

Natasha's Law Allergen List - Packed Lunches Summer April – October 2024

Cheese Sandwich	Bread – Wholemeal GLUTEN WHEAT Flour, Water, Sugar, Yeast, Salt, BARLEY Flour, Vegetable Oils (Rapeseed, Sustainable Palm), Vinegar, E472e. SOYA Flour, Preservative Ascorbic Acid (Vitamin C), Wholegrain 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
Chicken Mayo Roll	ROLL - GLUTEN WHEAT Flour, Water, Salt, Yeast, Sugar, Rapeseed Oil, Emulsifiers: E471, E472 (e). E300, E920. May contain SESAME , Chicken – Chicken Breast (90%), Water, Salt, Potato Starch, Stabilisers (Triphosphates). Mayo - Water, Rapeseed Oil, Spirit Vinegar, Dried EGG Yolk, Salt, Stabiliser (Xanthan Gum), MUSTARD Flour, Acidity Regulator (Citric Acid), Colour (Paprika Extract).
Vegetable Spread	Water, Vegetable Oils (Rapeseed Oil, Palm Oil, Sunflower Oil (7%)), Salt, Emulsifiers (Polyglycerol Polyricinoleate, Mono & Diglycerides of Fatty Acids), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Colour (Annatto Bixin, Curcumin), Acidity Regulator (Citric Acid), Flavouring.
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	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 Nut Pistachio Macadamia Queensland
Apple and Raspberry Flapjack	GLUTEN OATS Margarine (Vegetable Oils), Water, Salt, Raspberry pieces (4%) (Fruit (Concentrated Apple Puree, Raspberry Puree), Fructose Glucose Syrup, Sugar, Humectan (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	GLUTEN 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, EGG , yeast, sugar syrup, , SOYA flour, salt,
Fruit	Apple, Satsuma,
Water	Water