>*X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		<b>*X</b>		<b>*X</b>	<b>X</b>	<b>*X</b>

### **Chicken Tikka**

#### **Ingredients**

Chicken, Onion, Yoghurt (contains Milk), Diced Tomato (12%), Double Cream (contains Milk), Tomato Puree (8%), Water, Rape Seed Oil, Honey, Ginger Paste, Garlic Paste, Salt, Butter (contains Milk), Green Chilli, Spices, Colour: Paprika Extract. On packaging, water, rapeseed oil, modified starch, vinegar, sugar, salt, mustard flour, xanthan gum, pasteurised egg, potassium sorbate, acidity regulator citric acid.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>*Barley</b>		<b>X</b>	<b>*X</b>		<b>X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
					<b>X</b>	<b>*X</b>

\*May Contain

### **Chicken & Bacon**

#### Ingredients

Chicken, Bacon, water, rapeseed oil, modified starch, vinegar, sugar, salt, mustard flour, xanthan gum, pasteurised egg, potassium sorbate, acidity regulator citric acid.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>*Barley</b>		<b>X</b>	<b>*X</b>		<b>*X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
					<b>X</b>	<b>*X</b>

\*May Contain

### **Tuna Mayonnaise**

#### Ingredients

Tuna, water, Salt, Water, rapeseed oil, modified starch, vinegar, sugar, salt, mustard flour, xanthan gum, pasteurised egg, potassium sorbate, acidity regulator citric acid.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>

<b>*Barley</b>		<b>X</b>	<b>X</b>		<b>*X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
					<b>X</b>	<b>*X</b>

### Egg Mayonnaise

#### Ingredients

Egg, Water, rapeseed oil, modified starch, vinegar, sugar, salt, mustard flour, xanthan gum, pasteurised egg, potassium sorbate, acidity regulator citric acid.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>*Barley</b>		<b>X</b>	<b>*X</b>		<b>*X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
					<b>X</b>	<b>*X</b>

\*May Contain

### Ham

#### Ingredients

Pork, water.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

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### Chicken & Sweet corn

#### Ingredients

Chicken, Sweet Corn, water, rapeseed oil, modified starch, vinegar, sugar, salt, mustard flour, xanthan gum, pasteurised egg, potassium sorbate, acidity regulator citric acid.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>*Barley</b>		<b>X</b>	<b>*X</b>		<b>*X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
					<b>X</b>	<b>*X</b>

### Greek Salad

#### Ingredients

#### **Feta**

Pasteurised cow's milk, salt, microbial rennet, starter culture  
Tomato, Cucumber, Onion, peppers.

#### **French Dressing**

-Water, White Wine Vinegar, Glucose-Fructose Syrup, Extra Virgin Olive Oil (7%), French MUSTARD (2.5%) (Water, MUSTARD Flour, Spirit Vinegar, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Salt, Sugar, Caramelised Sugar Syrup, Acidity Regulator (Acetic Acid), MUSTARD Bran, Colour (E150D), Clove Powder, Pimento, Chilli Seasoning (Chilli Powder, Cumin, Garlic Powder, Dried Oregano, Salt), Dried Garlic, Dried Onion, Flavouring), Salt, Dijon MUSTARD (1.9%) (Water, MUSTARD Flour, Spirit Vinegar, Salt, MUSTARD Bran, Turmeric, Pimento, Black Pepper, White Pepper, Cinnamon, Clove Powder), Concentrated Lemon Juice, Herbs (Parsley, Chives, Basil), Stabiliser (Xanthan Gum), Cracked Black Pepper, Preservative (Potassium Sorbate), MUSTARD Seed.

**Mixed Herbs;** Marjoram, Thyme, Parsley, Basil, Savory

**Olives;** Pitted Green Olives, Water, Salt, Acidity Regulator: Citric Acid.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Wheat</i>					<b>X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
					<b>X</b>	

\* May contain.

