

# High School Breakfast Cereals Report

Date: 10/10/2024

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Title	Ingredients	Simple Allergens
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, <b>VITAMINS &amp; MINERALS</b> : Niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.	Allergens: Barley, Gluten, Wheat.
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.
Semi Skimmed Milk	Milk (100%) (150g) Milk	Allergens: Dairy, Milk.
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.

# High School Bread Report

Date: 10/10/2024

Title	Ingredients	Simple Allergens
10" Panini	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).	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.
10" White Baguette	White Baguette 10inch [ ; <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]	Allergens: Cereals, Gluten, Wheat. May Contain: Barley, Sesame Seeds.
10" Wrap	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).	Allergens: Gluten, Wheat.
4" Sesame Seed Bun	Sysco Essentials 4" Pre Sliced Sesame Seed Burger Bun (100%) (50g) Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Yeast, <b>Sesame</b> Seed (2.0%), 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).	Allergens: Gluten, Sesame Seeds, Wheat.
5" Pre-Sliced White Bap	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).	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.
6.5" Hot Dog Rolls (Side Sliced)	Sysco Essentials 6.5" Hot Dog Rolls (100%) (50g) <b>Ingredients List:</b> 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).	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.
6.5" Hot Dog Rolls (Top Sliced)	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).	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.
7.5" Malted Wheat Baguette	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).	Allergens: Barley, Gluten, Wheat. May Contain: Sesame Seeds.
Brown Morning Roll	Brown Morning Roll (Anderson) [Brown <b>Wheat</b> Flour, Water, White <b>Wheat</b> Flour (with calcium, iron, niacin, thiamine), Vegetable Shortening (Palm oil, Palm Stearin, Rapeseed Oil), Palm Oil, Yeast, Salt, Sugar, E516, E170, <b>Soya</b> Flour, Dextrose, Oil (Rapeseed), Emulsifiers: E481, E472e, Flour Treatment Agent E300, Enzymes]	Allergens: Cereals, Gluten, Soya, Wheat.

Title	Ingredients	Simple Allergens
Ciabatta Sandwich Rolls	Ciabatta Sandwich Roll (100%) (120g) ;Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, Extra Virgin Olive Oil (2.0%), ; <b>Rye</b> Flour, Salt, ; <b>Wheat</b> Flour, Sugar, Malted <b>Wheat</b> Flour, Malted <b>Barley</b> Flour, Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).	Allergens: Barley, Gluten, Rye, Wheat. May Contain: Almonds, Cashew Nuts, Hazelnuts, Sesame Seeds.
English Muffin	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).	Allergens: Gluten, Soya, Wheat. May Contain: Sesame Seeds.
Finger Roll	Finger Roll (Anderson) [White <b>Wheat</b> Flour (with calcium, iron, niacin, thiamine), Water, Vegetable Shortening (Palm oil, Palm Stearin, Rapeseed Oil), Palm Oil, Yeast, Salt, Sugar, E516, E170, <b>Soya</b> Flour, Dextrose, Oil (Rapeseed), Emulsifiers: E481, E472e, Flour Treatment Agent E300, Enzymes]	Allergens: Cereals, Gluten, Soya, Wheat.
Genius Gluten Free Seeded Brown Bread	Genius GF Brown Bread [Water, Starches (Tapioca, Maize, Potato), Rice Flour, Seeds (11%) (Sunflower, Linseed, Poppy), Bamboo Fibre, Rapeseed Oil, Yeast, Dried <b>Egg</b> White, Psyllium Husk, Humectant (Vegetable Glycerol), Caster Sugar, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Preservatives (Calcium Propionate, Potassium Sorbate), Apple Extract]	Allergens: Eggs.
Genius Gluten Free White Bread	Genius GF Soft White Bread [Water, Starches (Tapioca, Maize, Potato), Rice Flour, Bamboo Fibre, Yeast, Maize Flour, Rapeseed Oil, Dried <b>Egg</b> White, Psyllium Husk, Humectant (Vegetable Glycerol), Caster Sugar, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Preservatives (Calcium Propionate, Potassium Sorbate), Natural Flavouring]	Allergens: Eggs.
Gluten Free Panini	Gluten Free Panini (100%) (1g) Maize starch, water, maize flour, rice flour, vegetable fibre (psyllium), dextrose, thickener: hydroxypropyl methyl cellulose (E-464). <b>SOYA</b> protein, sunflower oil, yeast, salt, acids: tartaric acid (E-334), citric acid (E-330).	Allergens: Soya. May Contain: Eggs, Mustard.
Hovis Best of Both Bread	Hovis Best Of Both Medium 750G [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, <b>Wheat</b> Protein, <b>Soya</b> Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.]	Allergens: Cereals, Gluten, Soya, Wheat.
Plain Bagel	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.	Allergens: Barley, Gluten, Rye, Wheat. May Contain: Sesame Seeds.
White Morning Roll	White Morning Rolls (Anderson) [White <b>Wheat</b> Flour (with calcium, iron, niacin, thiamine), Water, Vegetable Shortening (Palm oil, Palm Stearin, Rapeseed Oil), Palm Oil, Yeast, Salt, Sugar, E516, E170, <b>Soya</b> Flour, Dextrose, Oil (Rapeseed), Emulsifiers: E481, E472e, Flour Treatment Agent E300, Enzymes]	Allergens: Cereals, Gluten, Soya, Wheat.
Wholemeal Pitta Bread	La Boulangerie Wholemeal Pitta Breads (100%) (60g) Wholemeal <b>Wheat</b> Flour, Water, Yeast, Salt, Preservative(Calcium Propionate).	Allergens: Gluten, Wheat. May Contain: Milk, Soya.

