



# Winter menu 2022

## Allergen Listing

### 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**). Carrots, parsnips, cabbage, broccoli, cauliflower.

### Vegetarians Shepherd's 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 Quiche & Beans

Tomato & *Basil* quiche - Water, **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin, Raising Agents (E450, E500)), Whole **EGG** (13%), Tomatoes (11%) Cheddar Cheese (**MILK**) (6%), **MILK** Powder (**MILK**, Palm Oil, Sugar Emulsifier (**SOYA** Lecithin)), Tomato Puree, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifiers (E471), Colours (E160b, E100), Natural Flavouring), Vegetable Shortening (Palm Oil, Rapeseed Oil), Modified **MAIZE** Starch, **SOYA** Flour, Cheese Powder (**MILK**, Emulsifying Salts (E339, E452)), Salt, Basil (0.2%), Tomato Flavouring (contains **MILK**), **MUSTARD** Powder, White Pepper.

*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.

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. Frozen peas.

### **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).

### **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). Carrots, parsnips, cabbage, broccoli, cauliflower.

### **Vegetable & Lentil Loaf**

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).

### **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).

### Vegetable Curry & Rice

Onion, vegetable oil, carrots, parsnips, swede, cauliflower, chickpeas, dried cumin, dried chilli, dried coriander, tomato paste, sugar, rice. Knorr Tikka Paste (Water, paprika powder (11%), coriander powder (7%), rapeseed oil, acids (acetic acid, citric acid), salt, tamarind (2.5%), modified **MAIZE** starch, spices, cumin powder). Coconut **MILK** – (Coconut extract, water, Guar gum (stabilizer E412), Carboxy methyl (E466), Emulsifier E435, Citric acid E330, Antioxidant E224). Tomatoes, Tomato Juice (Acidity Regulator (Citric Acid)).

### 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). New potatoes.

### 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). Carrots, parsnips, cabbage, broccoli, cauliflower.

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).

### 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).

### 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.

### Mushroom Pasta

Onion, mushrooms, carrot, garlic, chopped tin tomatoes, balsamic vinegar, red wine, bay leaves, dried rosemary, dried thyme, tomato puree, salt, pepper, Pasta (Durum **WHEAT** Semolina, water, cheddar cheese (Pasteurised Cow's **MILK**) salt, starter, rennet.

### Savoury Mince with 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%)). Potatoes, carrots, cauliflower, cabbage, broccoli.

### 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**)). Carrots, parsnips, cabbage, broccoli, cauliflower, potatoes, butter (Contains **MILK**), **MILK**.

### All Day Breakfast & Baked Beans

Back bacon (unsmoked), hash browns, 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).

### Beef & Mushroom Pie with Potatoes and Vegetables

Stewing beef, onions, mushrooms, 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, carrots, broccoli, cauliflower, cabbage, parsnips, peas.

### Vegetable Pie with Potatoes & 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). Bisto 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). New potatoes, carrots, peas, cauliflower, broccoli, parsnips, cabbage.

### 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).

### 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).

### Chicken Pot Pie with 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. Oven chips - Potatoes (96%), Sunflower Oil (3.7%), Salt.

### Hunters Chicken, New Potatoes/Chips & 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. Oven chips - Potatoes (96%), Sunflower Oil (3.7%), Salt.

### Sausage Pie & 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).

### Chicken Casserole with Potatoes & Vegetables

Chicken, onions, carrots, swede, parsnip, bay leaves, oil, 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, tin tomatoes, water). Chicken gravy granules (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**)). Potatoes, carrots, cauliflower, cabbage, peas, parsnips.

### Chicken & Bacon Pie with Vegetables

Chicken, bacon, oil, onion, fresh/dried thyme & rosemary, **EGG**, 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)), plain flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)), **MILK**, whipping cream (cow's **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). 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). 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). Cauliflower, peas, carrots, parsnips, broccoli.



### **Beef Stew & Dumplings with Vegetables**

Beef, carrots, onions, swede, parsnip, parsley, bay leaves, bacon, potatoes, 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**). Suet Mix - **WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Vegetable Oil Blend (Palm & Rapeseed Oil), Vegetable Suet (Palm & Sunflower Oil, **WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Raising Agents (E450(i), E500(ii), E341(i)), Salt.

### **Cumberland Pie & Mixed Vegetables**

Onions, vegetable oil, minced beef, frozen peas, carrots, sweetcorn, green beans, potatoes, **MILK**, salt & pepper. Cheese (Pasteurised Cow's **MILK**) salt, starter, rennet, salt, pepper, breadcrumbs (**Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin). 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**). Carrots, parsnips, cabbage, broccoli, cauliflower.

### 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.

### 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).

### 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.

### 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 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.

### 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.

### 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.

### 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.

### 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 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.

### Apple & Pear Crumble & Custard

Tinned apples & Pears- Apples, Pears, 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.

### Jam Sponge

Self-raising flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)), Sodium Carbonates (E500) Calcium Phosphates (E341), caster sugar (White cane Sugar 100%), 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), **EGGS**, baking powder, Jam - Glucose-Fructose Syrup, Mixed fruit (Apple, Plum, Rhubarb), Gelling Agent; Pectin's, Acidity Regulators; Citric Acid, Sodium Citrates; Sugar, Colours; Anthocyanins, Curcumin.

### Lemon Sponge

Self-raising flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)), Sodium Carbonates (E500) Calcium Phosphates (E341), **EGGS**, lemons, caster sugar (White cane Sugar 100%), 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).

### Bread & Butter Pudding

Bread - **WHEAT** Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Yeast, Salt, Vegetable Oil (Rapeseed, Sustainable Palm), **SOYA** Flour, Preservative: Calcium Propionate, Emulsifiers: E481, E472e, Flour Treatment Agent: Ascorbic Acid (Vitamin C). Sultanas (**SULPHUR DIOXIDE**), sugar, **MILK**, **EGGS**, cinnamon, 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).

### Rice Pudding

Pudding rice, granulated sugar, ground nutmeg, 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).

### Treacle Sponge

Treacle, Self-raising flour (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)), Sodium Carbonates (E500) Calcium Phosphates (E341), caster sugar (White cane Sugar 100%), 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), **EGGS**, baking powder,

### Fruit Salad & Cream

Mixed Fruit (Pear, Peach, Pineapple, Grape, Peaches, 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**.