### **Tomato**

#### **Ingredients**

Tomato.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### **Cucumber**

#### **Ingredients**

Cucumber.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### **Lettuce**

#### **Ingredients**

Lettuce.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### **Cranberry Sauce**

#### **Ingredients**

Cranberries (40%), Glucose Syrup, Sugar Syrup, Water, Gelling Agent (Pectin), Acidity Regulator (Citric Acid, Trisodium Citrate, Tricalcium Citrate), Preservative (Potassium Sorbate)

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### **Sausage Roll**

#### **Ingredients**

Wheat flour, water, Pork (16%), vegetable fat-non-hydrogenated (contains rapeseed oil, palm oil, palm oil fractions, coconut oil, water, salt, emulsifier; E471, colours E100, E106b, citric acid) Breadcrumbs (contains Wheat flour, yeast salt), pork fat, seasoning (contains salt, flavour enhancer; E621, sugar, stabilisers; E450i and E451i, preservatives; E221, sulphite and E223 sulphite, pepper, rusk contains wheat flour, salt, rising agent; E503i, onion powder, mace, spices, anti-oxidant; E301, dextrose, herbs, spice extract, rapeseed oil, natural flavourings, colour; E1200, propylene glycol, vegetable starch, soya flour (contains soya protein, Guar Gum) salt, Glaze; water, milk protein, modified starch, vegetable oil, emulsifiers; E322 (soya lecithin, E741, acidity regulator; E339, colour E160a.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>

### **Pesto, Feta and Pasta Salad**

#### **Ingredients**

<b>Wheat</b>		<b>***X</b>			<b>X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		<b>X</b>		<b>***X</b>	<b>***X</b>	<b>X</b>

Pesto - Basil (50%), Sunflower Oil (39%), Vegetarian Cheese (MILK) (8%), Sugar, Salt, Acidity Regulator: Lactic Acid, Garlic

Mayonnaise - Water, rapeseed oil, modified starch, vinegar, sugar, salt, mustard flour, xanthan gum, pasteurised egg, potassium sorbate, acidity regulator citric acid.

Feta - Pasteurised cow's milk, salt, microbial rennet, starter culture

Pasta - Durum Wheat Semolina

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>Barley*&amp; Wheat</b>		<b>X</b>	<b>X*</b>		<b>X</b>	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
					<b>X</b>	<b>X *</b>

\* May contain.

### **Chicken Caesar Pasta Salad**

#### Ingredients

Chicken, Sweet corn

Pasta - Durum Wheat Semolina

Caesar dressing- Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Medium Fat Hard Cheese (MILK) (Contains Preservative (Lysozyme (From EGG))), Salt, Concentrated Lemon Juice, Dried Garlic, Dried Onion, Stabiliser (Xanthan Gum)), Sugar, Pasteurised EGG Yolk, Worcester Sauce (Water, Malt Vinegar (BARLEY), Sugar, Molasses, Salt, SOY Sauce (Water, SOYA Beans, WHEAT, Salt), Tamarind Concentrate, Onion Powder, Concentrated Lemon Juice, Ground White Pepper, Ground Chillies, Garlic Powder, Ground Ginger, Ground Cloves, Acidity Regulator (Acetic Acid), Malt Extract (BARLEY)), Salt, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Natural Flavouring (Contains MILK).

<i>Cereals containing</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
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### **Chicken & BBQ Sauce Pasta Salad**

#### Ingredients

Gluten						
Barley & Wheat		X			X	
Nuts	Peanut	Soya	Sesame	Celery & Celeriac	Mustard	Sulphur Dioxide and Sulphites
		X				

Chicken

Pasta - Durum Wheat Semolina

BBQ Sauce - Water, sugar, malt vinegar, barley, tomato paste, modified maize starch, caramelised sugar, salt, hickory smoke flavour, maltodextrin potato, modified starch, anti-caking, paprika

Cereals containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs
Barley & Wheat		X*	X*		X*	
Nuts	Peanut	Soya	Sesame	Celery & Celeriac	Mustard	Sulphur Dioxide and Sulphites
		X *		X*	X*	

\*May contain

### Tuna Pasta Salad

#### Ingredients

Tuna - Tuna (Fish), Water, Salt

Sweet corn

Mayonnaise - Water, rapeseed oil, modified starch, vinegar, sugar, salt, mustard flour, xanthan gum, pasteurised egg, potassium sorbate, acidity regulator citric acid.

