

HS Bread

Date: 20/03/2024

Title	Simple Allergens	Ingredients
10" Panini	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.	La Boulangerie 10" Part Baked Bar Marked Panini Baguettes (100%) (130g) ; Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent(Ascorbic Acid).
10" Wrap	Allergens: Gluten, Wheat.	La Boulangerie 10" Fully Baked Tomato Flour Tortillas (100%) (62g) Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Tomato Seasoning(Tomato Powder (3%), Bell Pepper, Paprika, Basil), Palm Oil, Rapeseed Oil, Sugar, Raising Agents(Sodium Bicarbonate, Disodium Diphosphate, Malic Acid), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Salt, ;Flour Treatment Agent(L-Cysteine Hydrochloride).
4" Sesame Seed Bun	Allergens: Gluten, Sesame Seeds, Wheat.	La Boulangerie 4" Sesame Seed Burger Bun (100%) (50g) Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sesame Seed (2.0%), Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid, L-Cysteine Hydrochloride).
4.5" Buttermilk Burger Bun	Allergens: Gluten, Milk, Soya, Wheat. May Contain: Barley, Eggs, Oats, Rye, Sesame Seeds.	La Boulangerie 4.5" fully Baked Buttermilk Burger buns (100%) (85g) Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Buttermilk Powder (6%), Palm Oil, Semolina (Wheat), Salt, Yeast, Soya Flour, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).
5" Pre-Slice Floured Bap	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.	5" Pre-Slice Floured Bap (100%) (85g) Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Palm Oil, Rapeseed Oil, Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), ;Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).
5" Pre-Sliced White Bap	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.	5" Pre-Slice Floured Bap (100%) (85g) Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Palm Oil, Rapeseed Oil, Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), ;Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).
6.5" Hot Dog Rolls (Side Sliced)	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.	Sysco Essentials 6.5" Hot Dog Rolls (100%) (50g) Ingredients List: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).
6.5" Hot Dog Rolls (Top Sliced)	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.	Hot Dog Roll (100%) (45g) ;Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids),Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).

Title	Simple Allergens	Ingredients
7.5" Malted Wheat Baguette	Allergens: Barley, Gluten, Wheat. May Contain: Sesame Seeds.	La Boulangerie 7.5" Part Baked Malted Wheat Sandwich Baguettes (100%) (85g) Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Malted Wheat Flakes, Malted Barley , Salt, Wheat Bran, Wheat Gluten , Yeast, ; Wheat Flour, Barley Fibre, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid).
8.5" Jumbo Torpedo Rolls	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.	La Boulangerie 8.5" Jumbo White Torpedo Rolls (100%) (85g) Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), ;Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).
Brown Morning Roll	Allergens: Cereals, Gluten, Soya, Wheat.	Brown Morning Roll (Anderson) [Brown Wheat Flour, Water, White Wheat Flour (with calcium, iron, niacin, thiamine), Vegetable Shortening (Palm oil, Palm Stearin, Rapeseed Oil), Palm Oil, Yeast, Salt, Sugar, E516, E170, Soya Flour, Dextrose, Oil (Rapeseed), Emulsifiers: E481, E472e, Flour Treatment Agent E300, Enzymes]
Ciabatta Sandwich Rolls	Allergens: Barley, Gluten, Rye, Wheat. May Contain: Almonds, Cashew Nuts, Hazelnuts, Sesame Seeds.	Ciabatta Sandwich Roll (100%) (120g) ;Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, Extra Virgin Olive Oil (2.0%), ; Rye Flour, Salt, ; Wheat Flour, Sugar, Malted Wheat Flour, Malted Barley Flour, Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).
English Muffin	Allergens: Gluten, Soya, Wheat. May Contain: Sesame Seeds.	La Boulangerie English Muffins (100%) (72g) Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Semolina (Wheat), Salt, Soya Flour, Yeast, Sugar, ;Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).
Finger Roll	Allergens: Cereals, Gluten, Soya, Wheat.	Finger Roll (Anderson) [White Wheat Flour (with calcium, iron, niacin, thiamine), Water, Vegetable Shortening (Palm oil, Palm Stearin, Rapeseed Oil), Palm Oil, Yeast, Salt, Sugar, E516, E170, Soya Flour, Dextrose, Oil (Rapeseed), Emulsifiers: E481, E472e, Flour Treatment Agent E300, Enzymes]
Genius Gluten Free Seeded Brown Bread	Allergens: Eggs.	Genius GF Brown Bread [Water, Starches (Tapioca, Maize, Potato), Rice Flour, Seeds (11%) (Sunflower, Linseed, Poppy), Bamboo Fibre, Rapeseed Oil, Yeast, Dried Egg White, Psyllium Husk, Humectant (Vegetable Glycerol), Caster Sugar, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Preservatives (Calcium Propionate, Potassium Sorbate), Apple Extract]
Genius Gluten Free White Bread	Allergens: Eggs.	Genius GF Soft White Bread [Water, Starches (Tapioca, Maize, Potato), Rice Flour, Bamboo Fibre, Yeast, Maize Flour, Rapeseed Oil, Dried Egg White, Psyllium Husk, Humectant (Vegetable Glycerol), Caster Sugar, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Preservatives (Calcium Propionate, Potassium Sorbate), Natural Flavouring]
Gluten Free Panini	Allergens: Soya. May Contain: Eggs, Mustard.	Gluten Free Panini (100%) (1g) Maize starch, water, maize flour, rice flour, vegetable fibre (psyllium), dextrose, thickener: hydroxypropyl methyl cellulose (E-464). SOYA protein, sunflower oil, yeast, salt, acids: tartaric acid (E-334), citric acid (E-330).
Hovis Best of Both Bread	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.]

Title	Simple Allergens	Ingredients
Plain Bagel	Allergens: Barley, Gluten, Rye, Wheat. May Contain: Sesame Seeds.	La Boulangerie Fully Baked Plain Bagels (100%) (100g) Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rye Flour, Sugar, Yeast, Maize, Rapeseed Oil, Salt, Malted Barley Flour, Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent(Ascorbic Acid), Wheat Starch.
White baguette	Allergens: Gluten, Wheat. May Contain: Barley, Oats, Rye.	White Baguette (100%) (125g) Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, Wheat Gluten , Salt, Wheat Flour, Deactivated Yeast, Flour Treatment Agent(Ascorbic Acid).).
White Morning Roll	Allergens: Cereals, Gluten, Soya, Wheat.	White Morning Rolls (Anderson) [White Wheat Flour (with calcium, iron, niacin, thiamine), Water, Vegetable Shortening (Palm oil, Palm Stearin, Rapeseed Oil), Palm Oil, Yeast, Salt, Sugar, E516, E170, Soya Flour, Dextrose, Oil (Rapeseed), Emulsifiers: E481, E472e, Flour Treatment Agent E300, Enzymes]
Wholemeal Pitta Bread	Allergens: Gluten, Wheat. May Contain: Milk, Soya.	La Boulangerie Wholemeal Pitta Breads (100%) (60g) Wholemeal Wheat Flour, Water, Yeast, Salt, Preservative(Calcium Propionate).

