

## Pizza and Wedges ingredients

Wholemeal Cheese & Tomato Pizza Pizza Base: Wholemeal (**WHEAT**) Flour, **WHEAT** Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping: Mozzarella Cheese (**MILK**), (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic].

**SOURCE OF FIBRE** Seasoned Wedge Potato (86%), Sunflower Oil, **Wheat** Flour, Salt, Modified Potato Starch, Garlic Powder, Spices (Chilli Pepper, Paprika, Cayenne Pepper, Cumin, Black Pepper, Turmeric), Onion Powder, Raising Agent (Disodium Diphosphate, Sodium Carbonate), Yeast Extract, Dextrose, Spice Extracts (Paprika Extract, Black Pepper Extract).

## Pasta Bolognese

Quorn Mince Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract. . Beef Mince (100%) . Onions Tomato Puree Tomatoes. Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Vegetable Paste Bouillon Salt, Vegetable Oil (Palm, Sunflower), Potato Starch, Sugar, Maltodextrin, