

Allergen Sheet –Packed Lunches October 2023

Cheese Sandwich	BREAD - Wholemeal WHEAT Flour, Water, Sugar, Yeast, Salt, BARLEY Flour, Vegetable Oils (Rapeseed, Sustainable Palm), Vinegar, E472e. SOYA Flour, Preservative Ascorbic Acid (Vitamin C), Wholegrain Spread - None of the 14 Allergens Cheese - MILK (DAIRY) Cheddar Cheese
Ham Roll	ROLL - GLUTEN WHEAT Flour, Water, Salt, Yeast, Sugar, Rapeseed Oil, Emulsifiers: E471, E472(e). E300, E920 .May contain SESAME , HAM - Pork Spread - None of the 14 allergens
Tuna Roll	ROLL - GLUTEN WHEAT Flour, Water, Salt, Yeast, Sugar, Rapeseed Oil, Emulsifiers: E471, E472(e). E300, E920 . May contain SESAME , Tuna - FISH water salt Mayo - Water, Rapeseed Oil, Spirit Vinegar, Dried EGG Yolk, Salt, Stabiliser (Xanthan Gum), MUSTARD Flour, Acidity Regulator (Citric Acid), Colour (Paprika Extract).
Meat-Free Sausage Roll	Water, GLUTEN WHEAT Fortified, Margarine, Rapeseed Oil, Salt Calcium, Pea Protein Concentrate, Potato Starch, Bean Protein, Modified Maize Starch, Dehydrated Onion), Seasoning Herbs (Sage, Parsley), Potato Starch, Rice Flour, Spices (Black Pepper, Nutmeg, Coriander), (Sodium Citrates, Spice Extracts (Pepper, Nutmeg, Cayenne), Herb Extracts (Sage, Thyme), Glaze Black Pepper, Paprika Concentrate, Fenugreek Extract, Beetroot Juice Concentrate, Vegetable Oil
Chilled Pizza Slice	GLUTEN WHEAT , Water, Mozzarella CHEESE (MILK) , Tomato Sauce -(tomatoes, salt, sunflower oil, sugar, herbs and spices (oregano, pepper, basil, garlic), citric acid), Rapeseed Oil, Yeast
Sultana and Raisin Bag	NONE OF THE 14 ALLERGENS Sultanas, Raisins, Sunflower oil.
Cocoa Brownie	Sugar, GLUTEN Fortified WHEAT flour Water, Rapeseed Oil, Fat reduced cocoa powder, Partially inverted refiner syrup, Whole EGG powder, Emulsifier (mono- and diglycerides of fatty acids), Salt, Flavouring, Preservative (Potassium Sorbate). May contain SOYA NUTS ALMOND HAZELNUT WALNUT CASHEW BRAZIL PISTACHIO MACADAMIA QUEENSL
Apple and Raspberry Flapjack	GLUTEN OATS Margarine (Vegetable Oils), Water, Salt, Raspberry pieces (4%) (Fruit (Concentrated Apple Puree, Raspberry Puree), Fructose Glucose Syrup, Sugar, Humectant (Glycerol), WHEAT Fibre, Palm Oil, Concentrates (Black Carrot, Blueberry, Blackcurrant) Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Malic Acid), Natural Flavouring), Apple pieces (2%) (Fruit (Concentrated Apple Puree, Concentrated Lemon Juice), Fructose Glucose Syrup, Sugar, WHEAT Fibre, Palm Oil, Rice Starch, Acidity Regulator (Citric Acid), Gelling Agent (Pectin), Acidity Regulator (Citric Acid). May contain EGG DAIRY SOYA SULPHITES NUTS (Almond Hazelnut, Walnut, Brazil, Pistachio, Macadamia)
Golden Oat Flapjack	OATS may contain EGG, MILK, NUTS & SOYA OATS , Margarine (Vegetable Oils, Rapeseed), Water, Salt Acidity Regulator (Citric Acid). May Contain: GLUTEN (WHEAT BARLEY) NUTS (ALMOND, HAZELNUT BRAZIL NUT)
Shortbread Fingers	Wheat Rapeseed Oil Sugar Double Cream MILK Butter Salt May contain traces of NUTS GLUTEN
Belgian Waffle	WHEAT flour, GLUTEN sugar, margarine rapeseed water emulsifiers SOYA lecithin, salt, citric acid, EGGS , yeast, sugar syrup, SOYA flour, salt,
Fruit	Apple, Satsuma,
Water	Water