HS Breakfast Cereals

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Title	Simple Allergens	Ingredients
Kelloggs All Bran	Allergens: Barley, Gluten, Wheat.	Kellogg's Bran Flakes Original Cereal 40g (100%) (40g) WHOLEWHEAT (59%), WHEAT bran (18%), WHOLEWHEAT flour, sugar, BARLEY malt extract, glucose syrup, salt, natural flavouring, Niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.
Kelloggs Bran Flakes	Allergens: Barley, Gluten, Wheat.	Kellogg's Bran Flakes (100%) (45g) WHOLEWHEAT (59%), WHEAT bran (18%), WHOLEWHEAT flour, sugar, BARLEY malt extract, glucose syrup, salt, natural flavouring, VITAMINS & MINERALS : Niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.
Milk	Allergens: Dairy, Milk.	Milk (100%) (150g) Milk
Nestle Shreddies	Allergens: Barley, Gluten, Wheat. May Contain: Almonds, Brazil Nuts, Cashew Nuts, Hazelnuts, Macadamia or Queensland Nuts, Pecan Nuts, Pistachios, Walnuts.	Shreddies Original (100%) (45g) Whole Grain WHEAT (96%), Sugar, Invert Sugar Syrup, BARLEY Malt Extract, Salt, Molasses, Vitamins and Minerals (Niacin, Iron, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin).
Porridge Oats	Allergens: Gluten, Oats. May Contain: Barley, Wheat.	Scott's Porage Original Porridge Oats 3kg (100%) (45g) 100% Scott's Rolled Oats , without anythin' added
Rice Krispie Multi-Grain	Allergens: Gluten, Oats. May Contain: Cereals.	Kellogg's Rice Krispies Multi Grain Shapes (100%) (45g) Cereal Flours (Rice{54%}, Oat {28%}, Maize {5%}), Sugar, Corn Fibre, Caramelised Sugar, Salt, Natural Flavouring, Colour (Annatto), Antioxidant (Alpha Tocopherol, Ascorbyl Palmitate), Vitamins & Minerals: Calcium Carbonate, Niacin, Iron, Vitamin B6, Vitamin B2(Riboflavin), Vitamin B1(Thiamin), Folic Acid, Vitamin D, Vitamin B12
Weetabix	Allergens: Barley, Gluten, Wheat.	Weetabix Cereal Twin Portion Pack B (100%) (40g) WHEAT (95%), Malted BARLEY Extract, Sugar, Salt, Niacin, Iron, Riboflavin (B2), Thiamin (B1), Folic Acid.

HS Cold Sandwiches

Date: 20/03/2024

Title	Simple Allergens	Ingredients
BBQ Chicken Wrap	Allergens: Barley, Celery, Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Tomato Flour Tortillas [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.], RT Chicken Strips [Chicken Breast (92%), Water, Potato Starch, Salt, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, BARLEY Malt Vinegar, Soy Sauce (Water, SOYA Extract (Water, SOYA Beans, Salt, WHEAT Flour), Salt, Glucose, Spirit Vinegar, BARLEY Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain WHEAT , CELERY), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.], Spring Onion (bunch) [Spring onions]
Cheese Sandwich	Allergens: Cereals, Gluten, Milk, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Cheese Sandwich on Gluten Free Bread	Allergens: Eggs, Milk.	Genius GF Soft White Bread [Water, Starches (Tapioca, Maize, Potato), Rice Flour, Bamboo Fibre, Yeast, Maize Flour, Rapeseed Oil, Dried Egg White, Psyllium Husk, Humectant (Vegetable Glycerol), Caster Sugar, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Preservatives (Calcium Propionate, Potassium Sorbate), Natural Flavouring], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Cheese Savoury Wrap	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Wheat.	Tomato Flour Tortillas [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Tomatoes (loose) [Tomatoes], "Dutch" Cucumber's (loose) [Cucumber's], Large Onions (kg) [Onions], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]
Chicken Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]

Title	Simple Allergens	Ingredients
Chicken Sandwich on Gluten Free Bread	Allergens: Eggs.	Genius GF Soft White Bread [Water, Starches (Tapioca, Maize, Potato), Rice Flour, Bamboo Fibre, Yeast, Maize Flour, Rapeseed Oil, Dried Egg White, Psyllium Husk, Humectant (Vegetable Glycerol), Caster Sugar, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Preservatives (Calcium Propionate, Potassium Sorbate), Natural Flavouring], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Coronation Chicken Wrap	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Wheat.	Tomato Flour Tortillas [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.], RT Chicken Strips [Chicken Breast (92%), Water, Potato Starch, Salt, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Madras Curry Powder [Coriander (40%),Turmeric (22%),Rice Flour,Fenugreek (5%),Ginger,Salt(Salt,Anticaking Agent(Sodium Ferrocyanide)),Cumin,Black Pepper,Paprika,Colour(Paprika Extract),Nutmeg,Fennel.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]
Egg Mayo Sandwich	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]
Egg Mayo Sandwich on Gluten Free Bread	Allergens: Eggs, Milk, Mustard.	Genius GF Soft White Bread [Water, Starches (Tapioca, Maize, Potato), Rice Flour, Bamboo Fibre, Yeast, Maize Flour, Rapeseed Oil, Dried Egg White, Psyllium Husk, Humectant (Vegetable Glycerol), Caster Sugar, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Preservatives (Calcium Propionate, Potassium Sorbate), Natural Flavouring], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]
Ham Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Ham Sandwich on Gluten Free Bread	Allergens: Eggs.	Genius GF Soft White Bread [Water, Starches (Tapioca, Maize, Potato), Rice Flour, Bamboo Fibre, Yeast, Maize Flour, Rapeseed Oil, Dried Egg White, Psyllium Husk, Humectant (Vegetable Glycerol), Caster Sugar, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Preservatives (Calcium Propionate, Potassium Sorbate), Natural Flavouring], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]

Title	Simple Allergens	Ingredients
Tuna Mayo Sandwich	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]
Tuna Mayo Sandwich on Gluten Free Bread	Allergens: Eggs, Fish, Milk, Mustard.	Genius GF Soft White Bread [Water, Starches (Tapioca, Maize, Potato), Rice Flour, Bamboo Fibre, Yeast, Maize Flour, Rapeseed Oil, Dried Egg White, Psyllium Husk, Humectant (Vegetable Glycerol), Caster Sugar, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Preservatives (Calcium Propionate, Potassium Sorbate), Natural Flavouring], Tuna (In Brine) [Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]
Tuna Savoury Wrap	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Wheat.	Tomato Flour Tortillas [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.], Tuna (In Brine) [Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.], Tomatoes (loose) [Tomatoes], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], "Dutch" Cucumber's (loose) [Cucumber's], Large Onions (kg) [Onions]
Vegan Cheese Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]

HS Dietary Bakes

Date: 20/03/2024

Title	Simple Allergens	Ingredients
Dietary Apple Muffin	Allergens: Soya. May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Soya Milk [Water, Hulled SOYA beans (8.7%), Acidity regulators (Dipotassium phosphate, Monopotassium phosphate), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)], Granulated Sugar [Cane Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Solid Pack Apples [Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).], Apple Cider Vinegar [Cider Vinegar], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.], Ground Cinnamon [Ground Cinnamon (Cassia)]
Dietary Banana Muffin	Allergens: Soya. May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Soya Milk [Water, Hulled SOYA beans (8.7%), Acidity regulators (Dipotassium phosphate, Monopotassium phosphate), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)], Granulated Sugar [Cane Sugar], Small Bananas (loose) [Bananas], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Apple Cider Vinegar [Cider Vinegar], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.]
Dietary Brownie	May Contain: Milk.	Water [Water], Caster Sugar [Sugar], Gluten Free Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Salt [Salt, Anti-caking Agent E535.]
Dietary Chocolate Cupcake	Allergens: Soya. May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Soya Milk [Water, Hulled SOYA beans (8.7%), Acidity regulators (Dipotassium phosphate, Monopotassium phosphate), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)], Caster Sugar [Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Apple Cider Vinegar [Cider Vinegar], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.]