Pasta - Durum Wheat Semolina

Cereals containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs
Barley*& Wheat		X	X		X*	
Nuts	Peanut	Soya	Sesame	Celery & Celeriac	Mustard	Sulphur Dioxide and Sulphites
					X	X *

### Vegan Sausage Roll

#### Ingredients



Water, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier: Mono-and Diglycerides of Fatty Acids), Soya Protein Concentrate (5%), Sage and Onion Stuffing (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dehydrated Onion, Salt, Sage, Vegetable Oils (Palm, Sunflower), Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Parsley, Barley Malt Extract), Sunflower Oil, Modified Maize Starch, Stabiliser: Methylcellulose; Salt, Seasoning (Concentrated Vegetable Juice (Mushroom, Onion), Salt, Rapeseed Oil, Water, Mushroom Powder, Sugar, Cornflour), Dehydrated Onion, White Pepper, Dried Sage, Nutmeg, Ground Cayenne, Pepper

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Wheat &amp; Barley</i>						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

### **Chicken Goujons**

#### Ingredients

Chicken (51%), Water, Breadcrumbs (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Salt), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Rapeseed Oil, WHEAT Protein, Pea Fibre, Salt, Pea Starch, Flavourings, Dextrose, Sunflower Oil, Yeast Extract, Colour (Paprika Extract), Maltodextrin

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Wheat</i>						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

## Vegetable Pattie

### Ingredients

Carrot (14%), Crumb (Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Yeast, Dextrose, Salt, Paprika, Turmeric), Onion (11%), Peas (11%), Sweetcorn (11%), Water, Dried Potato, Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Rapeseed Oil, Potato Starch, Salt, Sugar, Yeast Extract, Onion Powder, White Pepper, Turmeric

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Wheat</i>						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

## Cookie

### Ingredients

Fortified WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Milk Chocolate Chips (18%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier: SOYA Lecithin; Flavouring), Palm Oil, Rapeseed Oil, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Flavouring), Water, Butter Oil (MILK), Whole EGG Powder, Whey Powder (MILK), Humectant: Vegetable Glycerol; Molasses, Raising Agents: Sodium Carbonates, Diphosphates; Salt.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Wheat</i>		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
X*		X				

## Aussie Crunch

### Ingredients

Flour, Baking Powder, Coconut-Sodium, Metabisulphite, Sugar, Cocoa Powder, Cornflakes, Lard, Eggs, Pinch Salt, Margarine- vegetable oil, water, salt, emulsifier(mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>Wheat</b>		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
						X

## Carrot Cake

### Ingredients

WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Sugar, Dextrose, Vegetable Oils (Palm, Rapeseed), Dried EGG, Modified Maize Starch, WHEAT Starch, Raising Agents (E450, E500), Dried EGG Albumen, Colour (E150a), Emulsifiers (E322 (from SOYA), E481), Spice Extracts, SOYA Flour. vegetable oil, water, salt, emulsifier(mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D, carrots, sunflower oil.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>Wheat</b>		X			*X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

		X				
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### Iced Bun Ingredients

Wheat flour, sugar, Icing sugar, anti-caking agent

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>Wheat</b>						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### Iced Muffins Ingredients

Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), Wheat Fibre, Skimmed Milk Powder, Dried Egg, Raising Agents (Potassium Carbonates, Diphosphates), Soya Flour, Emulsifiers (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Propane-1,2-Diol Esters of Fatty Acids, Calcium Stearoyl-2-Lactylate, Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sodium, Potassium and Calcium Salts of Fatty Acids), Maltodextrin, Stabilisers (Diphosphates, Carboxy Methyl Cellulose), Flavourings, Colour (Beta-Carotene)., Icing sugar, anti-caking agent tricalcium phosphate, sugar, modified maize starch, vegetable oil, glucose syrup, lemon and safflower concentrates, anti-caking agent E553b, colours, carmine, brilliant blue.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>Wheat</b>		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

