



Summer Menu 2023

Allergen Listing

Vegetables

Carrots, swede, cabbage, broccoli or cauliflower.

Cottage Pie & Vegetables

Onions, vegetable oil, minced beef, frozen peas, carrots, sweetcorn, green beans, potatoes, **MILK**, salt & pepper. Vegetable Bouillon – (Salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract). Worcester Sauce – (Malt Vinegar (from **BARLEY**), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (**FISH**) Tamarind Extract, Onions, Garlic, Spices, Flavourings) Stork margarine – (Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes), Bisto gravy granules – (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**).

Vegetarian Cottage Pie & Vegetables

Oil, onions, carrots, minced garlic, mushrooms, bay leaves, dried thyme, green or brown lentils, red wine, potatoes, salt, pepper, **MILK**, tomatoes, Stork margarine – (Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes)). Carrots, parsnips, cabbage, broccoli, cauliflower. Vegetable Bouillon – (Salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract). Worcester Sauce – (Malt Vinegar (from **BARLEY**), Spirit Vinegar, Molasses, Sugar, 3, +2Salt, Anchovies (**FISH**) Tamarind Extract, Onions, Garlic, Spices, Flavourings). Bisto gravy granules – (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**).

Ham, EGG, Chips & Beans

Ham (cooked), **EGG**, **MILK**, oil, Baked Beans ((49%), Water, Tomato Puree (18%), Sugar, Glucose-Fructose Syrup, Modified **MAIZE** Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika, Flavouring). Chips (Potato (91%), Batter (Flour (**WHEAT** (with Calcium, Iron, Niacin, Thiamin) Rice, Broad Bean), Dextrin, Starch (**WHEAT**, Potato, **MAIZE**), Vegetable Oil (Shea, Coconut), Vegetable Fibre, Turmeric Extract, Colour (Paprika Extract)), Sunflower Oil (4%), Salt).

Vegetable Chilli & Rice

Oil, carrot, **CELERY**, onion, garlic, dried mixed herbs, red pepper, green pepper, chilli powder, smoked paprika, tinned chopped tomatoes (salt), tomato puree (salt), Vegetable Bouillon (Salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract), kidney beans (salt), black beans (salt), white rice, cheese (Pasteurised Cow's **MILK**) salt, starter, rennet.

Roast Chicken & Stuffing & Vegetables

Chicken, onions, butter (contains **MILK**), Stork margarine – (Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes)), oil, Bisto gravy granules – (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**)). Stuffing mix – (Breadcrumbs (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Onion, Salt, Rapeseed Oil, Flavouring, Parsley, Sage).

Vegetable & Lentil Loaf & Vegetables

Onions, lentils, **EGG**, garlic, red pepper, carrot, breadcrumbs (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), flour ((**WHEAT** (with Calcium, Iron, Niacin, Thiamin), dried thyme, cumin, salt, pepper, Vegetable Bouillon – (Salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract).

FISH Cakes, Chips & Salad

Smoked and white **FISH**, lemon zest, parsley, **EGG**, **MILK**, potatoes. Flour - **WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)). Salt, pepper. Stork spread - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.4%), **BUTTERMILK**, preservative (potassium sorbate), acid (citric acid), emulsifier (mono-diglycerides of fatty acids), flavourings, vitamin A and D. White sliced bread - **MAIZE** Starch, Potato Starch, Tapioca Starch, Water, Rapeseed Oil, Humectant (Vegetable Glycerol), Psyllium Husk Powder, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Ground Golden Flaxseed, Free Range Dried **EGG** White, Rice Flour, Iodised Salt (Salt, Potassium Iodate), Dextrose, Fermented **MAIZE** Starch, Partially Inverted Sugar Syrup, Calcium Carbonate, Niacin, Iron, Riboflavin, Thiamine, Folic Acid. Oven chips - Potatoes (96%), Sunflower Oil (3.7%), Salt. Lettuce, tomato, carrot, beetroot.

Vegetable Quiche with Chips / New Potatoes / Hash Browns, Baked Beans, Salad or Peas

Cheese & onion quiche - Water, **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin, Raising Agents (E450, E500)), Whole **EGG** (13%), Onions (8%), Cheddar Cheese (**MILK**) (6%), **MILK** Powder (**MILK**, Palm Oil, Sugar, Emulsifier (**SOYA** Lecithin)), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Colours (E160b, E100), Natural Flavouring), Vegetable Shortening (Palm Oil, Rapeseed Oil), Modified **MAIZE** Starch, **SOYA** Flour, Spring Onion (2%), Cheese Powder (**MILK**, Emulsifying Salts (E339, E452)), Salt. **MUSTARD** Powder, White Pepper.

Mediterranean vegetable quiche - Water, **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin, Raising Agents (E450, E500)), Whole **EGG** (15%), Vegetable Margarine (palm oil, water, rapeseed oil, salt, emulsifier (mono-and-di-glycerides of fatty acids), Acidity Regulator (citric acid), Cheddar Cheese (**MILK**) (8%), Mixed Peppers (4%), Onion (4%), Courgette (4%), Tomatoes (4%), Modified Maize Starch, Dried Whole **MILK**, **MUSTARD** Powder, Dextrose, Salt, Black Pepper.

Chips - Potato (91%), Batter (Flour (**WHEAT** (with Calcium, Iron, Niacin, Thiamin) Rice, Broad Bean), Dextrin, Starch (**WHEAT**, Potato, **MAIZE**), Vegetable Oil (Shea, Coconut), Vegetable Fibre, Turmeric Extract, Colour (Paprika Extract)), Sunflower Oil (4%), Salt.

Hash Browns - Potato (86%), Sunflower Oil, Onion, Dried Potato Flake, Salt, Spices, Dextrose, Natural Onion Flavour.

Baked Beans - (49%), Water, Tomato Puree (18%), Sugar, Glucose-Fructose Syrup, Modified **MAIZE** Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika, Flavouring).

Salad - Lettuce, tomato, cucumber, carrot, beetroot, cress.

Peas

Sausage & Mash with Baked Beans

Porky Whites Sausages - Pork 82%, Water, Bread Rusk (**WHEAT** Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Raising Agent: Ammonium Carbonates), Salt, Ground Spices (White Pepper, Nutmeg, Coriander, Ginger) Stabiliser: Sodium Tripolyphosphate, Brown Sugar, Preservative: Sodium **SULPHITE**, Yeast Extract, Dextrose, Antioxidant: Ascorbic Acid, Spice Extracts, Filled in Natural Pork Casings. Bisto gravy granules - Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**). Potatoes, Stork, **MILK**, Salt, Pepper. Baked Beans - (49%), Water, Tomato Puree (18%), Sugar, Glucose-Fructose Syrup, Modified **MAIZE** Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika, Flavouring).

Quiche Lorraine, Chips, Peas/Beans

Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Raising Agents (Potassium and Sodium Diphosphate, Disodium Pyrophosphate, Sodium Carbonate)), Whole **EGG** (13%), Formed Ham with added water (8%), Salt (Pork, Water, Stabilisers (Triphosphates, Diphosphates, Polyphosphates), Preservative (Sodium Nitrite)), Cheddar Cheese (6%)(Cheddar Cheese (**MILK**), Anti-Caking Agent (Potato Starch)), Onions (4%), **MILK** Powder (**MILK**, Palm Oil, Sugar, Emulsifier (**SOYA** Lecithin)), Modified **MAIZE** Starch, Vegetable Fat Spread (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids, Colours (Annatto, Curcumin), Natural Flavouring)) Vegetable Shortening (Palm Oil, Rapeseed Oil), **SOYA** Flour, Bacon (1%) (Pork Belly & Pork Back, Water, Salt, Preservatives (Potassium Nitrate, Sodium Nitrite, Sodium Ascorbate)), Cheese Powder (**MILK**, Emulsifying Salts (Sodium Phosphates, Polyphosphates)), Salt, **MUSTARD** Powder, Ham Flavouring (contains **MILK**), White Pepper. Oven chips - Potatoes (96%), Sunflower Oil (3.7%). Peas. Baked beans - Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract.

Jacket Potato & Salad - Cheese/ Cheese & Beans

Baking potatoes, butter (contains **MILK**), cheese (Pasteurised Cow's **MILK**) salt, starter, rennet. Baked Beans – (Beans (49%), Water, Tomato Puree (18%), Sugar, Glucose-Fructose Syrup, Modified **MAIZE** Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika, Flavouring).

Jacket Potato & Salad – Tuna Mayonnaise & Sweetcorn

Baking potatoes, butter (contains **MILK**), Tuna in brine (Tuna (**FISH**), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range **EGG** and **EGG** Yolk, Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Paprika Extract). Tinned sweetcorn - Sweet Corn, Water, Salt, Contains naturally occurring Sugars.

Salad

Lettuce, tomato, cucumber, carrot, beetroot, cress.

Salad Cream

Water, Rapeseed Oil, Sugar, Spirit Vinegar, Salad Cream Premix (Water, **MUSTARD**, Flour (**WHEAT** flour, calcium, iron, vitamin B3, vitamin B1), Salt), Modified **MAIZE** Starch, Glucose-Fructose Syrup, Pasteurised **EGG** Yolk, Salt, Acidity Regulator (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Colour (Riboflavin).

Macaroni Cheese

Pasta – (Durum **WHEAT** Semolina, water), cheddar cheese (cow's **MILK**), Flour (**WHEAT** flour, calcium, iron, vitamin B3, vitamin B1), Salt). Stork margarine – (Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, **MILK**, Vegetable Bouillon (Salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract). Breadcrumbs (**WHEAT** Flour (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier: E472e. Preservative: E282. Rapeseed Oil, Flour Treatment Agent: E300), Peas.

Hunters Chicken, New Potatoes & Peas

Chicken breasts, streaky bacon. Barbecue sauce - Water, Tomato Paste, Sugar, Glucose Syrup, Spirit Vinegar, Cane Molasses, Salt, Modified Starch, Caramel Colour, **MUSTARD**, Liquid Smoke Flavouring, Spices, Onion Powder, Preservative (potassium sorbate), Garlic Puree (Garlic, Water, Citric Acid), Ground CELERY, Herbs, Clove Oil. Vegetable oil – **SOYA** bean Oil, Anti-foaming agent (E 900). Cheese - Pasteurised Cows **MILK**, salt, starter, rennet. New potatoes, peas.

Omelettes

EGG, **MILK**, oil, cheese (Pasteurised Cow's **MILK**) salt, starter, rennet.

Sausage Casserole & Vegetables

Onions, tinned chopped tomatoes (salt), tomato puree (salt), fresh/dried rosemary, carrot, Salt, pepper, oil. Bisto gravy granules – (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**)). Worcester Sauce – (Malt Vinegar (from **BARLEY**), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (**FISH**) Tamarind Extract, Onions, Garlic, Spices, Flavourings). Vegetable Bouillon – (Salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract). Porky Whites Sausages – (Pork 82%, Water, Bread Rusk (**WHEAT** Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Raising Agent: Ammonium Carbonates), Salt, Ground Spices (White Pepper, Nutmeg, Coriander, Ginger) Stabiliser: Sodium Tripolyphosphate, Brown Sugar, Preservative: Sodium **SULPHITE**, Yeast Extract, Dextrose, Antioxidant: Ascorbic Acid, Spice Extracts, Filled in Natural Pork Casings).

FISH & Chips with Peas

Chips – (Potato (91%), Batter (Flour (**WHEAT** (with Calcium, Iron, Niacin, Thiamin) Rice, Broad Bean), Dextrin, Starch (**WHEAT**, Potato, **MAIZE**), Vegetable Oil (Shea, Coconut), Vegetable Fibre, Turmeric Extract, Colour (Paprika Extract)), Sunflower Oil (4%), Salt). Breaded cod fillets - Cod (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Salt, Rapeseed Oil, **MAIZE** Starch, **WHEAT GLUTEN**, **WHEAT** Starch, Yeast, Stabiliser (Hydroxypropyl Methyl Cellulose), peas.

Savoury Mince with New Potatoes & Vegetables

Minced beef, onion, salt, pepper, Vegetable Bouillon (Salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract). Bisto gravy granules (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**)). Worcester Sauce (Malt Vinegar (from **BARLEY**), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (**FISH**) Tamarind Extract, Onions, Garlic, Spices, Flavourings, Peas (30%), Diced Carrots (48%), Cut green beans (9%), Sweetcorn (6%), Broad beans (7%)). New Potatoes.

Vegetarian Pasta & Garlic Bread

Oil, onion, carrots, **CELERY**, garlic, Quorn mince (Mycoprotein (88%)), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Acetate, Gluten Free **BARLEY** Malt Extract), bay leaf, tinned chopped tomatoes (salt), tomato puree (salt), sugar, mixed dried herbs, cheese (Pasteurised Cow's **MILK**) salt, starter, rennet, salt, pepper, pasta (contains durum **WHEAT**, semolina), plain flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1). Garlic bread – (**WHEAT** flour (**WHEAT** flour, **WHEAT** gluten, calcium carbonate, iron, niacin, thiamine), water, garlic and parsley filling - margarine (rapeseed oil, palm oil, water, salt, emulsifier, mono and diglycerides of fatty acids, flavourings, colour: carotenes), garlic puree, garlic powder, parsley, onion powder, garlic flavoured oil (olive oil, flavouring), yeast, salt, flour treatment agent: ascorbic acid; enzymes (contain **WHEAT**).

Chicken Pot Pie with New Potatoes

Whole chicken, onions, carrots, celery, bay leaves, **EGG**. Bisto chicken gravy - Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Flavourings (contain **MILK**), Sugar, Flavour Enhancers (E621, E635), Colour (E150c), Emulsifier (E322) (contains **SOYA**). Vegetable Bouillon – (Salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract). Frozen mixed vegetables – carrots, sweetcorn, peas, beans. plain flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1). Stork spread - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.4%), **BUTTERMILK**, preservative (potassium sorbate), acid (citric acid), emulsifier (mono- diglycerides of fatty acids), flavourings, vitamin A and D. **MILK**, **EGG**. Worcestershire sauce - Malt Vinegar (from **BARLEY**), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies, (**FISH**) Tamarind Extract, Onions, Garlic, Spices, Flavourings. Shortcrust pastry - **WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Vegetable Oil Blend (Palm & Rapeseed Oil), Raising Agents (E341(i), (E500)), Salt. New potatoes.

Vegetarian Sausages with Mash Potatoes & Vegetables

Linda McCartney Vegetarian Sausages – (Rehydrated Textured **SOYA** Protein (70%), Water, Rapeseed Oil, **SOYA** Protein Concentrate, Seasoning (**SULPHITES**) (Dextrose, Salt, Flavouring, Onion Powder, Yeast Extract, Colour: Red Iron Oxide), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser: Methyl Cellulose, Tomato Purée, Salt, Raising Agent: Ammonium Carbonates) Bisto gravy granules – (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain **BARLEY**), Flavour

Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**)). Potatoes, butter (Contains **MILK**), **MILK**, salt, pepper.

FISH, New Potatoes & Beans

Breaded cod fillets - Cod (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Salt, Rapeseed Oil, **MAIZE** Starch, **WHEAT GLUTEN**, **WHEAT** Starch, Yeast, Stabiliser (Hydroxypropyl Methyl Cellulose), new potatoes. Baked Beans ((49%), Water, Tomato Puree (18%), Sugar, Glucose-Fructose Syrup, Modified **MAIZE** Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika, Flavouring).

Beef Lasagne & Garlic Bread

Onion, garlic, carrots, mince beef, tinned chopped tomatoes (salt), tomato puree (salt), red wine, vegetable oil, nutmeg, Vegetable Bouillon (Salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract), Bisto gravy granules – (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**), dried pasta sheets (contains durum **WHEAT**, semolina), plain flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1), Stork margarine – (Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes), **MILK**, cheese (Pasteurised Cow's **MILK**) salt, starter, rennet, salt, pepper. Garlic bread – (**WHEAT** flour (**WHEAT** flour, **WHEAT** gluten, calcium carbonate, iron, niacin, thiamine), water, garlic and parsley filling - margarine (rapeseed oil, palm oil, water, salt, emulsifier, mono and diglycerides of fatty acids, flavourings, colour: carotenes), garlic puree, garlic powder, parsley, onion powder, garlic flavoured oil (olive oil, flavouring), yeast, salt, flour treatment agent: ascorbic acid; enzymes (contain **WHEAT**).

Homemade Sausage Rolls, Chips & Baked Beans

Onions, mixed dried herbs, **EGGS**, salt, pepper, Porky Whites Sausages – (Pork 82%, Water, Bread Rusk (**WHEAT** Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Raising Agent: Ammonium Carbonates), Salt, Ground Spices (White Pepper, Nutmeg, Coriander, Ginger)Stabiliser: Sodium Tripolyphosphate, Brown Sugar, Preservative: Sodium **SULPHITE**, Yeast Extract, Dextrose, Antioxidant: Ascorbic Acid, Spice Extracts, Filled in Natural Pork Casings). **WHEAT** flour, (contains calcium carbonate, niacin, iron, thiamin), vegetable oil (palm, rapeseed in varying proportions), water, margarine (vegetable oil (palm, rapeseed in varying proportions), water, salt, emulsifier: mono- and diglycerides of fatty acids), sugar, salt). Baked Beans – (Beans (49%), Tomato ketchup -Water, Tomato Puree (18%), Sugar, Glucose-Fructose Syrup, Modified **MAIZE** Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika, Flavouring. Tomatoes (148g per 100g Tomato Ketchup), Vinegar, Sugar, Salt, Spice and Herb Extracts (contain), Spice). Chips – (Potato (91%), Batter (Flour (**WHEAT** (with Calcium, Iron, Niacin, Thiamin) Rice, Broad Bean), Dextrin, Starch (**WHEAT**, Potato, **MAIZE**), Vegetable Oil (Shea, Coconut), Vegetable Fibre, Turmeric Extract, Colour (Paprika Extract)), Sunflower Oil (4%), Salt).

Sausages, New Potatoes & Vegetables

Porky Whites Sausages - Pork 82%, Water, Bread Rusk (**WHEAT** Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Raising Agent: Ammonium Carbonates), Salt, Ground Spices (White Pepper, Nutmeg,

Coriander, Ginger)Stabiliser: Sodium Tripolyphosphate, Brown Sugar, Preservative: Sodium **SULPHITE**, Yeast Extract, Dextrose, Antioxidant: Ascorbic Acid, Spice Extracts, Filled in Natural Pork Casings. Bisto gravy granules - Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**). New potatoes, carrots, cabbage, broccoli, cauliflower or peas.

Steak & Vegetable Pie with Mashed Potato & Vegetables

Stewing steak, onions, bay leaves, **EGG**, Vegetable Bouillon (Salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract). Bisto gravy granules (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**)). Puff pastry (**WHEAT** flour, water, vegetable oils and fats (palm, rape), salt, emulsifier (mono- and diglycerides of fatty acids), flour treatment agents (ascorbic acid, L-cysteine)). Potatoes, butter (Contains **MILK**), **MILK**, salt, pepper.

Vegetable Pie with Mashed Potato & Vegetables

Oil, onions, carrot, celeriac, swede, parsnip, bay leaves, fresh or dried thyme, white wine, butter beans, salt, pepper, whipping cream (cow's **MILK**), Stork margarine – (Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes)), flour (**WHEAT** flour, calcium, iron, vitamin B3, vitamin B1), **MILK**, Nutmeg, **EGG**, Vegetable Bouillon (salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract). Worcester Sauce – (Malt Vinegar (from **BARLEY**), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (**FISH**) Tamarind Extract, Onions, Garlic, Spices, Flavourings). Bistro vegetarian granules – (Potato Starch, Maltodextrin, Salt, Palm Oil, Sugar, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Yeast Extract (contains **BARLEY**), Dried Onion, Colour (E150c), Flavour Enhancer (E621), Onion Powder, Vegetable Extracts (Onion, Carrot, , Tomato), Emulsifier (E322) (contains **SOYA**), Dried Parsley, Flavourings). Potatoes, butter (Contains **MILK**), **MILK**, salt, pepper.

Normandy Chicken, New Potatoes & Vegetables

Chicken thighs, onion, dried thyme. Whipping cream - reconstituted Skimmed **MILK** Powder, Palm Kernel Oil, Water, Palm Oil, Modified **MAIZE** Starch, Flavourings (contains **MILK**), **MILK** Protein, Thickener (E415), Acidity Regulator (E331, E340), Emulsifiers (E471, E332, E435), Salt, Colour (Beta Carotene). Tinned apples - Apples, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid). Cooking cider - Cider, Salt 0.03%, E220 (**Sulphites**). New potatoes.

All Day Breakfast & Baked Beans

Back bacon (unsmoked), hash browns (Potato (86%), Sunflower Oil, Onion, Dried Potato Flake, Salt, Spices, Dextrose, Natural Onion Flavour), fresh tomatoes, **EGGS**, **MILK**, Porky Whites Sausages (Pork 82%, Water, Bread Rusk (**WHEAT** Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Raising Agent: Ammonium Carbonates), Salt, Ground Spices (White Pepper, Nutmeg, Coriander, Ginger)Stabiliser: Sodium Tripolyphosphate, Brown Sugar, Preservative: Sodium **SULPHITE**, Yeast Extract, Dextrose, Antioxidant: Ascorbic Acid, Spice Extracts, Filled in Natural Pork Casings). Baked Beans ((49%), Water,

Tomato Puree (18%), Sugar, Glucose-Fructose Syrup, Modified **MAIZE** Starch, Salt, Distilled Malt Vinegar, Onion Powder, Ground Paprika, Flavouring).

Cauliflower Cheese & Vegetables

Cauliflower, plain flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1), Stork margarine – (Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings. Vitamin A and D, colour (carotenes)), **MILK**, cheese (Pasteurised Cow's **MILK**) salt, starter, rennet, salt, pepper, breadcrumbs (**Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **SOYA** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid), Vegetable Bouillon (Salt, Flavour Enhancer (E621), Maltodextrin, Yeast Extract, Palm Oil, Garlic Blend (Salt, Natural Flavouring), Ground Allspice, Ground Clove, Flavour Enhancer (E635), Sage Blend (Salt, Flavouring), Ground Nutmeg, Rapeseed Oil, Turmeric Extract).

Puddings

Custard

Custard powder - **MAIZE** Starch, Salt, Colour (Annatto Norbixin), Flavouring. Sugar, **MILK** powder - Whey Permeate Powder (**MILK**), Skimmed **MILK** Powder (24%), Coconut Oil, Maltodextrin, Anti-caking Agent (E551), Stabilisers (E340ii, E452i), **MILK** Proteins, Emulsifiers (E471), Vitamins (C,A, D3).

Pears in Chocolate Sauce

Pears, sugar, water, Cocoa powder - cocoa powder 93.0%; acidity regulator: E 501i 7.0%; acid: citric acid <1% (may contain **MILK**). Whipping cream – cows **MILK**.

Apricot Crumble & Custard

Apricot Halves, (apricots, water, sugar), Plain flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride Vit B1)), granulated sugar, Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes). Vanilla essence, whipping cream.

Toffee Cheesecake

WHEAT Flour, Margarine (Rapeseed Oil, Water, Fully Hydrogenated Coconut Oil, Fully Hydrogenated Rapeseed Oil, Emulsifier: Mono- and Diglycerides of Fatty Acids; Acidity Regulator: Citric Acid), Toffee Sauce (12%) (Sugar, Glucose-Fructose Syrup, Sweetened Condensed Skimmed **MILK** (Skimmed **MILK**, Sugar), Water, Coconut Fat, Caramelised Sugar, Gelling Agent: Pectins; Flavouring, Salt, Thickener: Sodium Alginate; Acidity Regulator: Sodium Citrates; Emulsifier: Mono- and Diglycerides of Fatty Acids; Firming Agent: Calcium Chloride), Low Fat Soft Cheese (**MILK**) (11 %), Cream (**MILK**), Low Fat Yogurt (**MILK**), Sugar, Brown Sugar, Water, Pasteurised Liquid Whole **EGG**, Modified **MAIZE** Starch, Invert Sugar Syrup, Glucose-Fructose Syrup, **WHEAT** Starch, Vegetarian Whey Powder (**MILK**), Dried Skimmed **MILK**, Raising Agents: Sodium Hydrogen Carbonate, Ammonium Carbonates; Dried **EGG** White, Emulsifier: Mono- and Diglycerides of Fatty Acids; Dextrose, Gelling Agents: Pectins, Agar; Acidity Regulators: Citric Acid, Sodium Citrates, Monocalcium Phosphate, Diphosphates; Thickeners: Locust Bean Gum, Xanthan Gum, Sodium Alginate; Salt.

Strawberry Cheesecake

Strawberries (19%), **WHEAT** Flour, Margarine (Rapeseed Oil, Water, Fully Hydrogenated Coconut Oil, Fully Hydrogenated Rapeseed Oil, Emulsifier: Mono- and Diglycerides of Fatty Acids; Acidity Regulator: Citric Acid), Low Fat Soft Cheese (**MILK**) (9%), Sugar, Cream (**MILK**), Low Fat Yogurt (**MILK**), Glucose-Fructose Syrup, Water, Brown Sugar, Strawberry Purée (3.5%), Pasteurised Liquid Whole **EGG**, Modified **MAIZE** Starch, Invert Sugar Syrup, **WHEAT** Starch, **MAIZE** Starch, Vegetarian Whey Powder (**MILK**), Dried Skimmed **MILK**, Flavouring, Acidity Regulators: Sodium Citrates, Citric Acid; Raising Agents: Sodium Hydrogen Carbonate, Ammonium Carbonates; Dried **EGG** White, Gelling Agent: Pectins; Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt.

Blackcurrant Cheesecake

Sugar, blackcurrants (16%), water, single cream (**MILK**) (11%), fortified **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), full fat soft cheese (**MILK**) (9%), vegetable oils (palm, rapeseed, palm stearine, palm kernel), pasteurised free range **EGG**, **MAIZE** starch, dextrose monohydrate, wholemeal **WHEAT** flour, blackcurrant concentrate, partially inverted refiners syrup, raising agent (sodium bicarbonate, ammonium carbonate), emulsifier (mono- and diglycerides of fatty acids), salt, humectant (glycerine), gelling agent (pectin), flavouring, acidity regulator (sodium hydroxide).

Raspberry Cheesecake

WHEAT Flour, Margarine (Rapeseed Oil, Water, Fully Hydrogenated Coconut Oil, Fully Hydrogenated Rapeseed Oil, Emulsifier: Mono- and Diglycerides of Fatty Acids; Acidity Regulator: Citric Acid), Low Fat Soft Cheese (**MILK**) (11 %), Fructose-Glucose Syrup, Cream (**MILK**), Low Fat Yogurt (**MILK**), Sugar, Raspberry Purée (6%), Brown Sugar, Pasteurised Liquid Whole **EGG**, Modified **MAIZE** Starch, Invert Sugar Syrup, **WHEAT** Starch, Vegetarian Whey Powder (**MILK**), Water, Dried Skimmed **MILK**, Raising Agents: Sodium Hydrogen Carbonate, Ammonium Carbonates; Dried **EGG** White, Black Carrot Juice Concentrate, Gelling Agent: Pectins; Acidity Regulators: Sodium Citrates, Citric Acid, Diphosphates; Emulsifier: Mono- and Diglycerides of Fatty Acids; Stabiliser: Calcium Chloride; Thickeners: Xanthan Gum, Sodium Alginate; Salt.

Trifle

Tinned Fruit in variable proportions (peaches, pears, pineapple, grapes, cherries with colour E127), clarified grape juice from concentrate, acidity regulator: citric acid. Jelly crystals - Dextrose, Sugar, Beef Gelatine, Acidity Regulators (Citric Acid, Trisodium Citrate), Colours (Beetroot Red, Anthocyanin), Flavouring. Flour, sugar, **EGGS**, vanilla, stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes). Whipping cream – **COWS MILK**.

Apple Strudel

Tinned apples, sugar, sultanas (**SULPHUR DIOXIDE**), puff pastry (**WHEAT** flour, water, vegetable oils and fats (palm, rapeseed), salt, emulsifier (mono and diglycerides of fatty acids), flour treatment agent (ascorbic acid), cinnamon.

Stewed Apple, Sultanas & Custard

Apples, sultanas (**SULPHUR DIOXIDE**), brown sugar, Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes). Custard powder - **MAIZE** Starch, Salt, Colour (Annatto Norbixin), Flavouring. Sugar, **MILK** powder - Whey Permeate Powder (**MILK**), Skimmed **MILK** Powder (24%), Coconut Oil, Maltodextrin, Anti-caking Agent (E551), Stabilisers (E340ii, E452i), **MILK** Proteins, Emulsifiers (E471), Vitamins (C,A, D3). Vanilla essence, whipping cream.

Butterscotch Pudding

Dark brown sugar, plain flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride Vit B1)), baking powder, Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes), **MILK**, golden syrup (Partially Inverted Refiners Syrup), cornflour.

Apple Pie & Custard

Tinned apples - Apples, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), caster sugar (White cane Sugar 100%). Shortcrust pastry - **WHEAT** flour, (contains calcium carbonate, niacin, iron, thiamin), vegetable oil (palm, rapeseed in varying proportions), water, margarine (vegetable oil (palm, rapeseed in varying proportions), water, salt, emulsifier: mono- and diglycerides of fatty acids), sugar, salt, **EGGS**, **MILK**. Vanilla essence, whipping cream.

Fruit Jelly

Jelly crystals - Dextrose, Sugar, Beef Gelatine, Acidity Regulators (Citric Acid, Trisodium Citrate), Colours (Beetroot Red, Anthocyanin), Flavouring. Tinned Fruit in variable proportions (peaches, pears, pineapple, grapes, cherries with colour E127), clarified grape juice from concentrate, acidity regulator: citric acid.

Peach Cobbler & Custard

Tinned peaches - Peaches, water, sugar, glucose-fructose syrup, Acidity Regulator: Citric Acid. Caster sugar, ground ginger, **EGGS**. Plain flour - **WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)). Stork spread - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.4%), **BUTTERMILK**, preservative (potassium sorbate), acid (citric acid), emulsifier (mono- diglycerides of fatty acids), flavourings, vitamin A and D. Baking powder - Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates)), **MAIZE** Starch. Vanilla essence, whipping cream.

Apple Crumble & Custard

Tinned apples - Apples, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), caster sugar (White cane Sugar 100%). Plain flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride Vit B1)), granulated sugar, Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes). Vanilla essence, whipping cream.

Summer Fruit Crumble & Custard

Plain flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride Vit B1)), Flora spread - Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A. granulated sugar, vanilla, frozen summer berries - Strawberries (20%), Raspberries (15%), Red currant (25%), Black currant (15%), Blue berries (7.5%), Blackberries (17.5%). Vanilla essence, whipping cream.

Apple & Cherry Pie & Custard

Shortcrust pastry - **WHEAT** flour, (contains calcium carbonate, niacin, iron, thiamin), vegetable oil (palm, rapeseed in varying proportions), water, margarine (vegetable oil (palm, rapeseed in varying proportions), water, salt, emulsifier: mono- and diglycerides of fatty acids), sugar, salt, **EGGS**, **MILK**. Apples, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Red Cherries (40%), Water, Glucose Syrup, Modified Waxy **MAIZE** Starch, Acidity Regulator (Sodium Citrate), Preservative (Potassium Sorbate). Vanilla essence, whipping cream.

Plum Crumble & Custard

Plain flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride Vit B1)), granulated sugar, Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes). Tinned plums - Plum Halves, Water, Apple Juice, Anthocyanin. Vanilla essence, whipping cream.

Strawberry Mousse

Jelly crystals - Dextrose, Sugar, Beef Gelatine, Acidity Regulators (Citric Acid, Trisodium Citrate), Colours (Beetroot Red, Anthocyanin), Flavouring, evaporated milk (whole **MILK**, stabiliser (sodium phosphates), vitamin **D**, minimum 9% **MILK** fat, 22% **MILK** solids not fat, lemon juice, strawberries.

Baked Apple & Custard

Apples, raisins (**SULPHUR DIOXIDE**), sultanas (**SULPHUR DIOXIDE**), brown sugar, Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes). Custard powder - **MAIZE** Starch, Salt, Colour (Annatto Norbixin), Flavouring. Sugar, **MILK** powder - Whey Permeate Powder (**MILK**), Skimmed **MILK** Powder (24%), Coconut Oil, Maltodextrin, Anti-caking Agent (E551), Stabilisers (E340ii, E452i), **MILK** Proteins, Emulsifiers (E471), Vitamins (C,A, D3). Vanilla essence, whipping cream.

Fruit Salad & Cream

Mixed Fruit (Pear, Peach, Pineapple, Grape, Peaches, Apricots, Mandarin oranges, Cherry (Colour E127), Pear Juice, Acidity Regulator (E330), cream pots (Water, Vegetable Oils (Palm and Coconut), Maltodextrin, **MILK** Proteins, Sugar, Acidity Regulators E339b, E500, Emulsifiers E471, E435, Stabiliser E407, Colour E160(a).

Cheese & Biscuits

Mature cheddar cheese - Pasteurised Cows **MILK**, salt, starter, rennet. Cream crackers - Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Salt, Raising Agent (Sodium Bicarbonate), Yeast

Sandwiches

Cheese

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes). Mature cheddar cheese (pasteurised Cow's **MILK**, salt, starter, rennet).

Cheese & Pickle

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes). Mature cheddar cheese (pasteurised Cow's **MILK**, salt, starter, rennet). Branston pickle (Vegetables in variable proportions (52%) (Carrot, Rutabaga, Onion, Cauliflower), Sugar, **BARLEY** Malt Vinegar, Water, Spirit Vinegar, Tomato Purée, Date Paste (Dates, Rice Flour), Salt, Apple Pulp, Modified **MAIZE** Starch, Colour (**SULPHITE** Ammonia Caramel), Onion Powder, Concentrated Lemon Juice, Spices, Colouring Food (Roasted **BARLEY** Malt Extract), Herb and Spice Extracts).

Cheese Salad

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes). Mature cheddar cheese (pasteurised Cow's **MILK**, salt, starter, rennet), tomato, lettuce, cucumber.

Ham & Pickle

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes), Ham (Pork 100%, salt, dextrose, stabilisers (E451, E452), antioxidant (E301), preservative (E250), Branston pickle (Vegetables in variable proportions (52%) (Carrot, Rutabaga, Onion, Cauliflower), Sugar, **BARLEY** Malt Vinegar, Water, Spirit Vinegar, Tomato Purée, Date Paste (Dates, Rice Flour), Salt, Apple Pulp, Modified **MAIZE** Starch, Colour (**SULPHITE** Ammonia Caramel), Onion Powder, Concentrated Lemon Juice, Spices, Colouring Food (Roasted **BARLEY** Malt Extract), Herb and Spice Extracts)

Ham Salad

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes), Ham (Pork 100%, salt, dextrose, stabilisers (E451, E452), antioxidant (E301), preservative (E250), tomato, lettuce, cucumber.

Tuna Mayonnaise & Cucumber/Lettuce

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes), Tuna in brine (Tuna (**FISH**), Water, Salt), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range **EGG** and **EGG** Yolk, Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Paprika Extract), cucumber, tomato, lettuce.

Corned Beef & Pickle

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes), Corned Beef (cooked beef, Salt, Sodium Nitrite), Branston Pickle (Vegetables in variable proportions (52%) (Carrot, Rutabaga, Onion, Cauliflower), Sugar, **BARLEY** Malt Vinegar, Water, Spirit Vinegar, Tomato Purée, Date Paste (Dates, Rice Flour), Salt, Apple Pulp, Modified **MAIZE** Starch, Colour (**SULPHITE** Ammonia Caramel), Onion Powder, Concentrated Lemon Juice, Spices, Colouring Food (Roasted **BARLEY** Malt Extract), Herb and Spice Extracts).

Corned Beef & Tomato

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes), Corned Beef (cooked beef, Salt, Sodium Nitrite), Tomato.

EGG & Cress

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes), **EGG** (yolk & white), Mayonnaise (Rapeseed Oil, Water, Pasteurised Free Range **EGG** and **EGG** Yolk, Spirit Vinegar, Salt,

Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Paprika Extract), cress.

Chicken Salad

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes), chicken (breast, leg and thigh meat), lettuce, cucumber, tomato.

Ham & Cheese

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes). Mature cheddar cheese (pasteurised Cow's **MILK**, salt, starter, rennet) and Ham (Pork 100%, salt, dextrose, stabilisers (E451, E452), antioxidant (E301), preservative (E250).

Cheese & Tomato

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes). Mature cheddar cheese (pasteurised Cow's **MILK**, salt, starter, rennet), tomato.

Cheese & Cucumber

Wholemeal Bread (Wholemeal **WHEAT** Flour, Water, **WHEAT** Gluten, Yeast, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Sunflower Oil, Edible Label (Potato Starch, Water, Olive Oil, Maltodextrin, Colour: Iron Oxide), Flour Treatment Agent: Ascorbic Acid, Clover Spread (Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **BUTTERMILK** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes). Mature cheddar cheese (pasteurised Cow's **MILK**, salt, starter, rennet), cucumber.

Cake

Fruit Loaf

Mixed fruit (sultanas, raisins, cut mix Peel 5% (orange Peel 80%)(lemon peel 20%), sunflower oil, glucose fructose syrup, salt, citric acid preservative (**SULPHUR DIOXIDE**), glace cherries (cherries, glucose-fructose syrup, citric acid (acidity regulator), colour (erythrosine), **SULPHUR DIOXIDE**), caster sugar (White cane Sugar 100%), mixed spice (ground cassia cinnamon, ground coriander, ground cloves, ground pimento, ground ginger, ground nutmeg), **EGGS**, self-raising flour (**WHEAT** flour – **WHEAT** flour, calcium, iron, vitamin B3, vitamin B1, sodium hydrogen carbonate, mono calcium phosphate), Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes).

Lemon Drizzle Cake

Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes), self-raising flour (**WHEAT** flour – **WHEAT** flour, calcium, iron, vitamin B3, vitamin B1, sodium hydrogen carbonate, mono calcium phosphate), caster sugar (white cane Sugar 100%), lemons, **MILK**, **EGGS**, baking powder (disodium diphosphate, sodium hydrogen carbonate, rice flour).

Victoria Sponge

Self-raising flour (**WHEAT** flour – **WHEAT** flour, calcium, iron, vitamin B3, vitamin B1, sodium hydrogen carbonate, mono calcium phosphate), Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes), caster sugar (White cane Sugar 100%), baking powder (disodium diphosphate, sodium hydrogen carbonate, rice flour), vanilla essence (water, monopropylene glycol, colour (caramel E150a) flavourings), **EGGS**, mixed jam (glucose-fructose syrup, mixed fruit (apples, plums, rhubarb, gelling agent: pectins, acidity regulators: citric acid, sodium citrates; sugar, colours: anthocyanins, curcumin), icing sugar (white cane sugar (97%), anti caking agent: **MAIZE** starch), **MILK**.

Almond Slices

Plain flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)), self-raising flour (**WHEAT** flour – **WHEAT** flour, calcium, iron, vitamin B3, vitamin B1, sodium hydrogen carbonate, mono calcium phosphate), Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes), caster sugar (White cane Sugar 100%), baking powder (disodium diphosphate, sodium hydrogen carbonate, rice flour), almond flavouring (propylene glycol, water, flavouring (the flavouring used in this product is sourced from natural sources), **EGGS**, flaked **ALMONDS**.

Chocolate Sponge

EGGS, self-raising flour (**WHEAT** flour – **WHEAT** flour, calcium, iron, vitamin B3, vitamin B1, sodium hydrogen carbonate, mono calcium phosphate), baking powder (disodium diphosphate, sodium hydrogen carbonate, rice flour), cocoa powder (cocoa powder 93.0%; acidity regulator: E 501i 7.0%; acid: citric acid <1%), Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt.

Bread Pudding

White bread - **MAIZE** Starch, Potato Starch, Tapioca Starch, Water, Rapeseed Oil, Humectant (Vegetable Glycerol), Psyllium Husk Powder, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Ground Golden Flaxseed, Free Range Dried **EGG** White, Rice Flour, Iodised Salt (Salt, Potassium Iodate), Dextrose, Fermented **MAIZE** Starch, Partially Inverted Sugar Syrup, Calcium Carbonate, Niacin, Iron, Riboflavin, Thiamine, Folic Acid. Sugar, **EGGS**, nutmeg, cinnamon, **MILK**. Mixed fruit - Sultanas (50%), Raisins, Candied Citrus Peel (14%) (Glucose Syrup, Orange Peel, Lemon Peel, Sugar, Acidity Regulator (Citric Acid), Preservative (**SULPHUR DIOXIDE**)) Currants, Sunflower Oil.

Banana Bread

Bananas, Self-raising flour (**WHEAT** flour – **WHEAT** flour, calcium, iron, vitamin B3, vitamin B1, sodium hydrogen carbonate, mono calcium phosphate), Stork margarine - Vegetable oils in varying proportions (70%)(rapeseed, palm, sunflower), water, salt (1.5%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono- diglycerides of fatty acids), citric acid, flavourings, vitamin A and D, colour (carotenes), caster sugar (White cane Sugar 100%), baking powder (disodium diphosphate, sodium hydrogen carbonate, rice flour), vanilla essence (water, monopropylene glycol, colour (caramel E150a) flavourings), **EGGS**, mixed jam (glucose-fructose syrup, mixed fruit (apples, plums, rhubarb, gelling agent: pectins, acidity regulators: citric acid, sodium citrates; sugar, colours: anthocyanins, curcumin), icing sugar (white cane sugar (97%), anti-caking agent: **MAIZE** starch), **MILK**.