

# HS Bread Options

Date: 30/03/2023

Title	Simple Allergens	Ingredients
10" Panini	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.	La Boulangerie 10" Part Baked Bar Marked Panini Baguettes (100%) (130g) ; <b>Wheat</b> 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) <b>Wheat</b> 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) <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, <b>Sesame</b> 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) <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, <b>Buttermilk</b> Powder (6%), Palm Oil, Semolina ( <b>Wheat</b> ), Salt, Yeast, <b>Soya</b> 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) <b>Wheat</b> 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) <b>Wheat</b> 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.	Brakes Essentials 6.5" Hot Dog Rolls (100%) (50g) <b>Ingredients List:Wheat</b> 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).
6.5" Hot Dog Rolls (Top Sliced)	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.	Hot Dog Roll (100%) (45g) ;Wheat Flour ( <b>Wheat</b> 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).
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) <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Malted <b>Wheat</b> Flakes, Malted <b>Barley</b> , Salt, <b>Wheat</b> Bran, <b>Wheat Gluten</b> , Yeast, ; <b>Wheat</b> Flour, <b>Barley</b> Fibre, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid).

Title	Simple Allergens	Ingredients
8.5" Jumbo Torpedo Rolls	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.	La Boulangerie 8.5" Jumbo White Torpedo Rolls (100%) (85g) <b>Wheat</b> 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 Rolls	Allergens: Cereals, Wheat. May Contain: Eggs, Milk, Soya.	McGhees Brown Rolls (8 x 6pk) (100%) (48g) <b>WHEAT</b> Flour (with added calcium carbonate, iron, niacin (B3) and thiamine (B1)), Water, Yeast, <b>WHEAT GLUTEN</b> , Sugar, Salt, Emulsifiers (E471, E472e, E481), Rapeseed Oil, <b>WHEAT</b> Starch, Dextrose, Flour Treatment Agent (E300)
Ciabatta Sandwich Rolls	Allergens: Barley, Gluten, Rye, Wheat. May Contain: Sesame Seeds.	La Boulangerie Part Baked Ciabatta Sandwich Rolls (100%) (110g) <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil (2%), Yeast, <b>Wheat</b> Flour, <b>Rye</b> Flour, Salt, Sugar, Malted <b>Barley</b> Flour, Malted <b>Wheat</b> 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) <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Semolina ( <b>Wheat</b> ), Salt, <b>Soya</b> 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.	Finger Roll (100%) (60g) <b>Wheat</b> Flour (added Calcium Carbonate, Niacin, Thiamin and Iron), Water, Yeast, Roll Concentrate Salt, <b>WHEAT</b> Flour, ( Added Calcium, Iron, Niacin & Thiamin), Emulsifiers (E472e, E471), <b>SOYA</b> Flour, Rapeseed Oil, Yeast Nutrient (E516), Flour Treatment Agents (E300, E920)
Hovis Best of Both Bread	Allergens: Gluten, Soya.	Best of Both Medium Sliced (100%) (38g) <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, <b>Wheat</b> germ (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.
Plain Bagel	Allergens: Barley, Gluten, Rye, Wheat. May Contain: Sesame Seeds.	La Boulangerie Fully Baked Plain Bagels (100%) (100g) <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, <b>Rye</b> Flour, Sugar, Yeast, Maize, Rapeseed Oil, Salt, Malted <b>Barley</b> Flour, Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Starch.
White baguette	Allergens: Gluten, Wheat. May Contain: Barley, Oats, Rye.	White Baguette (100%) (125g) Wheat Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, <b>Wheat Gluten</b> , Salt, <b>Wheat</b> Flour, Deactivated Yeast, Flour Treatment Agent(Ascorbic Acid).).
White Morning Roll	Allergens: Cereals, Gluten, Soya, Soybeans. May Contain: Eggs, Milk, Nuts, Sesame Seeds.	White Morning Roll (100%) (48g) Wheat Flour, Water, Yeast, Salt, Emulsifiers (E472e, E471), Soya Flour, Vegetable Oil, Yeast Nutrition (E516), Flour Treatment Agent (E300, E920)
Wholemeal Pitta Bread	Allergens: Gluten, Wheat. May Contain: Milk, Soya.	La Boulangerie Wholemeal Pitta Breads (100%) (60g) Wholemeal <b>Wheat</b> Flour, Water, Yeast, Salt, Preservative(Calcium Propionate).

# HS Breakfast Cereals

Date: 30/03/2023

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

# HS Cold Sandwiches

Date: 30/03/2023

Title	Simple Allergens	Ingredients
BBQ Chicken Wrap	Allergens: Barley, Celery, Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Tomato Flour Tortillas [ <b>Wheat</b> 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, Salt, Potato Starch, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, <b>Barley</b> Malt Vinegar, <b>Soya</b> Sauce [Water, <b>Soya</b> Extract (Water, <b>Soya</b> Bean, Salt, <b>Wheat</b> Flour)], Salt, Glucose, Spirit Vinegar, &nbsp; <b>Barley</b> Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain <b>Wheat, Celery</b> ), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.], Spring Onion [Spring Onions]
Cheese Sandwich	Allergens: Cereals, Gluten, Milk, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk) (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 Gluten Free Sliced White Loaf [Maize Starch, Potato Starch, Tapioca Starch, Water, Rapeseed Oil, Humectant (Vegetable Glycerol), Psyllium Husk Powder, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Ground Golden Flaxseed, Free Range Dried <b>EGG</b> White, Rice Flour, Iodised Salt (Salt, Potassium Iodate), Dextrose, Fermented Maize Starch, Partially Inverted Sugar Syrup, Calcium Carbonate, Niacin, Iron, Riboflavin, Thiamine, Folic Acid.], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk) (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 [ <b>Wheat</b> 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 <b>Cheese</b> &nbsp;(Milk) (Colour: Annatto Norbixin)], Cucumber [Cucumber], Tomatoes [Tomatoes], Onions [Onions White], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Chicken Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates,&nbsp;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 Gluten Free Sliced White Loaf [Maize Starch, Potato Starch, Tapioca Starch, Water, Rapeseed Oil, Humectant (Vegetable Glycerol), Psyllium Husk Powder, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Ground Golden Flaxseed, Free Range Dried <b>EGG</b> White, Rice Flour, Iodised Salt (Salt, Potassium Iodate), Dextrose, Fermented Maize Starch, Partially Inverted Sugar Syrup, Calcium Carbonate, Niacin, Iron, Riboflavin, Thiamine, Folic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates,&nbsp;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 [ <b>Wheat</b> 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, Salt, Potato Starch, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Mango Chutney [Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder.], Madras Curry Powder [Ingredients:Coriander, Turmeric, Rice Flour, Fenugreek, 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 <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Egg Mayo Sandwich	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Free Range Eggs [ <b>Egg</b> ], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Egg Mayo Sandwich on Gluten Free Bread	Allergens: Eggs, Milk, Mustard.	Genius Gluten Free Sliced White Loaf [Maize Starch, Potato Starch, Tapioca Starch, Water, Rapeseed Oil, Humectant (Vegetable Glycerol), Psyllium Husk Powder, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Ground Golden Flaxseed, Free Range Dried <b>EGG</b> White, Rice Flour, Iodised Salt (Salt, Potassium Iodate), Dextrose, Fermented Maize Starch, Partially Inverted Sugar Syrup, Calcium Carbonate, Niacin, Iron, Riboflavin, Thiamine, Folic Acid.], Free Range Eggs [ <b>Egg</b> ], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Ham Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, 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 Gluten Free Sliced White Loaf [Maize Starch, Potato Starch, Tapioca Starch, Water, Rapeseed Oil, Humectant (Vegetable Glycerol), Psyllium Husk Powder, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Ground Golden Flaxseed, Free Range Dried <b>EGG</b> White, Rice Flour, Iodised Salt (Salt, Potassium Iodate), Dextrose, Fermented Maize Starch, Partially Inverted Sugar Syrup, Calcium Carbonate, Niacin, Iron, Riboflavin, Thiamine, Folic 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.]

Title	Simple Allergens	Ingredients
Tuna Mayo Sandwich	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Tuna (In Brine) [Ingredients:Tuna ( <b>Fish</b> ), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK</b> , <b>MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Tuna Mayo Sandwich on Gluten Free Bread	Allergens: Eggs, Fish, Milk, Mustard.	Genius Gluten Free Sliced White Loaf [Maize Starch, Potato Starch, Tapioca Starch, Water, Rapeseed Oil, Humectant (Vegetable Glycerol), Psyllium Husk Powder, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Ground Golden Flaxseed, Free Range Dried <b>EGG</b> White, Rice Flour, Iodised Salt (Salt, Potassium Iodate), Dextrose, Fermented Maize Starch, Partially Inverted Sugar Syrup, Calcium Carbonate, Niacin, Iron, Riboflavin, Thiamine, Folic Acid.], Tuna (In Brine) [Ingredients:Tuna ( <b>Fish</b> ), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK</b> , <b>MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Tuna Savoury Wrap	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Wheat.	Tomato Flour Tortillas [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.], Tuna (In Brine) [Ingredients:Tuna ( <b>Fish</b> ), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK</b> , <b>MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.], Tomatoes [Tomatoes], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Cucumber [Cucumber], Onions [Onions White]
Vegan Cheese Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, 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], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid.]

# High School Drinks

Date: 22/09/2023

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, Flavouring, Preservative, E211, Sweeteners, Sucralose, Acesulfame K
Radnor Splash Still Strawberry & Kiwi Sports Cap		Radnor Splash Still Strawberry (100%) (500g) Spring Water, Acid: Citric Acid. Flavourings, 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) Citric Acid, Watermelon Flavouring, Sodium Benzoate, Sucralose, Acesulfame K
Chokoslim Drinking Chocolate		Chokoslim Drinking Chocolate (100%) (15g) Very low-fat Cocoa solid (35%), Whey ( <b>Milk</b> ) ( <b>MILK</b> ) powder, Skimmed <b>MILK</b> powder, Anti-Caking agent: e341(iii), Thickener: Xanthan Gum E415, *Sweetener: Aspartame, Salt. Contains naturally occurring Sugar (Lactose ( <b>Milk</b> )) found in <b>MILK</b> . * 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.
Radnor Splash Sparkling Strawberry		Radnor Splash Sparkling Strawberry (100%) (330g) Carbonated spring water, Acid: Citric acid. Flavourings, Sweeteners: Sucralose, Acesulfame K. Preservative: E211.

Title	Simple Allergens	Ingredients
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).
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 <b>MILK</b> (1.4% fat) (99%), Stabilisers (Guar Gum, Carrageenan), Natural Flavourings, Vitamin D, Sweetener (Steviol Glycosides)



Title	Simple Allergens	Ingredients
Viva Flavoured Chocolate Milk	Allergens: Milk.	Viva Chocolate Flavour Semi-Skimmed Milk 200ml - No Added Sugar (100%) (200g) Low Fat <b>MILK</b> (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 <b>MILK</b> (1.4% fat) (99%), Stabilisers (Guar Gum, Carrageenan), Natural Flavourings, Vitamin D, Sweetener (Steviol Glycosides).

# HS Sweetened Baked Products

Date: 30/03/2023

Title	Simple Allergens	Ingredients
American Pancake	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Crepe Cuis American Style Pancake [Water, Fortified <b>WHEAT</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder ( <b>MILK</b> ), Vegetable Oil (Rapeseed), Cornflour, <b>Buttermilk</b> Powder ( <b>MILK</b> ) (1.2%), Raising Agents (E450i, E500), <b>WHEAT</b> Starch, Pasteurised Whole Free Range <b>EGG</b> , Sea Salt, Flavouring.]
Chocolate Cornflakes	Allergens: Barley, Cereals. May Contain: Milk, Soya.	Corn Flakes [Ingredients:Maize, Sugar, Salt, Malted <b>Barley</b> 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 [Ingredients:Rice, Sugar, Malted <b>Barley</b> 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 ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Liquid Sourdough Culture (5%) (Sourdough Culture ( <b>WHEAT</b> ), Spirit Vinegar, Salt, <b>WHEAT</b> 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) <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Palm Oil, Dextrose, <b>Wheat</b> Starch, Rapeseed Oil, Raising Agent(Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Whey Powder ( <b>Milk</b> ), Salt, Flavouring, Colour(Plant Beta-Carotene).
Custard Creams Recipe	Allergens: Cereals, Gluten, Milk, Wheat.	Plain Flour [Ingredients: <b>Wheat</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).&nbsp;]; Stork [Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), <b>BUTTERMILK</b> , preservative ( potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes).], Custard Powder [Maize Starch, Colour(Annatto Norbixin), Flavouring.], Caster Sugar [Sugar], Stork [Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), <b>BUTTERMILK</b> , preservative ( potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes).], 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) <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Palm Oil, Wholemeal <b>Wheat</b> Flour, Sugar, Partially Inverted Refiners Syrup, Whey Powder ( <b>Milk</b> ), Raising Agent(Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Rapeseed Oil, Salt.
Flora Portion	May Contain: Milk.	Flora Original 10g Portions (100%) (10g) Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