Title	Simple Allergens	Ingredients
Dietary Cinnamon Sponge	Allergens: Soya. May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Soya Milk [Water, Hulled SOYA beans (8.7%), Acidity regulators (Dipotassium phosphate, Monopotassium phosphate), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)], Caster Sugar [Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Apple Cider Vinegar [Cider Vinegar], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Ground Cinnamon [Ground Cinnamon (Cassia)], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.]
Dietary Flapjack	Allergens: Cereals, Gluten, Oats.	Gluten Free Porridge Oats [Quaker Wholegrain Rolled Oats], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Light Brown Sugar [Cane sugar], Golden Syrup [Partially Inverted Refiners Syrup.]
Dietary Gingerbread	Allergens: Soya, Sulphites, Sulphur Dioxide.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Soya Milk [Water, Hulled SOYA beans (8.7%), Acidity regulators (Dipotassium phosphate, Monopotassium phosphate), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)], Caster Sugar [Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Black Treacle [Cane molasses (sulphites)], Golden Syrup [Partially Inverted Refiners Syrup.], Mixed Spice [Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg.], Bicarbonate of Soda [Sodium Bicarbonate], Ground Ginger [Ground Ginger.]
Dietary Jam Sponge	Allergens: Soya. May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Soya Milk [Water, Hulled SOYA beans (8.7%), Acidity regulators (Dipotassium phosphate, Monopotassium phosphate), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)], Caster Sugar [Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Apple Cider Vinegar [Cider Vinegar], Vanilla Essence [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Strawberry Jam [Sugar, Strawberries, Water, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate).], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.]
Dietary Lemon Cake	May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Caster Sugar [Sugar], Water [Water], Lemons (each) [Lemons], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.]

Title	Simple Allergens	Ingredients
Dietary Lemon Muffin	Allergens: Soya. May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Soya Milk [Water, Hulled SOYA beans (8.7%), Acidity regulators (Dipotassium phosphate, Monopotassium phosphate), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)], Granulated Sugar [Cane Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Lemons (each) [Lemons], Apple Cider Vinegar [Cider Vinegar], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.]
Dietary Marble Cake	May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Caster Sugar [Sugar], Water [Water], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum]
Dietary Oat Biscuit	Allergens: Cereals, Gluten, Oats. May Contain: Milk.	Light Brown Sugar [Cane sugar], Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Gluten Free Porridge Oats [Quaker Wholegrain Rolled Oats], Golden Syrup [Partially Inverted Refiners Syrup.], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.], Bicarbonate of Soda [Sodium Bicarbonate]
Dietary Shortbread		Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Gluten Free Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)], Caster Sugar [Sugar], Cornflour [Maize Starch.]
Dietary Sponge Cake	Allergens: Soya. May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Soya Milk [Water, Hulled SOYA beans (8.7%), Acidity regulators (Dipotassium phosphate, Monopotassium phosphate), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)], Caster Sugar [Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Apple Cider Vinegar [Cider Vinegar], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.]

HS Drinks

Date: 20/03/2024

Title	Simple Allergens	Ingredients
Radnor Splash Sparkling Apple and Raspberry		Radnor Splash 330ml Sparkling Apple and Raspberry (100%) (330g) Carbonated Spring Water, Acid: Citric Acid. Flavourings, Sweeteners: Sucralose, Acesulfame K. Preservative: E211.
Radnor Splash Sparkling Orange and Passionfruit		Radnor Splash 330ml Sparkling Orange and Passion Fruit (100%) (330g) Carbonated Spring Water, Acid: Citric Acid. Flavourings, Sweeteners: Sucralose, Acesulfame K. Preservative: E211.
Radnor Splash Sparkling Watermelon		Radnor Splash 330ml Sparkling Watermelon (100%) (330g) Carbonated Spring Water, Acid: Citric Acid. Flavouring, Sweeteners: Sucralose, Acesulfame K. Preservative: E211.
Radnor Splash Still Apple and Raspberry		Radnor Splash 500ml Still Apple and Raspberry (100%) (500g) Spring Water, Acid: Citric Acid. Flavourings, Sweeteners: Sucralose, Acesulfame K. Preservative: E211.
Radnor Splash Still Apple and Raspberry		Radnor Splash Orange and Passionfruit (still) (100%) (250g) Spring Water, Acid, Citric Acid, Flavourings, Preservative, E211, Sweeteners, Sucralose, Acesulfame k.
Radnor Splash Still Lemon & Lime		Radnor Splash Still Lemon & Lime Flavoured Spring Water 500ml (100%) (500g) Spring Water, Acid; Citric Acid. Flavourings, Sweeteners; Sucralose. Acesulfame K. Preservative; E211.
Radnor Splash Still Orange and Passion Fruit		Radnor Splash 500ml Orange and Passion Fruit (100%) (500g) Spring Water, Citric Acid, Flavourings, Sweeteners; Sucralose, Acesulfame K, Preservative: E211.
Radnor Splash Still Orange and Passion Fruit		Radnor Splash Apple & Raspberry Still (100%) (250g) Spring Water, Acid; Citric Acid. Flavourings, Sweeteners; Sucralose, Acesulfame K.
Radnor Splash Still Strawberry & Kiwi Sports Cap		Radnor Splash Still Strawberry (100%) (500g) Spring Water, Acid: Citric Acid. Flavouring, Sweeteners: Sucralose, Acesulfame K. Preservative: E211.
Radnor Splash Still Watermelon		Radnor Splash 500ml Still Watermelon (100%) (500g) Spring Water, Acid: Citric Acid. Flavouring, Sweeteners: Sucralose, Acesulfame K. Preservative: E211.
Radnor Splash Still Watermelon		Radnor Splash Watermelon (Still) (100%) (250g) Spring Water, Acid; Citric Acid. Flavouring, Sweeteners; Sucralose, Acesulfame K.
Chokoslim Drinking Chocolate		Chokoslim Drinking Chocolate (100%) (15g) Very low-fat Cocoa solid (35%), Whey (Milk) (MILK) powder, Skimmed MILK powder, Anti-Caking agent: e341(iii), Thickener: Xanthan Gum E415, *Sweetener: Aspartame, Salt. Contains naturally occurring Sugar (Lactose (Milk)) found in MILK . * Aspartame contains a source of Phenylalanine.
Radnor Splash Sparkling Lemon and Lime		Radnor Splash Sparkling Lemon & Lime (100%) (330g) Carbonated spring water, Acid: Citric acid. Flavouring, Sweeteners: Sucralose, Acesulfame K. Preservative: E211.