# High School Drinks Report

Date: 10/10/2024

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Title	Ingredients	Simple Allergens
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 ( <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.	Allergens: Dairy, Milk.
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	Ingredients	Simple Allergens
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	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)	Allergens: Milk.
Viva Flavoured Chocolate 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)	Allergens: Milk.
Viva Flavoured Strawberry 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).	Allergens: Milk.

Title	Ingredients	Simple Allergens
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).	

# High School Hot/Cold Fillings Report

Date: 17/10/2024

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Title	Ingredients	Simple Allergens
Bacon	Unsmoked Bacon [Pork (87%), Water, Salt, Preservatives (Sodium Nitrite, Potassium Nitrate), Antioxidant (Sodium Ascorbate).&nbsp;];	
Baked Beans		
BBQ Sauce	Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, <b>BARLEY</b> Malt Vinegar, <b>Soy</b> Sauce (Water, <b>SOYA</b> Extract (Water, <b>SOYA</b> Beans, Salt, <b>WHEAT</b> Flour), Salt, Glucose, Spirit Vinegar, <b>BARLEY</b> Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain <b>WHEAT</b> , <b>CELERY</b> ), 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 <b>CELERY</b> ), spice.], Distilled Malt Vinegar [Distilled Malt Vinegar (from <b>Barley</b> ) gluten], 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&nbsp;Paprika.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Ground Black Pepper [Ground Black Pepper.]	Allergens: Barley, Celery, Cereals, Gluten, Soya, Wheat.
Beef Meatballs in Tomato Sauce	Beef Meatballs [Beef (70%), Water, <b>WHEAT</b> 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.]	Allergens: Cereals, Gluten, Wheat.
BLT	Unsmoked Bacon [Pork (87%), Water, Salt, Preservatives (Sodium Nitrite, Potassium Nitrate), Antioxidant (Sodium Ascorbate).&nbsp;]; Tomatoes (loose) [Tomatoes], Iceberg Lettuce (each) [Iceberg]	
Cheese	Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).]	Allergens: Milk.
Cheese and Ham	Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).]	Allergens: Milk.
Cheese and Onion	Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Red Salad Onions [Red Onions]	Allergens: Milk.
Cheese and Tomato	Tomatoes (loose) [Tomatoes], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).]	Allergens: Milk.
Cheese and Tuna	Tuna (In Brine) [Tuna ( <b>Fish</b> ), Water, Salt.], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], 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.]	Allergens: Eggs, Fish, Milk, Mustard.

Title	Ingredients	Simple Allergens
Cheese Savoury	Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> (Milk) (Colour: Annatto Norbixin)], Tomatoes [Tomatoes], Onions [Onions White], Cucumber [Cucumber], 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.]	Allergens: Eggs, Milk, Mustard.
Chicken	RT Chicken Strips [Chicken Breast (92%), Water, Potato Starch, Salt, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Olive Oil [extra Virgin olive oil]	
Chicken Goujons	Chicken Goujons [Chicken Breast (58%), <b>WHEAT</b> flour ( with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumbs ( <b>WHEAT</b> flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, <b>WHEAT</b> Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten ( <b>WHEAT</b> ), Raising Agents (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Paprika, Emulsifier (Polyglycerol Polyricinoleate).]	Allergens: Cereals, Gluten, Wheat.
Chicken Mayonnaise	Diced Chicken (Shaws) [100% Chicken], 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.]	Allergens: Eggs, Milk, Mustard.
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	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) <b>WHEAT</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Dextrose, Flour Treatment Agent (E300)	Allergens: Cereals, Wheat. May Contain: Milk, Sesame Seeds.
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	Sliced Chicken Sausage (100%) (85g) Chicken (45%); Water; Rusk [ <b>WHEAT</b> Flour (with Calcium Carbonate, Iron, Niacin and Thiamin), Salt]; Chicken Fat, Chicken Skin, Dextrose, Potato Starch, <b>WHEAT</b> Starch, Salt, Spices, Onion Powder, Sugar, Yeast Extract, Spice Extracts.	Allergens: Gluten, Wheat.
Coronation Sauce	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.], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], 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.]	Allergens: Eggs, Milk, Mustard.