Title	Simple Allergens	Ingredients
Fruit Scones	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Self Raising Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Niacin, Iron, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).&nbsp;], Free Range Eggs [ <b>Egg</b> ], 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 [ <b>Milk</b> ], Salt [Salt, Anti-caking Agent E535.], Baking Powder [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate).&nbsp;]
Gypsy Creams	Allergens: Cereals, Gluten, Milk, Oats, Wheat.	Self Raising Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Niacin, Iron, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).&nbsp;], Stork [Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), <b>BUTTERMILK</b> , preservative ( potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes).], Osprio Porridge Oats [Flaked <b>OATS</b> ], Icing Sugar [Sugar (97%), Maize Starch], Caster Sugar [Sugar], Stork [Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), <b>BUTTERMILK</b> , preservative ( potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes).], 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 <b>Milk</b> and <b>Milk</b> 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 [ <b>WHEAT</b> flour, Sugar, Palm oil, Emulsifier: <b>SOYA</b> Lecithin, Salt, Caramel.]
Jammy Dodger	Allergens: Cereals, Gluten, Wheat.	Plain Flour [Ingredients: <b>Wheat</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).&nbsp;], 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 <b>MILK</b> (10%) (skimmed <b>MILK</b> , sugar), glucose syrup, sugar, starch, invert sugar syrup, skimmed <b>MILK</b> powder (4.5%), fat reduced cocoa powder, oligofructose, fructose, calcium carbonate, humectants (glycerol, sorbitol), <b>MILK</b> whey powder, <b>BARLEY</b> malt extract, salt, emulsifier ( <b>SOY</b> 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, <b>BARLEY</b> malt extract, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12), sweetened condensed skimmed <b>MILK</b> (13%) (skimmed <b>MILK</b> , sugar), vegetable oils (palm, coconut) in varying proportions, glucose syrup, starch, invert sugar syrup, skimmed <b>MILK</b> powder (5.5%), sugar, fructose, oligofructose, humectants (glycerol, sorbitol), calcium carbonate, <b>MILK</b> whey powder, emulsifier ( <b>SOY</b> 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, Milk, Wheat. May Contain: Soya.	Self Raising Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Niacin, Iron, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).&nbsp;]; Stork [Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), <b>BUTTERMILK</b> , preservative ( potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes).], Caster Sugar [Sugar], Free Range Eggs [ <b>Egg</b> ], Corn Flakes [Ingredients:Maize, Sugar, Salt, Malted <b>Barley</b> Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.], Baking Powder [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate).&nbsp;]
Middleton Fudge Brownie	Allergens: Eggs, Gluten, Wheat. May Contain: Milk, Soya.	Middleton Fudge Brownie Mix (Scotland Only) (85.47%) (40000g) <b>WHEAT</b> Flour ( <b>WHEAT</b> , Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (5%), Dried Whole <b>EGG</b> 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 [ <b>WHEAT</b> Flour ( <b>WHEAT</b> , Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Whey Powder ( <b>MILK</b> ), Raising Agents (E500(ii), E450(i)), Dextrose, Maltodextrin, Dried Whole <b>EGG</b> Powder, Dried <b>EGG</b> White Powder, Flavouring, Natural Colour (Annatto Norbixin).], Water [Water]
Mini Jam Doughnuts		Mini Jam Doughnuts (100%) (90g) ; <b>Wheat</b> 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, <b>Wheat Gluten</b> , <b>Soya</b> 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 [Ingredients: <b>Wheat</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).&nbsp;]; Osprio Porridge Oats [Flaked <b>OATS</b> ], Golden Syrup [Partially Inverted Refiners Syrup.], Dessicated Coconut [Coconut, Preservative (Sodium Metabisulphite).], Caster Sugar [Sugar], Water [Water], Bicarbonate of Soda [Sodium Bicarbonate&nbsp;];
Reduced Sugar Chocolate Cookie	Allergens: Cereals, Eggs, Gluten, Wheat. May Contain: Milk, Soya.	Middleton's Reduced Sugar Chocolate Cookie Mix [ <b>WHEAT</b> Flour ( <b>WHEAT</b> , 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 <b>EGG</b> Powder, Dried <b>EGG</b> 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, <b>WHEAT</b> Flour (Contains: Calcium, Iron, Niacin, Thiamin), Reduced Fat Cocoa Powder (7.9%), Dried Whole <b>EGG</b> 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 [ <b>WHEAT</b> Flour ( <b>WHEAT</b> , 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 <b>EGG</b> Powder, Skimmed <b>MILK</b> Powder, Dextrose, <b>Butter MILK</b> Powder, <b>MILK</b> Protein (Whey Powder, Acid Casein), Chocolate Flavouring (0.4%), Dried <b>EGG</b> White Powder, Maltodextrin, Thickener (Xanthan Gum), Colour (Caramel Powder), Emulsifier (Glucose Syrup, E472b, E477, <b>SOYA</b> 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 <b>OAT</b> 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 [ <b>WHEAT</b> Flour ( <b>WHEAT</b> , Calcium, Iron, Niacin, Thiamin), Sugar, Dried Whole <b>EGG</b> 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, Milk, Wheat.	Stork [Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), <b>BUTTERMILK</b> , preservative ( potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes).], Plain Flour [Ingredients: <b>Wheat</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).&nbsp;], 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 <b>WHEAT</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oil (Rapeseed), Cornflour, Raising Agents (E450i, E500), <b>WHEAT</b> Starch, Sea Salt, Flavouring.]