Title	Simple Allergens	Ingredients
Radnor Splash Sparkling Strawberry		Radnor Splash Sparkling Strawberry (100%) (330g) Carbonated spring water, Acid: Citric acid. Flavourings, Sweeteners: Sucralose, Acesulfame K. Preservative: E211.
Radnor Splash Still Forest Fruits		Radnor Splash Still Forest Fruits (100%) (500g) Spring water, Acid: Citric Acid. Flavourings, Sweeteners: Sucralose, Acesulfame K. Preservative: E211.
Rubicon Cherry and Raspberry		Rubicon Spring Sparkling Black Cherry Raspberry (12x500ml) (100%) (500g) Carbonated Spring Water (97%), Fruit Juices from Concentrate (Raspberry 1.5%, Black Cherry 1%), Acid (Citric Acid), Natural Flavourings, Natural Raspberry Flavouring, Black Carrot Concentrate, Preservative (Potassium Sorbate), Sweetener (Sucralose), Acidity Regulator (Trisodium Citrate), Green Tea Extract, Vitamins (Niacin, B6, B12).
Rubicon Lemon and Lime		Rubicon Spring Sparkling Lemon Lime (12x500ml) (100%) (500g) Carbonated Spring Water (96%), Fruit Juices from Concentrate (Lemon 1.5%, Lime 1.5%), Acid (Citric Acid), Safflower Concentrate, Lemon and Lime Flavourings, Preservative (Potassium Sorbate), Natural Flavourings, Sweetener (Sucralose), Acidity Regulator (Trisodium Citrate), Green Tea Extract, Vitamins (Niacin, B6, B12).
Rubicon Orange and Mango		Rubicon Spring Sparkling Orange Mango (12x500ml) (100%) (500g) Carbonated Spring Water (96%), Fruit Juices from Concentrate (Orange 2.5%, Mango 0.5%), Acid (Citric Acid), Natural Flavourings, Natural Orange Flavouring with other Natural Flavourings, Emulsifiers (Gum Arabic, Glycerol Esters of Wood Rosin), Preservative (Potassium Sorbate), Sweetener (Sucralose), Acidity Regulator (Trisodium Citrate), Green Tea Extract, Concentrates (Black Carrot, Safflower), Vitamins (Niacin, B6, B12), Colour (Beta Carotene).
Rubicon Strawberry and Kiwi		Rubicon Spring Sparkling Strawberry Kiwi £1 PMP (12x500ml) (100%) (500g) Carbonated Spring Water (96%), Fruit Juices from Concentrate (Strawberry 2%, Kiwi 1%), Acid (Citric Acid), Natural Flavourings, Emulsifiers (Gum Arabic, Sucrose Acetate Isobutyrate), Concentrates (Black Carrot, Safflower), Preservative (Potassium Sorbate), Sweetener (Sucralose), Acidity Regulator (Trisodium Citrate), Colour (Anthocyanin), Green Tea Extract, Vitamins (Niacin, B6, B12).
Still Spring Water (330ml)		Radnor Hills Still Mineral Water Plain Cap (100%) (1g) Spring Water
Still Spring Water (500ml)		Radnor Hills Still Natural Mineral Water 500ml Plain Cap (100%) (500g) Spring Water
Strathmore Sparkling Lemon and Lime		Strathmore Twist Sparkling Lemon & Lime Water (12x500ml) (100%) (1500g) Carbonated Spring Water, Acid (Citric Acid), Natural Lemon and Lime Flavourings with other Natural Flavourings, Sweeteners (Sucralose, Acesulfame K), Preservative (Sodium Benzoate).
Strathmore Sparkling Strawberry and Blackberry		Strathmore Twist Sparkling Strawberry & Blackberry Water (12x500ml) (100%) (500g) Carbonated Spring Water, Acid (Citric Acid), Natural Strawberry and Blackberry Flavourings, Sweeteners (Sucralose, Acesulfame K), Preservative (Sodium Benzoate).
Strathmore Still Lemon and Lime		Strathmore Twist Still Lemon & Lime Water (12x500ml) (100%) (500g) Spring Water, Acid (Citric Acid), Natural Lemon and Lime Flavourings with other Natural Flavourings, Sweeteners (Sucralose, Acesulfame K), Preservative (Sodium Benzoate).
Strathmore Still Raspberry and Apple		Strathmore Twist Still Raspberry & Apple Water (12x500ml) (100%) (500g) Spring Water, Acid (Citric Acid), Natural Raspberry and Apple Flavourings with other Natural Flavourings, Preservative (Sodium Benzoate), Sweeteners (Sucralose, Acesulfame K).

Title	Simple Allergens	Ingredients
Strathmore Still Strawberry and Blackberry		Strathmore Twist Still Strawberry & Blackberry Water (12x500ml) (100%) (500g) Spring Water, Acid (Citric Acid), Natural Strawberry & Blackberry Flavourings, Preservative (Sodium Benzoate), Sweeteners (Sucralose, Acesulfame K).
Viva Flavoured Banana Milk	Allergens: Milk.	Viva Banana Milk Drink - No Added Sugar 200ml (100%) (200g) Low Fat MILK (1.4% fat) (99%), Stabilisers (Guar Gum, Carrageenan), Natural Flavourings, Vitamin D, Sweetener (Steviol Glycosides)
Viva Flavoured Chocolate Milk	Allergens: Milk.	Viva Chocolate Flavour Semi-Skimmed Milk 200ml - No Added Sugar (100%) (200g) Low Fat MILK (1.4% fat) (98%), Fat Reduced Cocoa Powder (1%), Stabiliser (Guar Gum, Carrageenan), Natural Flavourings, Vitamin D, Sweetener (Steviol Glycosides)
Viva Flavoured Strawberry Milk	Allergens: Milk.	Viva Strawberry Flavour Semi-Skimmed Milk 200ml - No Added Sugar (100%) (200g) Low Fat MILK (1.4% fat) (99%), Stabilisers (Guar Gum, Carrageenan), Natural Flavourings, Vitamin D, Sweetener (Steviol Glycosides).

High School Hot Roll Fillings

Date: 20/03/2024

Title	Simple Allergens	Ingredients
Bacon		Unsmoked Bacon [Pork (87%), Water, Salt, Preservatives (Sodium Nitrite, Potassium Nitrate), Antioxidant (Sodium Ascorbate).]
BBQ Chicken	Allergens: Barley, Celery, Cereals, Gluten, Soya, Wheat.	RT Chicken Strips [Chicken Breast (92%), Water, Potato Starch, Salt, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Olive Oil [extra Virgin olive oil], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, BARLEY Malt Vinegar, Soy Sauce (Water, SOYA Extract (Water, SOYA Beans, Salt, WHEAT Flour), Salt, Glucose, Spirit Vinegar, BARLEY Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain WHEAT , CELERY), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.]
BBQ Pulled Pork	Allergens: Barley, Celery, Cereals, Fish, Gluten, Soya, Wheat.	Pork Leg [Pork], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, BARLEY Malt Vinegar, Soy Sauce (Water, SOYA Extract (Water, SOYA Beans, Salt, WHEAT Flour), Salt, Glucose, Spirit Vinegar, BARLEY Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain WHEAT , CELERY), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Light Brown Sugar [Cane sugar], Sweet Chilli Sauce [Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).], Distilled Malt Vinegar [Distilled Malt Vinegar (from Barley)(Acidity 5%).], Worcester Sauce [Malt Vinegar (from BARLEY), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies, (FISH) Tamarind Extract, Onions, Garlic, Spices, Flavourings]
BBQ Sauce	Allergens: Barley, Celery, Cereals, Gluten, Soya, Wheat.	Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, BARLEY Malt Vinegar, Soy Sauce (Water, SOYA Extract (Water, SOYA Beans, Salt, WHEAT Flour), Salt, Glucose, Spirit Vinegar, BARLEY Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain WHEAT , CELERY), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Distilled Malt Vinegar [Distilled Malt Vinegar (from Barley)(Acidity 5%).], Sweet Chilli Sauce [Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).], Light Brown Sugar [Cane sugar], Paprika [Ground Paprika.], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]
Beef Meatballs in Tomato Sauce	Allergens: Cereals, Gluten, Wheat.	Beef Meatballs [Beef (70%), Water, WHEAT flour (with calcium carbonate, iron, niacin and thiamin), Potato Starch, Onion Powder, Salt, Stabilisers: diphosphate, triphosphate; Yeast Extract, Ground Spices, Spice Extract.], Tomato and Basil Sauce [Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.]
Brown Cheese & Tomato Pizzini Pizza	Allergens: Gluten, Milk, Wheat.	Brown Cheese and Tomato Pizzini Pizza (100%) (135g) WHEAT Flour, Additives: Calcium Carbonate, Iron, Niacin, Thiamine, Water, Wholemeal (Wheat) (WHEAT) Flour, Yeast, Salt, Rapeseed Oil, Maize Flour. Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additives: Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic], Mozzarella (Milk) Cheese (MILK) (17%)