Title	Ingredients	Simple Allergens
Egg Mayonnaise	(2.5 Doz) "medium" Free Range Eggs [100% <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.]	Allergens: Eggs, Milk, Mustard.
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	Brakes Falafel (100%) (100g) Chickpeas (57%) (Chickpeas, Gram Flour), Onion (16%), Brown Rice Flour (13%), Rapeseed Oil, Parsley, Salt, Cumin, Coriander, Concentrated Lemon Juice, Black Pepper, Garlic Powder, Chilli Powder.	
Garlic Mushrooms	Mushrooms (loose) [Mushrooms], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Diced Onions (frozen) [Onions], Olive Oil [extra Virgin olive oil], 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], Plain Flour [ <b>WHEAT</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).], Black Pepper [Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat.
Ham and Tomato	Tomatoes (loose) [Tomatoes], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).]	
Hot and Spicy Chicken Steak	Hot and Spicy Chicken Steak (100%) (85g) Chicken Breast Fillet (RTA) (55.5%), Water, Fortified <b>WHEAT</b> Flour, Salt, Yeast Extract ( <b>SULPHITES</b> ), Rapeseed Oil, Durum <b>WHEAT</b> Semolina, Potato Starch, <b>WHEAT Gluten</b> , Stabilisers (E451), Maize Starch, Breadcrumb [Fortified <b>WHEAT</b> 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), <b>WHEAT</b> Flour, Onion Powder, Dextrose, Paprika Extract, Thickener (E415), White Pepper, Capsicum Extract, Garlic Extract, Vegetable Oil (Sunflower)	Allergens: Gluten, Kamut (Wheat), Sulphites. May Contain: Celery, Eggs, Milk, Sulphur Dioxide.
<b>INVALID LABEL DO NOT USE</b> Vegan Mayonnaise	<b>INVALID LABEL DO NOT USE</b>	
Katsu Curry Sauce	Water [Water], Diced Onions (frozen) [Onions], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], 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.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Cornflour [Maize Starch.], 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.], Kikkoman GF Soy Sauce [Water, <b>SOYbeans</b> , Salt, Spirit vinegar], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Caster Sugar [Sugar]	Allergens: Soya.

Title	Ingredients	Simple Allergens
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)]	
Nut Free Satay Sauce	Water [Water], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Onions [Onions White], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Cornflour [Maize Starch.], 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.], Coriander [Coriander.], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.], Ginger [Ginger], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Caster Sugar [Sugar]	May Contain: Cereals, Gluten, Wheat.
Piri Piri Sauce	Limes (each) [Limes], Olive Oil [extra Virgin olive oil], Garlic (pk 2) [Garlic], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Paprika [Ground&nbsp;Paprika.], Oregano [Oregano.], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	
Pork Sausages	Pork Sausages 57g (Shaws) [pork(73%), rusk ( <b>WHEAT FLOUR</b> , thiamin, iron, niacin), water, salt, spices, E221 <b>SULPHITES</b> ]	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat.
Potato Scone	Potato Scone (100%) (1g) Re Hydrated Potato Flakes (78%), <b>WHEAT</b> Flour (with added calcium carbonate, iron, niacin (B3) and thiamine (B1)), Vegetable Oil (Rapeseed), Salt, Raising Agent (E450i and E500ii) Preservative (E202)	Allergens: Cereals, Wheat. May Contain: Almonds, Brazil Nuts, Cashew Nuts, Eggs, Hazelnuts, Macadamia or Queensland Nuts, Milk, Pecan Nuts, Pistachios, Soya, Tree Nuts, Walnuts.
Quorn Burger	Quorn Burgers [Mycoprotein (44%), Rehydrated Free Range <b>EGG</b> White, Textured <b>WHEAT</b> Protein, [ <b>WHEAT</b> Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Plain Caramel. Stabiliser: Sodium Alginate.], Onion, <b>MILK</b> Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted <b>BARLEY</b> Malt Extract]	Allergens: Barley, Cereals, Eggs, Gluten, Milk, Wheat.
Quorn Burger	Quorn Burgers (100%) (100g) Mycoprotein (44%), Rehydrated Free Range <b>EGG</b> White, Textured <b>WHEAT</b> Protein, [ <b>WHEAT</b> Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Plain Caramel. Stabiliser: Sodium Alginate.], Onion, <b>MILK</b> Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted <b>BARLEY</b> Malt Extract	Allergens: Barley, Eggs, Gluten, Milk, Wheat.

