

Full Ingredient Index

Beefy Mix

Bovine (100%) Tomatoes (63%), Tomato Paste, Onion (8%), Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil (1%), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt), Salt, Sugar, Oregano, Acidity Regulator (Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Flavouring, Natural Basil Flavouring, Onion Oil. Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*.

*Made from sustainably grown ingredients.

Yorkshire Puddings (V)

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole **EGG**, **EGG White**, Water, Rapeseed Oil, Skimmed **MILK** Powder, Salt.

GLUTEN WHEAT EGGS MILK

Tomato & Bean Bake (VE)

Mixed Beans in Varying Proportions (605) (Red Kidney Beans, Chickpeas, Cannellini Beans, Butter Beans, Borlotti Beans) Water, Firming Agent (Calcium Chloride) Tomatoes (63%), Tomato Paste, Onion (8%), Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil (1%), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt), Salt, Sugar, Oregano, Acidity Regulator (Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Flavouring, Natural Basil Flavouring, Onion Oil

Hot Dog & Bun

Pork (65%), Water, Rusk [**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt (Anti-Caking Agent (E535)), Raising Agent (E503(ii))], Pea Protein, Seasoning [Salt (Anti-Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg, Mace) Yeast Extract, Dehydrated Onion, Preservative (E223) [SULPHITE], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Dextrose, Onion Powder, Sage, Beef Collagen Casing (Collagen, Water, Glycerol, Cellulose, HOSO Sunflower Oil).

Bun: **WHEAT Flour** (with Calcium, Folic Acid, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300).

WHEAT May Contain Sesame

Cheese Omelette(V)

Free Range Whole **EGGS**, Whole **MILK**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper.

Cheese: Mature Cheddar Cheese (**MILK**).

MILK EGGS

Roast Chicken

Chicken (typically 98% Chicken meat) Salt, Pea Starch, Potato Starch, Stabiliser E450, Dextrose.

Stuffing(V)

Water, Rusk (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Salt), Breadcrumbs (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Salt), Dried Onion, Herbs (Parsley, Sage, Thyme), Rapeseed Oil, Flavouring, Salt, Onion Powder

WHEAT

Gravy

Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.

Cheese & Onion Roll (V)

Water, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Vegetable Fat (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Onion (7%), Dehydrated Potato (Potatoes, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Sodium Acid Pyrophosphate), Acidity Regulator (Citric Acid)), Cheddar Cheese (**MILK**) (3%), Red Leicester Cheese (**MILK**) (2%) (contains Colour (Beta Carotene)), Whole **MILK** Powder, Modified Maize Starch, Cheese Powder (**MILK**), Salt, Onion Powder, Stabiliser (Methyl Cellulose), Glaze (Water, **WHEAT GLUTEN**).

WHEAT GLUTEN MILK May Contain Eggs, Mustard

Chicken Tikka Curry

Chicken breast (99%), salt. Water, Tomato Purée (21%), Cream (11%) (**MILK**), Tomatoes, Yogurt (5%) (**MILK**), Sugar, Modified Maize Starch, Onion, Ground Spices, Garlic Purée, Ginger Purée, Coriander Leaf, Creamed Coconut, Desiccated Coconut, Salt, Rapeseed Oil, Acidity Regulator (Lactic Acid), Concentrated Lemon Juice, Caraway Seeds, Ground Black Pepper, Colour (Paprika Extract), Vitamin C, Chilli Powder, Natural Flavouring, Vitamin D.

MILK

Quorn Meatballs In tomato Sauce (VE)

Mycoprotein (40%), Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser: Sodium Alginate), Onion, Water, Textured Pea Protein (Pea Protein, Pea Fibre), Pea Fibre, Natural Flavourings (contains **BARLEY**), Potato Protein, Vegetable Oils (Palm, Rapeseed), Rice Starch, Gluten Free Roast **BARLEY** Malt Extract, Mushroom Extract (Maltodextrin, Mushroom Extract). Tomatoes (63%), Tomato Paste, Onion (8%), Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil (1%), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt), Salt, Sugar, Oregano, Acidity Regulator (Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Flavouring, Natural Basil Flavouring, Onion Oil.