Title	Simple Allergens	Ingredients
Brown Spicy Chicken Pizzini Pizza	Allergens: Gluten, Milk, Wheat.	Brown Spicy Chicken Pizzini Pizza (100%) (135g) Pizzini Shell: Wheat Flour, Additives: Calcium Carbonate, Iron, Niacin, Thiamin, Water, Wholemeal (Wheat) Flour, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizzini Filling: Tomato Sauce (27%) [Concentrated Crushed Tomatoes, Additive: Citric Acid, Water, Rapeseed Oil, Salt, Onion Powder, Coriander, Chilli, Oregano, Cumin], Chicken (11%) [Chicken (98%), Water, Salt], Mozzarella (Milk) Cheese (milk) (9%)
Buttermilk Chicken	Allergens: Gluten, Milk, Wheat.	Green Gourmet Red Tractor Raw Buttermilk Southern Style Chicken Breast Fillet Portion 60g (100%) (60g) Chicken (84%) (Chicken, Water, Salt, Potato Starch, Stabiliser (Triphosphates)), Buttermilk Southern Style Dusting (6%) (Dextrose, Sugar, Wheat Flour (WHEAT)(contains Calcium Carbonate, Iron, Niacin, Thiamine), Maize Flour, Corn Flours, Salt, Garlic Powder, Spices (Black Pepper,Fennel, White Pepper, Turmeric), Yeast Extract (contains Salt), Yoghurt Powder (MILK), Buttermilk Powder (MILK) Colour (Caramel Colour), Acidity Regulator (Citric Acid), Paprika Extract).
Cheese	Allergens: Milk.	Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)]
Cheese and Ham	Allergens: Milk.	British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)]
Cheese and Tomato Pizzini	Allergens: Gluten, Milk, Wheat.	Cosmo Brown Cheese & Tomato Pizzini 135g (100%) (135g) Pizzini Shell: (60%), WHEAT Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Wholemeal (WHEAT) Flour, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizzini Filling: (40%), Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive: Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic], Mozzarella Cheese (MILK) (16%). SOURCE OF FIBRE.
Cheese and Tuna	Allergens: Eggs, Fish, Milk, Mustard.	Tuna (In Brine) [Tuna (Fish), Water, Salt.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]
Chicken		RT Chicken Strips [Chicken Breast (92%), Water, Potato Starch, Salt, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Olive Oil [extra Virgin olive oil]
Chicken Goujons	Allergens: Cereals, Gluten, Wheat.	Chicken Goujons [Chicken Breast (58%), WHEAT flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumb (WHEAT flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, WHEAT Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten (WHEAT), Raising Agents (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Paprika, Emulsifier (Polyglycerol Polyricinoleate).]
Chicken Meatballs in a Tomato Sauce		Water [Water], Chicken Meatballs [Chicken (70%), Water, Gluten Free Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose Monohydrate). Seasoning (Potato Starch, Salt, Spices, Onion Powder, Sugar, Yeast Extract, Spice Extracts)], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Leeks (loose) [Leeks], Diced Swede [Swede], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic (pk 2) [Garlic], Olive Oil [extra Virgin olive oil]

Title	Simple Allergens	Ingredients
Chicken Meatballs in a Tomato Sauce (sandwich)		Chicken Meatballs [Chicken (70%), Water, Gluten Free Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose Monohydrate). Seasoning (Potato Starch, Salt, Spices, Onion Powder, Sugar, Yeast Extract, Spice Extracts)], Tomato and Basil Sauce [Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.]
Chicken Rollover Hot Dog	Allergens: Cereals, Wheat. May Contain: Milk, Sesame Seeds.	Chicken Hotdog (51.43%) (90g) Chicken Meat (87%), water, salt, dextrose, thickener: E407, stabiliser: E450, spices, spice extracts, antioxidant: E300, E301, spice, yeast extract, glucose syrup, preservative: E250, beechwood smoke Rollover Baguette Pre Sliced (48.57%) (85g) WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Dextrose, Flour Treatment Agent (E300)
Chicken Sausages		Chicken Sausage [Chicken 65%, Chicken Skin, Water, Pea Flour, Potato Starch, Salt, Rice Flour, Yeast Extract, Stabiliser E451, Sugar, Spices, Onion Powder, Antioxidant E301, Spice Extract, Herb Extract, Filled in to a Beef Collagen Casing]
Chicken Slice Sausage	Allergens: Gluten, Wheat.	Sliced Chicken Sausage (100%) (85g) Chicken (45%); Water; Rusk [WHEAT Flour (with Calcium Carbonate, Iron, Niacin and Thiamin), Salt]; ChickenFat, Chicken Skin, Dextrose, Potato Starch, WHEAT Starch, Salt, Spices, Onion Powder, Sugar, Yeast Extract, Spice Extracts.
Falafel		Falafel [Rehydrated Chickpeas (66%)(Water, Chickpeas), Water, Onion (8%), Rapeseed Oil, Potato Flake(Dried Potato, Emulsifier(Mono- and Di-Glycerides of Fatty Acids)), Garlic Puree(Water, Garlic), Salt, Raising Agent(Sodium Bicarbonate), Cumin Powder, Coriander Powder, Concentrated Lemon Juice, Parsley, White Pepper.]
Falafel and Sweet Chilli Sauce		Falafel [Rehydrated Chickpeas (66%)(Water, Chickpeas), Water, Onion (8%), Rapeseed Oil, Potato Flake(Dried Potato, Emulsifier(Mono- and Di-Glycerides of Fatty Acids)), Garlic Puree(Water, Garlic), Salt, Raising Agent(Sodium Bicarbonate), Cumin Powder, Coriander Powder, Concentrated Lemon Juice, Parsley, White Pepper.], Sweet Chilli Sauce [Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).]
Hot and Spicy Chicken Steak	Allergens: Gluten, Kamut (Wheat), Sulphites. May Contain: Celery, Eggs, Milk, Sulphur Dioxide.	Hot and Spicy Chicken Steak (100%) (85g) Chicken Breast Fillet (RTA) (55.5%), Water, Fortified WHEAT Flour, Salt, Yeast Extract (SULPHITES), Rapeseed Oil, Durum WHEAT Semolina, Potato Starch, WHEAT Gluten , Stabilisers (E451), Maize Starch, Breadcrumb [Fortified WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt], Garlic Powder, Raising Agent: (E450, E500(II), E341), Spices (Chilli Powder, White Pepper, Cayenne Chilli), Spice Extracts (Black Pepper, Capsicum Extract, Paprika), WHEAT Flour, Onion Powder, Dextrose, Paprika Extract, Thickener (E415), White Pepper, Capsicum Extract, Garlic Extract, Vegetable Oil (Sunflower)
Katsu Curry Sauce	Allergens: Soya.	Water [Water], Diced Onions (frozen) [Onions], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Kikkoman GF Soy Sauce [Water, SOYbeans , Salt, Spirit vinegar], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.], Caster Sugar [Sugar], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).]

Title	Simple Allergens	Ingredients
Meat Free Sausages		Meat Free Sausage [Water, Pea Protein (19%), Vegetable Oils (Rapeseed, Shea, Coconut), Thickener (E461), Rice Protein, Preservative (E326), Caramelised Carrot Concentrate, Salt, Potato Starch, Natural Flavouring, Yeast Extracts, Beetroot Concentrate, Vegetable Fibres (Pea, Potato), Smoked Water, Carrot Concentrate, Ground Black Pepper, Acidity Regulator (E300)]
Piri Piri Sauce		Limes (each) [Limes], Garlic (pk 2) [Garlic], Olive Oil [extra Virgin olive oil], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Oregano [Dried Oregano.], Paprika [Ground Paprika.], Ground Black Pepper [Ground Black Pepper.], Salt [Salt, Anti-caking Agent E535.]
Pork Sausages	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat.	Pork Sausages 57g (Shaws) [pork(73%), rusk (WHEAT FLOUR, thiamin, iron, niacin), water, salt, spices, E221 SULPHITES]
Potato Scone	Allergens: Cereals, Wheat. May Contain: Almonds, Brazil Nuts, Cashew Nuts, Eggs, Hazelnuts, Macadamia or Queensland Nuts, Milk, Pecan Nuts, Pistachios, Soya, Tree Nuts, Walnuts.	Potato Scone (100%) (1g) Re Hydrated Potato Flakes (78%), WHEAT Flour (with added calcium carbonate, iron, niacin (B3) and thiamine (B1)), Vegetable Oil (Rapeseed), Salt, Raising Agent (E450i and E500ii) Preservative (E202)
Quorn Burger	Allergens: Barley, Cereals, Eggs, Gluten, Milk, Wheat.	Quorn Burgers [Mycoprotein (44%), Rehydrated Free Range EGG White, Textured WHEAT Protein, [WHEAT Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Caramel. Stabiliser: Sodium Alginate.], Onion, MILK Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted BARLEY Malt Extract]
Quorn Vegan Dippers	Allergens: Cereals, Gluten, Wheat.	Quorn Vegan Dippers [Mycoprotein (55%), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, WHEAT Gluten, Maize Flour, Stabiliser: Carrageenan. WHEAT Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum WHEAT Semolina, Turmeric Extract]
Quorn Vegan Fillet	Allergens: Cereals, Gluten, Wheat.	Quorn Vegan Fillet [Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, WHEAT Gluten, Stabiliser: Carrageenan.]
Quorn Vegan Nuggets	Allergens: Cereals, Gluten, Wheat.	Quorn Vegan Nuggets [Ingredients: Mycoprotein (51%). WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Water, WHEAT Starch, Pea Fibre, Natural Flavouring, Potato Protein, Pea Protein, Salt, WHEAT Gluten, Durum WHEAT Semolina, Yeast, Sage, Garlic Powder, White Pepper, Colour: Paprika Extract. Sage Extract, Onion Powder, Onion Oil, Raising Agent: Ammonium Bicarbonate.]
Quorn Vegan Sausages	Allergens: Cereals, Gluten, Wheat.	Quorn Vegan Sausages [Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavours, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], WHEAT Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate.]