Title	Ingredients	Simple Allergens
Quorn Vegan Dippers	Quorn Vegan Dippers [Mycoprotein (55%), Water, <b>Wheat</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, <b>Wheat</b> Gluten, Maize Flour, Stabiliser: Carrageenan; <b>Wheat</b> Starch, Raising Agents: Ammonium Carbonate, Diphosphates, Sodium Bicarbonate; Dextrose, Durum <b>Wheat</b> Semolina, Turmeric Extract. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in bold.]	Allergens: Cereals, Gluten, Wheat.
Quorn Vegan Fillet	Quorn Vegan Fillet [Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, <b>Wheat</b> Gluten, Stabiliser: Carrageenan. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in bold.]	Allergens: Cereals, Gluten, Wheat.
Quorn Vegan Nuggets	Quorn Vegan Nuggets [Mycoprotein (51%), <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Water, <b>Wheat</b> Starch, Pea Fibre, Natural Flavouring, Potato Protein, Pea Protein, Salt, <b>Wheat</b> Gluten, Durum <b>Wheat</b> Semolina, Yeast, Sage, Garlic Powder, White Pepper, Colour: Paprika Extract; Sage Extract, Onion Powder, Onion Oil, Raising Agent: Ammonium Bicarbonate. For allergens, including cereals containing gluten, see ingredients in bold.]	Allergens: Cereals, Gluten, Wheat.
Quorn Vegan Sausages	Quorn Vegan Sausages [Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [ <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], <b>WHEAT</b> Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate.]	Allergens: Cereals, Gluten, Wheat.
Roast Veg and Cream Cheese	Brakes Low Fat Soft Cream Cheese [Skimmed <b>MILK</b> , <b>MILK</b> Solids, <b>Cream (MILK)</b> , 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).], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Red Salad Onions [Red Onions], Yellow Pepper (each) [Yellow Peppers]	Allergens: Milk.
Roasted Vegetable and Mozzarella (bespoke filling)	Courgettes (loose) [Courgettes], Shredded Mozzarella [Mozzarella <b>Cheese</b> (98%) ( <b>Milk</b> ),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).], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Yellow Pepper (each) [Yellow Peppers]	Allergens: Milk.
Sausage Roll (Pastry, 118842)	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, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Raising Agent: Ammonium Bicarbonate), Breadcrumb (WHEAT), Salt. WHEAT Starch, Dehydrated Onion, Natural Flavouring, Herbs [Sage, Parsley], Dextrose, Sugar, Yeast Extract Powder, White Pepper, 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	Allergens: Gluten, Milk, Wheat.

Title	Ingredients	Simple Allergens
Sausage Roll (Pastry, 3634)	Sausage Roll (Pastry) (100%) (103g) PUFF PASTRY: <b>Wheat</b> Flour ( <b>Wheat</b> 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 [ <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt, Raising Agent (Ammonium Hydrogen Carbonate)], <b>Wheat Gluten, Wheat</b> Starch, <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt, Potato Starch, Pork Fat, Dextrose, Yeast Extract, Caramelised Sugar Powder, Emulsifiers (Disodium Diphosphate, Pentasodium Triphosphate), Preservative (Sodium <b>Sulphite</b> ), 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).	Allergens: Gluten, Sulphites, Wheat.
Shaws - GF Lorne Sausage	Shaws - Gluten Free Lorne Sausage (100%) (1g) Beef (70%), pea flour, water, salt, spice, potato starch, rice flour, dextrose, antioxidant	Allergens: Sulphites.
Shaws - Lorne Sausage	Shaws - Lorne Sausage (100%) (1g) Beef (73%), <b>RUSK</b> , water, <b>FLOUR</b> , salt, spices, flavouring, preservative E221, antioxidant, natural colour	Allergens: Gluten, Sulphites.
Shaws - Pork Sausage	Shaws - Pork Sausage (100%) (1g) Pork (73%), <b>RUSK</b> , water, salt, pepper, spices, antioxidant, preservative E221	Allergens: Gluten, Soya, Sulphites.
Simon Howie GF Beef Burger (85g)	Simon Howie GF Burger (85g) [Beef (86%), Water, Dried Potato, Potato Starch, Salt, Rice Flour, Spices (Black Pepper, Cinnamon, Nutmeg, Clove, Cassia), Preservative (Sodium Metab <b>isulphite</b> ), Hydrolysed Maize Protein, Herbs (Coriander, Marjoram, Sage, Thyme, Oregano), Yeast Extract, Dextrose, Flavouring, Spice Extract.]	Allergens: Sulphites, Sulphur Dioxide.
Southern Style Chicken Goujons	Green Gourmet British Red Tractor Breaded Southern Style Chicken Goujons 28g (100%) (84g) Chicken Breast (58%), <b>WHEAT</b> Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Breadcrumbs ( <b>WHEAT</b> Flour (with added Calcium Carbonate, iron, Niacin, Thiamin), Water, Salt, Yeast), Water, Rice Flour, Whole <b>WHEAT</b> breadcrumb (Whole <b>WHEAT</b> Flour, Water, Salt, Yeast), Vegetable Oil (Rapeseed), <b>WHEAT</b> 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 ( <b>WHEAT</b> ), Emulsifier (Polyglycerol Polyricinoleate), Spice (Paprika).	Allergens: Gluten, Wheat.
Spicy Bean Burger	Spicy Bean Burger [Cooked Red Kidney Beans (30%), Water, Vegetables (13%) (Onion, Green Pepper, Carrot), Breadcrumbs (13%) [Fortified <b>Wheat</b> Flour ( <b>WHEAT</b> 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 <b>Wheat</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Sunflower, Rapeseed) in varying proportions, <b>WHEAT</b> Semolina, Tomato Powder, Spices (Cayenne Pepper, Paprika Powder, Cumin, Black Pepper), Modified Starch, Salt, Sugar, Onion Powder, Garlic Powder, Acid (Citric Acid), Raising Agent (Ammonium Carbonates), Colour (Paprika Extract), Oregano.]	Allergens: Cereals, Gluten, Wheat.

