

Packed lunches & Allergens

Monday - Sandwich, chocolate muffin, apple, yogurt.

Tuesday - Wrap, banana, cookie, yogurt.

Wednesday - Sandwich, raisins, Jelly, cookie

Thursday - Wrap, blueberry muffin, satsuma, yogurt.

Friday - Sandwich, Apple, cookie, ice cream

Packed Lunch Allergens

White bread: **wheat** Flour (**wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (E472e), Spirit Vinegar, **soya** Flour, Preservative (E282), Flo Ur Treatment Agent (E300)

Tortilla Wrap: **wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Dextrose, Humectant (glycerine), Raising Agents (E450, E500, E341), Acidity Regulators (E330, E296) , Emulsifier (E471), Preservatives (E282, E200), Salt, Stabiliser (E415)

Butter: Vegetable oils in varying proportions (55%) (rapeseed, palm, sunflower), water, salt (1.4%), preservative (potassium sorbate), emulsifier (mono-diglycerides of fatty acids), acid (citric acid), flavourings, vitamins (A & D), colour (carotenes).

Sliced cheese: Cheddar Cheese (**milk**)

Sliced ham: Pork, Water, Salt, Sugar, Stabilisers (E451 & E407), Preservatives (E250), Dextrose, Antioxidant (E301), Acidity Regulator (E331),

Yogurt: Yogurt (**milk**), Sugar, Cherries (6.8%), Thickeners (Modified Maize Starch, Pectin), Beetroot Juice From Concentrate, Grape Juice From Concentrate, Elderberry Juice From Concentrate, Natural Flavouring, Acidity Regulators (Citric Acid, Sodium Citrate) Yogurt (**milk**), Sugar, Strawberries (6.3%), Thickeners (Modified Maize Starch, Pectin), Carrot Juice From Concentrate, Beetroot Juice From Concentrate, Natural Flavouring Yogurt (**milk**), Sugar, Apricots (6.1%), Thickeners (Modified Maize Starch, Pectin, Carob Gum), Mango Puree (0.2%), Colour (Beta-Carotene), Natural Flavouring, Safflower, Lemon Juice From Concentrate

Cookie: **wheat** Flour, Sugar, **Milk** Chocolate Chips (22%) (Sugar, **WHOLE MILK POWDER**, Cocoa Butter, Cocoa Mass, Emulsifier: **SOYA LECITHIN** Natural Vanilla Flavouring), Palm Fat, Water, Rapeseed Oil, **BUTTER (milk)**, **SWEET WHEY (milk) POWDER**, Humectant: Glycerol Raising Agent: Sodium Carbonates, Diphosphates Molasses, Salt, Flavouring, **MAY CONTAIN TRACES OF NUTS**

Raisins: Jumbo Flame Raisins Jumbo Golden Raisins Sunflower Oil Preservative: **SULPHUR DIOXIDE (sulphites)**

Ice-cream: Water, Inverted Sugar Syrup, **MILK** Protein, Whey (**milk**) Powder (**MILK**), Palm Oil, Palm Kernel Oil, Emulsifier (Mono & Di-Glycerides Of Fatty Acids), Stabilisers: (Guar Gum, Cellulose Gum, Carageenan), Flavouring, Colour (Beetroot Red)

Jelly: Sugar, Gelling Agent (Carrageenan, Dipotassium Phosphate, Dextrose, Potassium Chloride), Acidity Regulator (Citric Acid), Antioxidant (Trisodium Citrate)

Blueberry muffin: **WHEAT** flour (with calcium, iron, niacin, thiamin), sugar, vegetable oils (rapeseed, palm), water, blueberries 10%, whole EGG powder, modified starches (waxy maize, maize), dextrose, raising agents (disodium diphosphate, potassium bicarbonate), whey solids (MILK), dried EGG white, emulsifiers (E471, E481), stabiliser (xanthan gum), salt, flavouring, colour (algal carotenes).

Chocolate muffin: **WHEAT** flour (with calcium, iron, niacin, thiamin), water, sugar, vegetable oil (rapeseed), milk chocolate 7% (sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier (SOYA lecithin), natural vanilla flavouring), plain chocolate 7% (sugar, cocoa mass, cocoa butter, whey powder (MILK), emulsifier (SOYA lecithin), natural vanilla flavouring), whole EGG powder, modified starches (maize, waxy maize, tapioca), fat reduced cocoa powder 2%, raising agents (sodium bicarbonate, disodium diphosphate), whey solids (MILK), emulsifiers (E477, E481, E471, E475), dried EGG white, salt, flavouring, stabiliser (xanthan gum).