Title	Simple Allergens	Ingredients
Roast Veg and Cream Cheese	Allergens: Milk.	Brakes Low Fat Soft Cream Cheese [Skimmed MILK , MILK Solids, Cream (MILK) , Starch, Locust Bean Gum E410, Salt E535, Potassium Sorbate, Culture.], Courgettes (loose) [Courgettes], Large Onions (kg) [Onions], Red Pepper (each) [Dutch" Red Peppers], Green Peppers (each) [Green Peppers], Potatoes [Washed & peeled potatoes], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Red Salad Onions [Red Onions], Yellow Pepper (each) [Yellow Peppers], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Roasted Vegetable and Mozzarella (bespoke filling)	Allergens: Milk.	Courgettes (loose) [Courgettes], Shredded Mozzarella [Mozzarella Cheese (98%) (Milk),Anti-caking Agent(Potato Starch).], Large Onions (kg) [Onions], Red Pepper (each) [Dutch" Red Peppers], Green Peppers (each) [Green Peppers], Potatoes [Washed & peeled potatoes], Red Onion [Red Salad Onions [Red Onions]], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Yellow Pepper (each) [Yellow Peppers], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Sausage Roll (Pastry, 118842)	Allergens: Gluten, Milk, Wheat.	Sausage Roll (Pastry) (100%) (120g) Pork (32%), Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Vegetable Oils and Fats [Palm], Water, Salt, Lemon Juice), Seasoning Mix (Rusk, Salt, WHEAT Starch, Dehydrated Onion, Sunflower Oil, Spice Extracts, Herbs [Sage, Parsley], Dextrose, Sugar, Yeast Extract, Antioxidant: Ascorbic Acid), White Shortening (Vegetable Oils and Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Salt, Yeast Extract (Yeast Extract, Salt), Glaze (MILK Protein, Dextrose, Vegetable Oil), Sage.
Sausage Roll (Pastry, 3634)	Allergens: Gluten, Sulphites, Wheat.	Sausage Roll (Pastry) (100%) (103g) PUFF PASTRY: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids).FILLING: Water, Pork (8%), Rusk [Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt, Raising Agent (Ammonium Hydrogen Carbonate)], Wheat Gluten , Wheat Starch, Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt, Potato Starch, Pork Fat, Dextrose, Yeast Extract, Caramelised Sugar Powder, Emulsifiers (Disodium Diphosphate, Pentasodium Triphosphate), Preservative (Sodium Sulphite), Sugar, Antioxidant (Ascorbic Acid), Marjoram, Thyme, Pepper Extract, Herb Extracts (Sage Extract, Basil Extract, Marjoram Extract, Rosemary Extract, Thyme Extract).GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract).
Shaws - GF Lorne Sausage	Allergens: Sulphites.	Shaws - Gluten Free Lorne Sausage (100%) (1g) Beef (70%), pea flour, water, salt, spice, potato starch, rice flour, dextrose, antioxidant
Shaws - Lorne Sausage	Allergens: Gluten, Sulphites.	Shaws - Lorne Sausage (100%) (1g) Beef (73%), RUSK , water, FLOUR , salt, spices, flavouring, preservative E221, antioxidant, natural colour
Shaws - Pork Sausage	Allergens: Gluten, Soya, Sulphites.	Shaws - Pork Sausage (100%) (1g) Pork (73%), RUSK , water, salt, pepper, spices, antioxidant, preservative E221
Simon Howie GF Beef Burger (85g)	Allergens: Soya, Sulphites, Sulphur Dioxide.	Simon Howie GF Burger (85g) [Beef (86%), Water, Seasoning (Potato Flakes, Potato Starch, Salt, Rice Flour, Spice (Pepper, Coriander, Nutmeg, Mixed Spice), Beef Flavour (SOYA), Sodium Metabi SULPHITES , Herbs)]

Title	Simple Allergens	Ingredients
Southern Style Chicken Goujons	Allergens: Gluten, Wheat.	Green Gourmet British Red Tractor Breaded Southern Style Chicken Goujons 28g (100%) (84g) Chicken Breast (58%), WHEAT Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Breadcrumb (WHEAT Flour (with added Calcium Carbonate, iron, Niacin, Thiamin), Water, Salt, Yeast), Water, Rice Flour, Whole WHEAT breadcrumb (Whole WHEAT Flour, Water,Salt, Yeast), Vegetable Oil (Rapeseed), WHEAT Starch, Maize Starch, Spices (Pepper, Garlic, Paprika, Chilli Pepper, Cardamom, Turmeric, Nutmeg, Cayenne, Cumin, Oregano), Dextrose Monohydrate, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Potato Starch, Stabiliser (Triphosphates), Maize Flour, Raising Agent (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Dehydrated Onion, Vegetable Oil (Sunflower), Caramel Sugar, Dried Glucose, Oligofructose (from chicory), Gluten (WHEAT), Emulsifier (Polyglycerol Polyricinoleate), Spice (Paprika).
Spicy Bean Burger	Allergens: Cereals, Gluten, Wheat.	Spicy Bean Burger [Cooked Red Kidney Beans (31%), Water, Breadcrumbs (14%) [Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)], Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetables (13%) (Onion, Green Pepper, Carrot, Potato), Sunflower Oil, Rapeseed Oil, WHEAT Semolina, Tomato Powder, Spices (Cayenne Red Chilli Pepper, Paprika Powder, Cumin, Black Pepper), Modified Maize Starch, Salt, Sugar, Onion Powder, Garlic Powder, Acid (Citric Acid), Raising Agent (Ammonium Carbonates), Paprika Extract, Oregano, Colour (Paprika Extract).]
Spicy Chicken Pizzini	Allergens: Gluten, Milk, Wheat.	Cosmo Brown Spicy Chicken Pizzini 155g (100%) (155g) Pizzini Shell: WHEAT flour, Additives: Calcium Carbonate, Iron, Niacin, Thiamin, water, wholemeal (WHEAT) flour, yeast, salt, rapeseed oil, maize flour Pizzini Filling: tomato sauce (27%) [concentrated crushed tomatoes, Additive: Citric Acid, water, rapeseed oil, salt, onion powder, coriander, chilli, cumin], chicken (11%) [chicken (98%), water, salt, mozzarella cheese (9%) [mozzarella, (MILK)]
Spicy Sauce	May Contain: Cereals, Gluten, Wheat.	Water [Water], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], Fajita Seasoning [Salt [Salt, Anticaking Agent (Sodium Ferrocyanide)], Chilli Powder (23%), Onion Powder, Sugar, Cumin Powder, Garlic Powder (8%), Oregano (0.5%), Flavouring, Paprika Extract, Lime Extract (0.5%), Cassia, Nutmeg, Coriander Leaf, Anticaking Agent (Silicon Dioxide).], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Cumin [Ground Cumin.], Paprika [Ground Paprika.]
Spicy Tomato Sauce		Tomato and Basil Sauce [Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.], Mild Chilli Powder [Paprika, Chilli Powder (20%).]
Tomato Sauce (for meatballs)		Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Leeks (loose) [Leeks], Diced Swede [Swede], Garlic (pk 2) [Garlic], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Olive Oil [extra Virgin olive oil]