Title	Ingredients	Simple Allergens
Spicy Sauce	Water [Water], Olive Oil [extra Virgin olive oil], Tomato Paste [Tomatoes], 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.], Paprika [Ground&nbsp;Paprika.], Cumin [Cumin.]	May Contain: Cereals, Gluten, Wheat.
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%).]	
Spinach and Falafel Burger	Spinach and Falafel Burger [Chickpeas (62%) Chickpeas, Gram Flour), Spinach (15%), Onion, Rapeseed Oil, Parsley, Salt, Cumin, Coriander, Concentrated Lemon Juice, Black Pepper, Garlic Powder, Chilli Powder.]	
Sweet Chilli Sauce	Sweet Chilli Sauce [Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).]	
Tomato Sauce (for meatballs)	Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Diced Swede [Swede], Leeks (loose) [Leeks], 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]	
Tuna mayonnaise	Tuna (In Brine) [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, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]	Allergens: Eggs, Fish, Milk, Mustard.
Tuna Melt	Tuna (In Brine) [Tuna ( <b>Fish</b> ), Water, Salt.], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], 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.]	Allergens: Eggs, Fish, Milk, Mustard.
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.]	

Title	Ingredients	Simple Allergens
Vegan Lorne Sausage	Vegan Lorne Sausage [Water, <b>Wheat</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamine), <b>Soya</b> Protein, Vegetable Oils (Palm, Sunflower), Defatted <b>Soya</b> Grits, Salt, Thickener (Hydroxypropyl Methylcellulose), Dried Onion, Spices (White Pepper, Nutmeg, Coriander, Pimento, Ginger, Cayenne, Paprika), Colours (Beetroot Red, Iron Oxide), Yeast Extract, Flavourings (Sage, Nutmeg, Thyme), Rice Flour, Preservative (Sodium Metab <b>isulphite</b> ), Sugar, Antioxidants (Ascorbic Acid, Citric Acid), Niacin.]	Allergens: Cereals, Gluten, Soya, Sulphites, Sulphur Dioxide, Wheat.
Vegan Meatballs in Tomato Sauce (sandwich)	Vegan Meatballs 14g [Water, <b>SOYA</b> 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.]	Allergens: Soya.
Vegan Sausage Roll (Pastry)	Vegan Sausage Roll (Pastry) (100%) (64g) PUFF PASTRY: <b>Wheat</b> Flour ( <b>Wheat</b> 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%) [ <b>Wheat Gluten</b> ], Wholewheat Rusk [ <b>Wholewheat</b> Flour], Palm Oil, Dextrose, Stabiliser (Hydroxypropyl Methyl Cellulose), Potato Starch, <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Rusk [ <b>Wheat</b> Flour ( <b>Wheat</b> 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).	Allergens: Gluten, Wheat.
Vegetable Fajita (Bespoke Sandwich Filling)	Red Pepper (each) [Dutch" Red Peppers], Green Peppers (each) [Green Peppers], Carrots (loose) [Carrot], Large Onions (kg) [Onions], Sweetcorn [sweetcorn], Mild White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> ], 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).]	Allergens: Milk.
Veggie Nuggets	Sysco Vegetable Nuggets [ <b>Wheat</b> Flour( <b>Wheat</b> 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.]	Allergens: Cereals, Gluten, Wheat.