WHEAT GLUTEN

Fish Stars

Fish (**FISH**) (54%), Reconstituted Mashed Potato (11%), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Water, Yeast, Salt, Parsley, Onion Extract

FISH GLUTEN WHEAT

Cheese & Tomato Pizza(V)

Wholemeal pizza base (64%): (Fortified **WHEAT** flour, **WHEAT** flour, **WHEAT GLUTEN**, calcium carbonate, Iron, Niacin, Thiamine), water, wholemeal **WHEAT** flour, yeast, salt, granulated sugar, improver (**WHEAT** flour, Emulsifier: E471, E481, E472, Ascorbic acid.) rapeseed oil (naturally containing Omega 3), deactivated yeast. Cheese flavour topping (18%): Mozzarella 90% (Pasteurised bovine **MILK**, Salt,bacterial starter culture, Microbial Rennet), Matured white cheddar 10% (Pasteurised bovine **MILK**, salt, bacterial starter culture, Microbial Rennet) Anticaking Agent: Potato starch. Tomato sauce (18%): (Tomato sauce: tomatoes, salt, sunflower oil, sugar, herbs & spices (oregano, pepper, basil, garlic.) acidity regulator: citric acid, water.).

GLUTEN WHEAT MILK

Italian Pork Meatballs

Pork, water, pea protein, gluten free seasoning - salt, anti-caking agent E535, sugar, spices, black pepper, white pepper, nutmeg, mace, yeast extract, dehydrated onion, Preservative E223, **SULPHITE**, emulsifier E450, dextrose, rice flour, antioxidant E300, marjoram, natural onion powder, dextrose, onion powder, sage.

MAY CONTAIN TRACES SOYA

Quorn Sausage Bean Bake(V)

Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Fibre), Rusk [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Salt], Seasoning [Natural Flavours, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Oregano, Nutmeg Extract, Mace Extract], **WHEAT Gluten**, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Stabiliser: Methylcellulose, Sodium Alginate. Beans (49%), Tomatoes (28%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika, Flavouring. **WHEAT**

Sausage Roll

Water, **WHEAT** Flour, Pork (19%), Margarine (Palm Oil, Palm Stearin, Water. Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (E330), Lemon Juice], Rusk [Wheat Flour, Salt, Raising Agent (E5031)1, Glaze [Water, Modified Starch, Rapeseed Oil, **MILK** Proteins, Emulsifiers (Soya Lecithin (E322), E471), Acidity Regulator (E339). Colour (E160a)], Pork Fat, **WHEAT** Starch. Seasoning [Salt, Spices (White Pepper, Nutmeg, Ginger, Mace, Black Pepper, Coriander), Sugar, Emulsifier (E450i.ii), Flavour Enhancer (E621), **WHEAT** Flour, Preservative (Sodium Metabisulphite), Onion Powder, Rusk (Wheat Flour, Salt, Raising Agent (E503ti)), Dextrose, Antioxidants (E301, E304, E307), Rapeseed Oil, Spice Extracts, Colour (E120), Herb Extracts], Pea Starch, Salt. **Wheat** Flour contains Calcium carbonate, Iron, Niacin and Thiamin.

WHEAT May also contain nuts.

Although every care has been taken to remove bones, some small bones may remain.

Vegan Sausage Roll(VE)

Water, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Vegetable Fat (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Rusk (Fortified **WHEAT** Flour) (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Salt, Raising Agent (Ammonium Carbonate), Pea Protein Concentrate (2%), Potato Starch, Broad Bean Protein Isolate (1%), Modified Maize Starch, Dehydrated Onions, Stabiliser (Modified Cellulose), Seasoning (Salt, Potato Starch, Sage, Parsley, Rice Flour, Ground Spices (Black Pepper, Nutmeg, Coriander), Stabilisers (Di- and Polyphosphates, Triphosphates), Antioxidant (Sodium L-Ascorbate), Acidity Regulator (Sodium Citrates), Spice Extracts (Pepper, Nutmeg, Cayenne), Herb Extracts (Sage, Thyme)), Glaze (Water, **WHEAT GLUTEN**), Salt, Black Pepper.

WHEAT GLUTEN

Roast Beef

Silverside beef (105g beef per 100g finished product), Salt, Dextrose, Stabiliser (E451)

Vegetable Cornish Pasty

Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids), Potato (9%), Onion, Swede (5%), Carrot (5%), **SOYA** Protein Concentrate (2%), Seasoning (Salt, Yeast Extract, Potato Fibre, Ground Black Pepper, Dried Glucose Syrup, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin) Sugar, **BARLEY** Malt Extract, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Black Pepper, Dried Onion, Carrot Powder, Rapeseed Oil, Natural Flavourings), Peas (1%), Modified Maize Starch, Stabiliser: Methylcellulose, **WHEAT** Protein, Colour: Carotenes.

Breaded Chicken Fillet

Chicken (56%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Durum **WHEAT** Semolina, Rice Flour, **WHEAT** Starch, **WHEAT** Gluten, Rapeseed Oil, Salt, Yeast, Dextrose, Pea Fibre, Stabiliser (Triphosphates), Onion Powder, Sugar, Yeast Extract, Garlic Powder, White Pepper, Sage

WHEAT

Katsu Sauce (VE)

Water, Tomato Purée from Concentrate (10%), Sugar, Modified Maize Starch, Ginger Purée (3%), Rapeseed Oil, Garlic Purée, Ground Coriander, Salt, Turmeric, Acidity Regulator: Citric Acid; Ground Cumin, Ground Fenugreek, Cardamom, Cumin Seeds, Ground Cassia, Ground Fennel, Chilli Powder, Ground Cloves, Stabiliser: Xanthan Gum, Black Pepper.

Cheesy Vegetable Casserole

Mature Cheddar Cheese (**MILK**). Broccoli, Cauliflower, Sliced carrots, Cut green beans 1,25cm Reconstituted Vegetable stock (water, salt, yeast extract, maltodextrin, sugar, onion, carrot, vegetable oil (sunflower), herb), Reconstituted skimmed **MILK**, vegetable oil, modified starch, butter (5%) (**MILK**), whey protein concentrate (**MILK**), salt, emulsifier: **SOYA** lecithin.

MILK SOYA

Fish Fingers

Alaska Pollock (**FISH**) (58%), Breadcrumbs*, Rapeseed Oil. *Breadcrumb Coating (**Wheat Flour**, Water, Potato Starch, Salt, **Refined FISH** Oil, Paprika, Yeast, Turmeric).

Although great care has been taken to remove all bones, some may remain

Alaska pollock fillet fish fingers, prefried.

Beef Bolognese

Bovine (100%) Tomatoes (63%), Tomato Paste, Onion (8%), Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil (1%), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt), Salt, Sugar, Oregano, Acidity Regulator (Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Flavouring, Natural Basil Flavouring, Onion Oil. Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*.

*Made from sustainably grown ingredients. Durum **WHEAT** semolina.

WHEAT

Ratatouille (VE)

Sliced onions (10%), Diced aubergines (20%), Courgettes quarters (20%), Sliced green/red peppers (15%), Tomato quarters (35%) Tomatoes (63%), Tomato Paste, Onion (8%), Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil (1%), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt), Salt, Sugar, Oregano, Acidity Regulator (Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Flavouring, Natural Basil Flavouring, Onion Oil.

Toad In the Hole

Pork (65%), Water, Rusk [**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt (Anti-Caking Agent (E535)), Raising Agent (E503(ii))], Pea Protein, Seasoning [Salt (Anti-Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg, Mace) Yeast Extract, Dehydrated Onion, Preservative (E223) [SULPHITE], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Dextrose, Onion Powder, Sage, Beef Collagen Casing (Collagen, Water, Glycerol, Cellulose, HOSO Sunflower Oil). Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole **EGG**, **EGG White**, Water, Rapeseed Oil, Skimmed **MILK** Powder, Salt.

GLUTEN WHEAT EGGS MILK

Cauliflower Cheese Bake

Mature Cheddar Cheese (**MILK**). Cauliflower, Reconstituted Vegetable stock (water, salt, yeast extract, maltodextrin, sugar, onion, carrot, vegetable oil (sunflower), herb), Reconstituted skimmed **MILK**, vegetable oil, modified starch, butter (5%) (**MILK**), whey protein concentrate (**MILK**), salt, emulsifier: **SOYA** lecithin.

MILK SOYA

Quorn Veggie Bites (VE)

Mycoprotein (61%), Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Rapeseed Oil, Pea Fibre, Natural Flavouring, Durum **WHEAT** Semolina, Potato Protein, Pea Protein, **WHEAT Gluten**, Maize Flour, **WHEAT** Starch, Dextrose, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Salt, Turmeric Extract..

WHEAT

Chicken Meatballs with Sweet & Sour Sauce

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)

Sweet & Sour: Tomato Purée from Concentrate, Water, Sugar, Pineapple (8%), Mixed Peppers (8%), Carrots (6%), Onions, Spirit Vinegar, Rice Vinegar, Modified Maize Starch, Pineapple Juice from Concentrate (2%), Ginger Purée, Salt, Garlic Purée.

Salmon Fish Cakes

Atlantic Salmon (36%) (**FISH**), Partially Reconstituted Dried Potato, **Wheat** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Rapeseed Oil, Water, Palm Oil, Salt, Yeast, Stabiliser: Methycellulose; Parsley, Turmeric, Black Pepper Extract, Colour: Paprika Extract; Parsley Extract.

Caution! Although extra care has been taken to remove all bones, some may remain.

WHEAT FISH

Pasta(V)

Durum **WHEAT** semolina.

WHEAT

Gluten Free Pasta(V)

Maize (70%), Rice (30%), Emulsifier: Mono- and Diglycerides of Fatty Acids.

Rice(V)

50% wholegrain parboiled long grain rice 50% white parboiled long grain rice

Roast Potatoes(V)

Potatoes, sunflower oil.

May Contain MILK GLUTEN

Chips

Potatoes, palm oil.

May Contain MILK GLUTEN

Potato Wedges(V)

Potatoes, sunflower oil.

May Contain MILK GLUTEN

Mash Potato(V)

Potatoes, water, palm oil, whey powder (**MILK**), **LACTOSE**, **MILK** protein, butter oil (**MILK**), natural flavouring, salt, dextrose, **MILK** powder, onion powder, spices.

MILK

Jacket Potato(V)

Potato

Cheese: Mature Cheddar Cheese (**MILK**).

Baked Bean: Beans (49%), Tomatoes (28%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika, Flavouring.

Tuna Mayo: Skipjack Tuna (*katsuwonus pelamis*) (**FISH**), Water, Salt Rapeseed Oil (65%), Water, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Salt, Free Range **Dried EGG Yolk** (1%), Stabiliser (Xanthan Gum), Modified Maize Starch, Preservative (Potassium Sorbate), Concentrated Lemon Juice

FISH EGG

Tuna, Sweetcorn Mayo: Skipjack Tuna (*katsuwonus pelamis*) (**FISH**), Water, Salt Rapeseed Oil (65%), Water, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Salt, Free Range **Dried EGG Yolk** (1%), Stabiliser (Xanthan Gum), Modified Maize Starch, Preservative (Potassium Sorbate), Concentrated Lemon Juice Sweetcorn (100%)

FISH EGG

Mixed Vegetables(V)

Carrots (48%), Peas (30%), Cut green beans (9%), Broad Beans (7%), Sweetcorn (6%).

Farmhouse Vegetables(V)

Broccoli, Cauliflower, Sliced carrots, Cut green beans 1,25cm

Broccoli

Broccoli

Carrots

Carrots

SULPHITES**Sweetcorn**

Sweetcorn (100%)

Green Beans

Sliced beans (100%)

Chocolate Malt Brownie(V)

Dates (95%), Rice Flour (5%)

(**WHEAT**) Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin

EGGS Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum

White sugar or Sugar

Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings Prunes (99.9%), Preservative: Potassium Sorbate

Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D.

WHEAT EGGS

Vanilla Iced Sponge(V)

(**WHEAT**) Flour, Niacin, Iron, Folic Acid, Thiamin, Sodium Bicarbonate E500, Monocalcium Phosphate E341

White sugar or Sugar Water

Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D.

EGGS Icing Sugar (97%), Maize Starch

WHEAT EGGS

Forest Fruit Jelly (VE)

Sweeteners (Erythritol, Stevia Extract), Fruit Sugar, Acidity Regulators (Potassium Citrate, Citric Acid), Gelling Agent: Carrageenan, Natural Forest Fruits Flavouring, Natural Colouring (Red Beet). Raspberries, Redcurrant, Blackcurrant, Blueberries, Blackberries in varying proportions.

Coconut & Jam Sponge(V)

WHEAT) Flour, Niacin, Iron, Folic Acid, Thiamin, Sodium Bicarbonate E500, Monocalcium Phosphate E341

White sugar or Sugar Water

Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D.

EGGS

Sugar, Water, Concentrated Apple Purée, Raspberry Purée, Rhubarb Purée, Gelling Agent (Pectins), Concentrated Plum Purée, Colour (Anthocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Caramelised Sugar. Coconut, Preservative **(SULPHUR DIOXIDE)**.