Title	Simple Allergens	Ingredients
Turkey Meatballs in Tomato Sauce (sandwich)		Turkey Meatballs [Turkey (74%), Water, Onion, Starch, Salt, Stabiliser (Diphosphates), Spirit Vinegar, Lemon Juice Concentrate, Black Pepper, Chilli, Natural Flavouring, Bay, Ginger, Cumin, Cayenne Pepper, Rosemary, Thyme, Garlic Powder, Oregano.], Tomato and Basil Sauce [Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.]
Vegan Lorne Sausage	Allergens: Cereals, Gluten, Soya, Sulphites, Sulphur Dioxide, Wheat.	Vegan Lorne Sausage [Water, Vegetable Protein (SOYA), Vegetable Suet (Non-Hydrogenated Palm Oil, Non-Hydrogenated Sunflower Oil, WHEAT Flour), Rusk (WHEAT Flour (contains Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Raising Agent (Ammonium Bicarbonate)), Defatted SOYA Grits, Thickener (Methyl Cellulose), Salt, Yeast Extracts, Spice (White Pepper), Colour (Beetroot), Flavourings (Nutmeg, Sage, Thyme), Seasoning: Rusk (WHEAT Flour (contains Calcium Carbonate, Iron, Niacin, Thiamine) Salt, Ammonium Bicarbonate) Salt, Dried Onion, Spice Extracts (Pepper, Ginger, Nutmeg, Coriander, Pimento, Cayenne), WHEAT Flour, Spice Mix (Rice Flour, White Pepper, Paprika), Preservative (Sodium Metabisulphite), Sugar, Antioxidant Blend (Ascorbic Acid, Sodium Ascorbate, Citric Acid), Colour (Iron Oxide), Yeast Extract, Antioxidant (Nicotinamide).]
Vegan Meatballs in Tomato Sauce (sandwich)	Allergens: Soya.	Vegan Meatballs 14g [Water, SOYA Protein (19%), Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper.], Tomato and Basil Sauce [Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.]
Vegan Sausage Roll (Pastry)	Allergens: Gluten, Wheat.	Vegan Sausage Roll (Pastry) (100%) (64g) PUFF PASTRY: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids).FILLING: Water, Textured Wheat Protein (4%) [Wheat Gluten], Wholewheat Rusk [Wholewheat Flour], Palm Oil, Dextrose, Stabiliser (Hydroxypropyl Methyl Cellulose), Potato Starch, Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Rusk [Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt], Yeast Extract, Rice Flour, Salt, Black Pepper, Colour (Beetroot Red), Spice & Herb Extracts (Pepper Extract, Nutmeg Extract, Mace Extract, Pimento Extract, Ginger Extract, Coriander Extract, Sage Extract, Capsicum Extract), Sage.GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract).
Vegetable Fajita (Bespoke Sandwich Filling)	Allergens: Milk.	Carrots (loose) [Carrot], Red Pepper (each) [Dutch" Red Peppers], Green Peppers (each) [Green Peppers], Sweetcorn [sweetcorn], Large Onions (kg) [Onions], Mild White Cheddar Cheese [Cheddar Cheese (Milk)], Fajita Seasoning [Salt [Salt, Anticaking Agent (Sodium Ferrocyanide)], Chilli Powder (23%), Onion Powder, Sugar, Cumin Powder, Garlic Powder (8%), Oregano (0.5%), Flavouring, Paprika Extract, Lime Extract (0.5%), Cassia, Nutmeg, Coriander Leaf, Anticaking Agent (Silicon Dioxide).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Veggie Nuggets	Allergens: Cereals, Gluten, Wheat.	Sysco Vegetable Nuggets [Wheat Flour(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (12%),Peas (10%),Sweetcorn (9%),Onion (9%),Red Pepper (6%),Dried Potato,Green Beans (5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (3%),Potato,Salt,Yeast,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract.]

Title	Simple Allergens	Ingredients
White Cheese and Tomato Pizzini Pizza	Allergens: Gluten, Milk, Wheat.	White Cheese and Tomato Pizzini Pizza (100%) (135g) Pizzini Shell: WHEAT Flour, Additives: Calcium Carbonate, Iron, Niacin, Thiamine, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizzini Filling: Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additives: Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic], Mozzarella (Milk) Cheese (MILK) (17%)

HS Sweetened Baked Products

Date: 20/03/2024

Title	Simple Allergens	Ingredients
American Pancake	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Crepe Cuis American Style Pancake [Water, Fortified WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder (MILK), Vegetable Oil (Rapeseed), Cornflour, Buttermilk Powder (MILK) (1.2%), Raising Agents (E450i, E500), WHEAT Starch, Pasteurised Whole Free Range EGG , Sea Salt, Flavouring.]
Chocolate Cornflakes	Allergens: Barley, Cereals. May Contain: Milk, Soya.	Corn Flakes [Maize, Sugar, Salt, Malted Barley Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.], Golden Syrup [Partially Inverted Refiners Syrup.], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum]
Chocolate Rice Krispies	Allergens: Barley, Cereals. May Contain: Milk, Soya.	Crisp Puffed Rice [Rice, Sugar, Malted Barley Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12.], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Golden Syrup [Partially Inverted Refiners Syrup.], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum]
Crumpet	Allergens: Gluten, Wheat. May Contain: Spelt (Wheat).	Luxury Baked Sourdough Crumpets (100%) (56g) Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Liquid Sourdough Culture (5%) (Sourdough Culture (WHEAT), Spirit Vinegar, Salt, WHEAT Starch), Spirit Vinegar, Sugar, Raising Agents (Diphosphates, Carbonates), Yeast, Preservatives (Calcium Propionate, Potassium Sorbate), Salt.
Custard Creams	Allergens: Gluten, Milk, Wheat. May Contain: Soya.	Brakes Custard Creams (100%) (25g) Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Palm Oil, Dextrose, Wheat Starch, Rapeseed Oil, Raising Agent(Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Whey Powder (Milk), Salt, Flavouring, Colour(Plant Beta-Carotene).
Custard Creams Recipe	Allergens: Cereals, Gluten, Wheat.	Plain Flour Wheat Flour (with Calcium, Niacin, Iron, Thiamin).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Custard Powder [Maize Starch, Colour(Annatto Norbixin), Flavouring.], Caster Sugar [Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Icing Sugar [Sugar (97%), Maize Starch], Vanilla Essence [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.]
Digestives	Allergens: Gluten, Milk, Wheat. May Contain: Soya.	Brakes Digestive Biscuits (100%) (30g) Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Palm Oil,Wholemeal Wheat Flour (14%),Sugar,Partially Inverted Refiners Syrup,Whey Powder (Milk),Raising Agent(Sodium Hydrogen Carbonate,Ammonium Hydrogen Carbonate),Rapeseed Oil,Salt.
Flora Portion		Flora Original 10g Portions (100%) (10g) Vegetable oils (rapeseed, sunflower, linseed), water, coconut fat, salt (1.3%), emulsifier (lecithin, mono and diglycerides of fatty acids), natural flavouring, vitamins (A,D).