# High School Salad Boxes Report

Date: 17/10/2024

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Title	Ingredients	Simple Allergens
BBQ Chicken Pasta Salad	Fusilli Pasta Spirals [Durum <b>Wheat</b> Semolina (100%).], RT Chicken Strips [Chicken Breast (92%), Water, Potato Starch, Salt, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Iceberg Lettuce (each) [Iceberg], Cherry Tomatoes (pks) [Dutch" Cherry Tomatoes], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, <b>BARLEY</b> Malt Vinegar, <b>Soy</b> Sauce (Water, <b>SOYA</b> Extract (Water, <b>SOYA</b> Beans, Salt, <b>WHEAT</b> Flour), Salt, Glucose, Spirit Vinegar, <b>BARLEY</b> Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain <b>WHEAT</b> , <b>CELERY</b> ), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.], Olive Oil [extra Virgin olive oil]	Allergens: Barley, Celery, Cereals, Gluten, Soya, Wheat. May Contain: Mustard.
Boiled Egg Salad Box	(2.5 Doz) "medium" Free Range Eggs [100% <b>Egg</b> ], Iceberg Lettuce (each) [Iceberg], Cherry Tomatoes (pks) [Dutch" Cherry Tomatoes], "Dutch" Cucumber's (loose) [Cucumber's]	Allergens: Eggs.
Cajun Chicken Pasta Salad	RT Chicken Strips [Chicken Breast (92%), Water, Potato Starch, Salt, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Fusilli Pasta Spirals [Durum <b>Wheat</b> Semolina (100%).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Iceberg Lettuce (each) [Iceberg], Cherry Tomatoes (pks) [Dutch" Cherry Tomatoes], Cajun Seasoning [Salt, paprika, dried onion, cayenne pepper, garlic powder, cumin (8%), black pepper, thyme (4%), dried chillies (2%), oregano, white pepper, acidity regulator (citric acid), anti-caking agent (silicon dioxide).], Olive Oil [extra Virgin olive oil]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.
Cheese and Tomato Quiche	Tomatoes (loose) [Tomatoes], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Shortcrust Pastry [Plain Flour [ <b>WHEAT</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Water [Water]], (2.5 Doz) "medium" Free Range Eggs [100% <b>Egg</b> ], Mild White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> ], Water [Water]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Cheese Salad Box	Iceberg Lettuce (each) [Iceberg], Cherry Tomatoes (pks) [Dutch" Cherry Tomatoes], "Dutch" Cucumber's (loose) [Cucumber's], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).]	Allergens: Milk.
Chicken Caesar Salad	Diced Chicken (Shaws) [100% Chicken], Iceberg Lettuce (each) [Iceberg], Red Salad Onions [Red Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Cherry Tomatoes (pks) [Dutch" Cherry Tomatoes], "Dutch" Cucumber's (loose) [Cucumber's], Hovis Best Of Both Medium 750G [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, <b>Wheat</b> Protein, <b>Soya</b> Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.]	Allergens: Cereals, Gluten, Soya, Wheat.

Title	Ingredients	Simple Allergens
Chicken Fajita Pasta Salad	Fusilli Pasta Spirals [Durum <b>Wheat</b> Semolina (100%).], RT Chicken Strips [Chicken Breast (92%), Water, Potato Starch, Salt, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Iceberg Lettuce (each) [Iceberg], Cherry Tomatoes (pks) [Dutch" Cherry Tomatoes], 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).], Olive Oil [extra Virgin olive oil]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.
Chicken Salad Box	Iceberg Lettuce (each) [Iceberg], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Cherry Tomatoes (pks) [Dutch" Cherry Tomatoes], "Dutch" Cucumber's (loose) [Cucumber's]	
Ham Salad Box	Iceberg Lettuce (each) [Iceberg], Cherry Tomatoes (pks) [Dutch" Cherry Tomatoes], "Dutch" Cucumber's (loose) [Cucumber's], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).]	
Plain Salad Box	Iceberg Lettuce (each) [Iceberg], Tomatoes (loose) [Tomatoes], "Dutch" Cucumber's (loose) [Cucumber's], Sweetcorn [sweetcorn], Carrots (loose) [Carrot]	
Sweet Chilli Chicken Pasta Salad	Fusilli Pasta Spirals [Durum <b>Wheat</b> Semolina (100%).], RT Chicken Strips [Chicken Breast (92%), Water, Potato Starch, Salt, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Iceberg Lettuce (each) [Iceberg], Cherry Tomatoes (pks) [Dutch" Cherry Tomatoes], Sweet Chilli Sauce [Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).], Olive Oil [extra Virgin olive oil]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.
Tuna Mayonnaise Salad Box	Iceberg Lettuce (each) [Iceberg], Tuna (In Brine) [Tuna ( <b>Fish</b> ), Water, Salt.], Cherry Tomatoes (pks) [Dutch" Cherry Tomatoes], "Dutch" Cucumber's (loose) [Cucumber's], Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, <b>Egg</b> Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).]	Allergens: Eggs, Fish.
Tuna Pasta Salad	Fusilli Pasta Spirals [Durum <b>Wheat</b> Semolina (100%).], Tuna (In Brine) [Tuna ( <b>Fish</b> ), Water, Salt.], Iceberg Lettuce (each) [Iceberg], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Cherry Tomatoes (pks) [Dutch" Cherry Tomatoes], "Dutch" Cucumber's (loose) [Cucumber's], Spring Onion (bunch) [Spring onions], Olive Oil [extra Virgin olive oil]	Allergens: Cereals, Fish, Gluten, Wheat. May Contain: Mustard, Soya.