SULPHUR DIOXIDE WHEAT EGGS

Apricot Flapjack (V)

Mornflake OATFLAKES (100%) **GLUTEN WHEAT** Partially inverted refiners syrup
Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D

. Apricots ,Preservative **(SULPHUR DIOXIDE)**

White sugar or Sugar.

WHEAT GLUTEN SULPHUR DIOXIDE

Raspberry & Apple Crunch(V)

Water, Raspberries (27%), Sugar, Bramley Apple (23%), Modified Waxy Maize Starch, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate).

Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D. White sugar or Sugar

(**WHEAT**) Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin

WHEAT GLUTEN

Lemon Iced Sponge(V)

Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D. White sugar or Sugar

(**WHEAT**) Flour, Niacin, Iron, Folic Acid, Thiamin, Sodium Bicarbonate E500, Monocalcium Phosphate E341 **EGGS** Icing Sugar (97%), Maize Starch Lemon Juice, Preservative: Potassium **METABISULPHITE**.

WHEAT EGGS SULPHITE

Raspberry Jelly (NOT VEGGIE)

Dextrose, Sugar, Bovine Gelatine, Colour: Beetroot Red, Preservatives (Citric Acid, Trisodium Citrate), Flavouring. Raspberries (100%)

Sticky Toffee Pudding(V)

Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D. White sugar or Sugar

(**WHEAT**) Flour, Niacin, Iron, Folic Acid, Thiamin, Sodium Bicarbonate E500, Monocalcium Phosphate E341 **EGGS** Raising Agent (Sodium Bicarbonate)

Dates (95%), Rice Flour (5%)

WHEAT GLUTEN EGGS

Chocolate Orange Shortbread(V)

Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D.

White sugar or Sugar

(WHEAT) Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin

Rapeseed Oil, Orange Oil (9%) Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum

WHEAT

Cherry Crunch(V)

Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D.

White sugar or Sugar

(WHEAT) Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin

Cherries (84%), Glucose- Fructose Syrup, Acidity Regulator (Citric Acid), Colour (Erythrosine), Preservative (**SULPHUR DIOXIDE**).

SULPHUR DIOXIDE WHEAT GLUTEN

Carrot & Orange Cake(V)

Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D.

White sugar or Sugar

(WHEAT) Flour, Niacin, Iron, Folic Acid, Thiamin, Sodium Bicarbonate E500, Monocalcium Phosphate E341

Carrots (**SULPHITES**) **EGGS**

Rapeseed Oil, Orange Oil (9%)

WHEAT Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate).

WHEAT GLUTEN SULPHUR DIOXIDE EGGS

Peach Shortbread(V)

Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D.

White sugar or Sugar

(WHEAT) Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin

Peaches, Water, Sugar, Citric Acid (Acidity Regulator)

WHEAT GLUTEN

Toffee & Banana Flapjack(V)

Mornflake OATFLAKES (100%) **GLUTEN WHEAT** Partially inverted refiners syrup
Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D. Invert Sugar Syrup, Sweetened Condensed **MILK**, Colour: Plain Caramel, Natural Flavouring Banana

GLUTEN WHEAT MILK

Chocolate Shortbread(V)

Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D.

White sugar or Sugar

(WHEAT) Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin

Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum

WHEAT GLUTEN

Metcalfes Milk Chocolate Rice Cakes 2 x 17g (Gluten Free)

MILK Chocolate (60%), (Sugar, Cocoa Butter, **Whole MILK** Powder, Cocoa Mass, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Wholegrain Brown Rice. **MILK** chocolate contains cocoa solids 32% minimum, **MILK** solids 20% minimum.

MILK SOYABEAN

Metcalfes Strawberry & Yogurt Rice Cakes 2 x 17g (Gluten Free)

YOGHURT Flavoured Coating (58%) (Sugar, Palm Oil, LACTOSE Powder (**MILK**), YOGHURT Powder (6%) (**MILK**), Emulsifier (**SOYA** Lecithin)), Wholegrain Brown Rice, Freeze-Dried Strawberries (2%).

MILK SOYABEAN

Soft White Medium Sliced Bread

Fortified Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Salt, Vegetable Oils and Fat [Rapeseed Oil, Palm Fat, Palm Oil], Spirit Vinegar, Preservative (Calcium Propionate), **Soya** Flour, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)

WHEAT SOYA