# HS Dietary Bakes

Date: 30/03/2023

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Title	Simple Allergens	Ingredients	Price
Dietary Apple Muffin	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).], Alpro Rice Milk [Water, Rice (12%), Sunflower oil, Calcium (Tri-calcium phosphate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (B12, D2), Acidity regulator (Dipotassium phosphate)], Granulated Sugar [Cane Sugar], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], Solid Pack Apples [INGREDIENTS: 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	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).], Alpro Rice Milk [Water, Rice (12%), Sunflower oil, Calcium (Tri-calcium phosphate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (B12, D2), Acidity regulator (Dipotassium phosphate)], Granulated Sugar [Cane Sugar], Banana [Bananas], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], 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	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).], Alpro Rice Milk [Water, Rice (12%), Sunflower oil, Calcium (Tri-calcium phosphate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (B12, D2), Acidity regulator (Dipotassium phosphate)], Caster Sugar [Sugar], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], 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	Price
Dietary Cinnamon Sponge	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).], Alpro Rice Milk [Water, Rice (12%), Sunflower oil, Calcium (Tri-calcium phosphate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (B12, D2), Acidity regulator (Dipotassium phosphate)], Caster Sugar [Sugar], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], 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 <b>Oats</b> ], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], Light Brown Sugar [Cane sugar], Golden Syrup [Partially Inverted Refiners Syrup.]	£
Dietary Gingerbread	Allergens: 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).], Alpro Rice Milk [Water, Rice (12%), Sunflower oil, Calcium (Tri-calcium phosphate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (B12, D2), Acidity regulator (Dipotassium phosphate)], Caster Sugar [Sugar], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], Black Treacle [Cane molasses ( <b>sulphites</b> )], Golden Syrup [Partially Inverted Refiners Syrup.], Mixed Spice [Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg.], Bicarbonate of Soda [Sodium Bicarbonate&nbsp;], Ground Ginger [Ground Ginger.]	£
Dietary Jam Sponge	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).], Alpro Rice Milk [Water, Rice (12%), Sunflower oil, Calcium (Tri-calcium phosphate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (B12, D2), Acidity regulator (Dipotassium phosphate)], Caster Sugar [Sugar], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], Apple Cider Vinegar [Cider Vinegar], Vanilla Essence [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Strawberry Jam [Glucose-Fructose Syrup, Strawberries, Sugar, 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 [Lemon], 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	Price
Dietary Lemon Muffin	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).], Alpro Rice Milk [Water, Rice (12%), Sunflower oil, Calcium (Tri-calcium phosphate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (B12, D2), Acidity regulator (Dipotassium phosphate)], Granulated Sugar [Cane Sugar], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], Lemons [Lemon], 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 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).], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], Gluten Free Porridge Oats [Quaker Wholegrain Rolled <b>Oats</b> ], 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&nbsp;]	£
Dietary Shortbread		Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], Gluten Free Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)], Caster Sugar [Sugar], Cornflour [Maize Starch.]	£
Dietary Sponge 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).], Alpro Rice Milk [Water, Rice (12%), Sunflower oil, Calcium (Tri-calcium phosphate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (B12, D2), Acidity regulator (Dipotassium phosphate)], Caster Sugar [Sugar], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic 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.]	£