# High School Sweetened Baked Products Report

Date: 10/10/2024

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Title	Ingredients	Simple Allergens
American Pancake	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.]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Chocolate Cornflakes	Corn Flakes [Maize, Sugar, Salt, Malted <b>Barley</b> Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (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]	Allergens: Barley, Cereals.
Chocolate Rice Krispies	Crisp Puffed Rice [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 (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]	Allergens: Barley, Cereals.
Crumpet	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, Sodium Carbonates), Yeast, Preservatives (Calcium Propionate, Potassium Sorbate), Salt.	Allergens: Gluten, Wheat.
Custard Creams	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).	Allergens: Gluten, Milk, Wheat. May Contain: Soya.
Custard Creams Recipe	Plain Flour [ <b>WHEAT</b> &nbsp;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.]	Allergens: Cereals, Gluten, Wheat.
Digestives	Brakes Digestive Biscuits (100%) (30g) <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin),Palm Oil,Wholemeal <b>Wheat</b> Flour (14%),Sugar,Partially Inverted Refiners Syrup,Whey Powder ( <b>Milk</b> ),Raising Agent(Sodium Hydrogen Carbonate,Ammonium Hydrogen Carbonate),Rapeseed Oil,Salt.	Allergens: Gluten, Milk, Wheat. May Contain: Soya.
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	Ingredients	Simple Allergens
Fruit Scones	Self Raising Flour [&nbsp; <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], (2.5 Doz) "medium" Free Range Eggs [100% <b>Egg</b> ], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Sultanas [Sultanas (99.5%), Sunflower oil], Caster Sugar [Sugar], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Baking Powder [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Gypsy Creams	Self Raising Flour [&nbsp; <b>Wheat</b> 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 <b>OATS</b> ], Icing Sugar [Sugar (97%), Maize Starch], Caster Sugar [Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), 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.], Vanilla Essence [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Cocoa Powder [Cocoa Powder (100%).], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum]	Allergens: Cereals, Gluten, Oats, Wheat.
Ice Cream in a Cone	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.]	Allergens: Cereals, Gluten, Milk, Soya, Wheat.
Jammy Dodger	Plain Flour [ <b>WHEAT</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (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]	Allergens: Cereals, Gluten, Wheat.
Kelloggs Coco Pops Bar	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.	Allergens: Barley, Gluten, Milk, Soya.
Kelloggs Rice Crispy Bar	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.	Allergens: Barley, Gluten, Milk, Soya.

Title	Ingredients	Simple Allergens
Melting Moments	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).]	Allergens: Barley, Cereals, Eggs, Gluten, Wheat.
Middleton Fudge Brownie	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) -	Allergens: Eggs, Gluten, Wheat. May Contain: Milk, Soya.
Middleton's Plain Cookie	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]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat. May Contain: Soya.
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	Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Osprio Porridge Oats [Flaked OATS], Dessicated Coconut [Coconut, Preservative (Sodium Metabisulphite).], Golden Syrup [Partially Inverted Refiners Syrup.], Caster Sugar [Sugar], Water [Water], Bicarbonate of Soda [Sodium Bicarbonate.]	Allergens: Cereals, Gluten, Oats, Sulphites, Sulphur Dioxide, Wheat.
Reduced Sugar Chocolate Cookie	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]	Allergens: Cereals, Eggs, Gluten, Wheat. May Contain: Milk, Soya.
Reduced Sugar Chocolate Muffin	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).]	Allergens: Cereals, Eggs, Gluten, Wheat. May Contain: Milk, Soya.
Reduced Sugar Chocolate Sponge	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]	Allergens: Cereals, Eggs, Gluten, Milk, Soya, Wheat.

Title	Ingredients	Simple Allergens
Reduced Sugar Flapjack	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]	Allergens: Cereals, Gluten, Oats. May Contain: Barley, Eggs, Milk, Soya, Wheat.
Reduced Sugar Plain Muffin	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).]	Allergens: Cereals, Eggs, Gluten, Wheat. May Contain: Milk, Soya.
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).], Plain Flour [ <b>WHEAT</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).], Caster Sugar [Sugar], Cornflour [Maize Starch.]	Allergens: Cereals, Gluten, Wheat.
Vegan American Pancake	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.]	Allergens: Cereals, Gluten, Wheat. May Contain: Eggs, Milk.