Title	Simple Allergens	Ingredients
Fruit Scones	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Sultanas [Sultanas (99.5%), Sunflower oil], Caster Sugar [Sugar], Semi Skimmed Milk (2L) [100% fresh milk], Salt [Salt, Anti-caking Agent E535.], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]
Gypsy Creams	Allergens: Cereals, Gluten, Oats, Wheat.	Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Osprio Porridge Oats [Flaked OATS], Icing Sugar [Sugar (97%), Maize Starch], Caster Sugar [Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Water [Water], Golden Syrup [Partially Inverted Refiners Syrup.], Cocoa Powder [Cocoa Powder (100%).], Vanilla Essence [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum]
Ice Cream in a Cone	Allergens: Cereals, Gluten, Milk, Soya, Wheat.	Cooldelights Vanilla Ice Cream [Skimmed Milk and Milk Proteins, Oligofructose, Polydextrose, Sorbitol, Maltodextrin, Sugar, Vegetable Fat (Palm Kernel Oil & Palm Oil), Emulsifier: (Mono & Di-Glycerides of Fatty Acids), Stabilisers: (Tara Gum, Cellulose Gum, Carrageenan), Colour: (Carotenes), Salt], Ice Cream Cones [WHEAT flour, Sugar, Palm oil, Emulsifier: SOYA Lecithin, Salt, Caramel.]
Jammy Dodger	Allergens: Cereals, Gluten, Wheat.	Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Reduced Sugar Raspberry Jam [Sweetener(Sorbitol)*, Raspberry Purée, Gelling Agent(Pectin), Acidity Regulators(Citric Acid, Sodium Citrates). *Contains over 10% polyols. Excessive consumption may produce laxative effects.], Caster Sugar [Sugar], Icing Sugar [Sugar (97%), Maize Starch]
Kelloggs Coco Pops Bar	Allergens: Barley, Gluten, Milk, Soya.	Kellogg's Coco Pops Cereal & Milk Bar (100%) (20g) Rice (33%), vegetable oils (palm, coconut) in varying proportions, sweetened condensed skimmed MILK (10%) (skimmed MILK , sugar), glucose syrup, sugar, starch, invert sugar syrup, skimmed MILK powder (4.5%), fat reduced cocoa powder, oligofructose, fructose, calcium carbonate, humectants (glycerol, sorbitol), MILK whey powder, BARLEY malt extract, salt, emulsifier (SOY lecithin), flavouring, vanilla extract, natural flavourings, antioxidants (ascorbyl palmitate, alpha tocopherol), niacin, iron, vitamin B6, riboflavin, thiamin, vitamin D, folic acid, vitamin B12.
Kelloggs Rice Crispy Bar	Allergens: Barley, Gluten, Milk, Soya.	Kellogg's Rice Krispies Cereal & Milk Bars (100%) (20g) Kellogg's toasted rice cereal (28%) (rice, sugar, salt, BARLEY malt extract, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12), sweetened condensed skimmed MILK (13%) (skimmed MILK , sugar), vegetable oils (palm, coconut) in varying proportions, glucose syrup, starch, invert sugar syrup, skimmed MILK powder (5.5%), sugar, fructose, oligofructose, humectants (glycerol, sorbitol), calcium carbonate, MILK whey powder, emulsifier (SOY lecithin), acidity regulator (diphosphates), antioxidants (ascorbyl palmitate, alpha tocopherol), vanilla extract, natural flavouring, vitamin D.

Title	Simple Allergens	Ingredients
Melting Moments	Allergens: Barley, Cereals, Eggs, Gluten, Wheat. May Contain: Milk, Soya.	Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Caster Sugar [Sugar], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Corn Flakes [Maize, Sugar, Salt, Malted Barley Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]
Middleton Fudge Brownie	Allergens: Eggs, Gluten, Wheat. May Contain: Milk, Soya.	Middleton Fudge Brownie Mix (Scotland Only) (85.47%) (40000g) WHEAT Flour (WHEAT , Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (5%), Dried Whole EGG Powder, Dried Glucose, Salt, Emulsifier (Rice Starch, E475, E471), Chocolate Flavouring (0.6%), Flavouring, Natural Flavouring. Just Water 500ml (14.53%) (6800g) -
Middleton's Plain Cookie	Allergens: Cereals, Eggs, Gluten, Milk, Wheat. May Contain: Soya.	Reduced Sugar Plain Cookie Mix [WHEAT Flour (WHEAT , Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Whey Powder (MILK), Raising Agents (E500(ii), E450(i)), Dextrose, Maltodextrin, Dried Whole EGG Powder, Dried EGG White Powder, Flavouring, Natural Colour (Annatto Norbixin).], Water [Water]
Mini Jam Doughnuts		Mini Jam Doughnuts (100%) (90g) ; Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Apple and Raspberry Jam (22%) [Glucose Syrup, Apple ;Pureé, Sugar, Raspberry Pureé, Acidity Regulator (Citric Acid, Trisodium Citrate), Colour (Anthocyanins), Gelling Agent (Pectin), Flavouring], Palm Oil, Rapeseed Oil, Sweet Dust (Glucose, Cornflour, Palm Oil), Sugar, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates), Salt, Wheat Gluten , Soya Flour, Yeast, Flour Treatment Agent (Ascorbic Acid).
Oatie Biscuit	Allergens: Cereals, Gluten, Oats, Sulphites, Sulphur Dioxide, Wheat.	Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).], Osprio Porridge Oats [Flaked OATS], Golden Syrup [Partially Inverted Refiners Syrup.], Dessicated Coconut [Coconut, Preservative (Sodium Metabisulphite).], Caster Sugar [Sugar], Water [Water], Bicarbonate of Soda [Sodium Bicarbonate]
Reduced Sugar Chocolate Cookie	Allergens: Cereals, Eggs, Gluten, Wheat. May Contain: Milk, Soya.	Middleton's Reduced Sugar Chocolate Cookie Mix [WHEAT Flour (WHEAT , Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (3.5%), Raising Agents (E500(ii), E450(i)), Dextrose, Maltodextrin, Colour (Caramel Powder), Dried Whole EGG Powder, Dried EGG White Powder, Chocolate Flavouring (0.35%), Flavouring.], Water [Water]
Reduced Sugar Chocolate Muffin	Allergens: Cereals, Eggs, Gluten, Wheat. May Contain: Milk, Soya.	Middleton Reduced Sugar Chocolate Muffin Mix [Sugar, WHEAT Flour (Contains: Calcium, Iron, Niacin, Thiamin), Reduced Fat Cocoa Powder (7.9%), Dried Whole EGG Powder, Raising Agents (E450, E500), Thickener (Xanthan Gum).], Water [Water], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Reduced Sugar Chocolate Sponge	Allergens: Cereals, Eggs, Gluten, Milk, Soya, Wheat.	Middleton's Reduced Sugar Chocolate Sponge [WHEAT Flour (WHEAT , Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (4.8%), Raising Agents (E500(ii), E450(i), E341(i)), Dried Whole EGG Powder, Skimmed MILK Powder, Dextrose, Butter MILK Powder, MILK Protein (Whey Powder, Acid Casein), Chocolate Flavouring (0.4%), Dried EGG White Powder, Maltodextrin, Thickener (Xanthan Gum), Colour (Caramel Powder), Emulsifier (Glucose Syrup, E472b, E477, SOYA Flour), Flavouring.], Water [Water]

Title	Simple Allergens	Ingredients
Reduced Sugar Flapjack	Allergens: Cereals, Gluten, Oats. May Contain: Barley, Eggs, Milk, Soya, Wheat.	Reduced Sugar Flapjack Mix [Wholegrain OAT Flakes (54%), Vegetable Oil Blend (Palm & Rapeseed Oil), Sugar, Dried Glucose, Dextrose, Natural Flavouring, Salt, Flavouring.], Water [Water]
Reduced Sugar Plain Muffin	Allergens: Cereals, Eggs, Gluten, Wheat. May Contain: Milk, Soya.	Reduced Sugar Plain Muffin Mix [WHEAT Flour (WHEAT , Calcium, Iron, Niacin, Thiamin), Sugar, Dried Whole EGG Powder, Raising Agents (E450(i), E500(ii)), Thickener (Xanthan Gum), Flavouring.], Water [Water], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Shortbread	Allergens: Cereals, Gluten, Wheat.	Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).], Caster Sugar [Sugar], Cornflour [Maize Starch.]
Vegan American Pancake	Allergens: Cereals, Gluten, Wheat. May Contain: Eggs, Milk.	Crepe Cuis Vegan American Style Pancake [Water, Fortified WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oil (Rapeseed), Cornflour, Raising Agents (E450i, E500), WHEAT Starch, Sea Salt, Flavouring.]