		X				
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## Shortbread

### Ingredients

Flour, Sugar, vegetable oil, water, salt, emulsifier(mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>Wheat</b>						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

## Lemon Drizzle Cake

### Ingredients

Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), Wheat Fibre, Skimmed Milk Powder, Dried Egg, Raising Agents (Potassium Carbonates, Diphosphates), Soya Flour, Emulsifiers (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Propane-1,2-Diol Esters of Fatty Acids, Calcium Stearoyl-2-Lactylate, Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sodium, Potassium and Calcium Salts of Fatty Acids), Maltodextrin, Stabilisers (Diphosphates, Carboxy Methyl Cellulose), Flavourings, Colour (Beta-Carotene).Emulisifier (Glucose syrup E472b, E477), whey powder milk, acid casein (milk), sodium carbonate, disodium phosphate, xanthan gum. Lemon Juice from concentrate, preservative: sodium metabisulphite (E223)

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>Wheat</b>		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				X

## Yoghurts

(Cherry, Strawberry, Passion fruit, Raspberry, Banana, Mango - Orange)

Yoghurt from skimmed milk, sugar, glucose syrup, 4% strawberries. 3% peach modified starch, 1% passion fruit juice, pectin, flavouring, food colouring E120

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
*X						

\*May Contain

## Fruity Flapjack

### Ingredients

Syrup, Sugar, Rolled Oats, vegetable oil, water, salt, emulsifier(mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D, coconut, preservative, sodium, metabisulphite, Apple, Sultanas.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
***X						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
						X

## Apple Cake

Ingredients

Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), Wheat Fibre, Skimmed Milk Powder,

Dried Egg, Raising Agents (Potassium Carbonates, Diphosphates), Soya Flour, Emulsifiers (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Propane-1,2-Diol Esters of Fatty Acids, Calcium Stearoyl-2-Lactylate, Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sodium, Potassium and Calcium Salts of Fatty Acids), Maltodextrin, Stabilisers (Diphosphates, Carboxy Methyl Cellulose), Flavourings, Colour (Beta-Carotene). Apple, Cinnamon

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>Wheat</b>		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

## Blueberry Muffin

### Ingredients

Blueberries, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), Wheat Fibre, Skimmed Milk Powder, Dried Egg, Raising Agents (Potassium Carbonates, Diphosphates), Soya Flour, Emulsifiers (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Propane-1,2-Diol Esters of Fatty Acids, Calcium Stearoyl-2-Lactylate, Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sodium, Potassium and Calcium Salts of Fatty Acids), Maltodextrin, Stabilisers (Diphosphates, Carboxy Methyl Cellulose), Flavourings, Colour (Beta-Carotene).,

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>Wheat</b>		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

## Cocoa Sponge & Cocoa Butter Icing

### Ingredients

Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), Wheat Fibre, Skimmed Milk Powder,

Dried Egg, Raising Agents (Potassium Carbonates, Diphosphates), Soya Flour, Emulsifiers (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Propane-1,2-Diol Esters of Fatty Acids, Calcium Stearoyl-2-Lactylate, Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sodium, Potassium and Calcium Salts of Fatty Acids), Maltodextrin, Stabilisers (Diphosphates, Carboxy Methyl Cellulose), Flavourings, Colour (Beta-Carotene) Cocoa  
 Icing sugar, anti-caking agent tricalcium phosphate, sugar, modified maize starch, Coco Powder, Icing Sugar, Margarine- Vegetable Oil, Water, Salt, Emulsifier (mono and diglycerides of fatty acid), Citric Acid, colour (beta carotene), Flavourings, Vitamin A and D

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<b>Wheat</b>		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

### **Hummus Crisps** **Sour Cream & Chive**

Ingredients

Chickpea Flour (24%), Rice, Potato Starch, Rapeseed Oil, Corn Flour, Sour Cream & Chive Seasoning (7%) (Rice Flour, Onion Powder, Sugar, Salt, Yeast Extract Powder, Natural Flavouring, Garlic Powder, Herb (Chive), Citric Acid), Salt

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

### **Crisps**

Ingredients

Potatoes, Sunflower oil (30%), Sea salt



<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery &amp; Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>