# High School Dietary Bakes Report

Date: 10/10/2024

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Title	Ingredients	Simple Allergens
Dietary Apple Muffin	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 [ <b>SOYA</b> base (Water, Hulled <b>SOYA</b> beans (8.7%)), Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (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)]	Allergens: Soya. May Contain: Milk.
Dietary Banana Muffin	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 [ <b>SOYA</b> base (Water, Hulled <b>SOYA</b> beans (8.7%)), Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (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], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.]	Allergens: Soya. May Contain: Milk.
Dietary Brownie	Gluten Free Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)], Caster Sugar [Sugar], Water [Water], 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(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	May Contain: Milk.
Dietary Carrot Cake	Carrots (loose) [Carrot], Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Light Brown Sugar [Cane sugar], Golden Syrup [Partially Inverted Refiners Syrup.], Sultanas [Sultanas (99.5%), Sunflower oil], Apple Cider Vinegar [Cider Vinegar], Ground Cinnamon [Ground Cinnamon (Cassia)], Bicarbonate of Soda [Sodium Bicarbonate.], Mixed Spice [Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg.], Ground Ginger [Ground Ginger.]	
Dietary Chocolate Cookie	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).], Caster Sugar [Sugar], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum]	

Title	Ingredients	Simple Allergens
Dietary Chocolate Cupcake	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 [ <b>SOYA</b> base (Water, Hulled <b>SOYA</b> beans (8.7%)), Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (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.]	Allergens: Soya. May Contain: Milk.
Dietary Chocolate Flapjack	Gluten Free Porridge Oats [Quaker Wholegrain Rolled <b>Oats</b> ], 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.], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum]	Allergens: Cereals, Gluten, Oats.
Dietary Chocolate Shortbread	Gluten Free Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)], 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], Cornflour [Maize Starch.], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum]	
Dietary Cinnamon Sponge	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 [ <b>SOYA</b> base (Water, Hulled <b>SOYA</b> beans (8.7%)), Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (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.]	Allergens: Soya. May Contain: Milk.
Dietary Cupcake	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 [ <b>SOYA</b> base (Water, Hulled <b>SOYA</b> beans (8.7%)), Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (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.], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.]	Allergens: Soya. May Contain: Milk.
Dietary Flapjack	Gluten Free Porridge Oats [Quaker Wholegrain Rolled <b>Oats</b> ], 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.]	Allergens: Cereals, Gluten, Oats.

Title	Ingredients	Simple Allergens
Dietary Gingerbread	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 [ <b>SOYA</b> base (Water, Hulled <b>SOYA</b> beans (8.7%)), Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (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).], Golden Syrup [Partially Inverted Refiners Syrup.], Black Treacle [Cane molasses ( <b>sulphites</b> )], Ground Ginger [Ground&nbsp;Ginger.], Mixed Spice [Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg.], Bicarbonate of Soda [Sodium Bicarbonate.]	Allergens: Soya, Sulphites, Sulphur Dioxide.
Dietary Jam Sponge	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 [ <b>SOYA</b> base (Water, Hulled <b>SOYA</b> beans (8.7%)), Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (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.], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.], Strawberry Jam [ <b> </b> Sugar, Strawberries, Water, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate).]	Allergens: Soya. May Contain: Milk.
Dietary Lemon Cake	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.]	May Contain: Milk.
Dietary Lemon Muffin	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 [ <b>SOYA</b> base (Water, Hulled <b>SOYA</b> beans (8.7%)), Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (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.]	Allergens: Soya. May Contain: Milk.
Dietary Marble Cake	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 [ <b>SOYA</b> base (Water, Hulled <b>SOYA</b> beans (8.7%)), Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (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.], 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.]	Allergens: Soya. May Contain: Milk.

Title	Ingredients	Simple Allergens
Dietary Oat Biscuit	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Light Brown 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).], 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.]	Allergens: Cereals, Gluten, Oats. May Contain: Milk.
Dietary Oaty Energy Bars	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Gluten Free Porridge Oats [Quaker Wholegrain Rolled <b>Oats</b> ], Light Brown Sugar [Cane sugar], Raisins [Raisins (99.5%), Sunflower Oil.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Golden Syrup [Partially Inverted Refiners Syrup.], Apple Cider Vinegar [Cider Vinegar], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.]	Allergens: Cereals, Gluten, Oats.
Dietary Pear and Cocoa Cake	Pear Halves in Juice [Pear, Water, Pear Juice from Concentrate, Acidity Regulator(Citric Acid).], 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).], 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.]	May Contain: Milk.
Dietary Pineapple Sponge Cake	Pineapple Slices [Pineapple (60%), Pineapple Juice (40%).], 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 [ <b>SOYA</b> base (Water, Hulled <b>SOYA</b> beans (8.7%)), Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (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.]	Allergens: Soya. May Contain: Milk.
Dietary Shortbread	Gluten Free Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)], 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], Cornflour [Maize Starch.]	
Dietary Sponge Cake	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 [ <b>SOYA</b> base (Water, Hulled <b>SOYA</b> beans (8.7%)), Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Flavourings, Sea salt, Stabiliser (Gellan gum), Vitamins (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.]	Allergens: Soya. May Contain: Milk.



Title	Ingredients	Simple Allergens
Vegan Lemon Cake	Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Lemons (each) [Lemons], Caster Sugar [Sugar], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]	Allergens: Cereals, Gluten, Wheat.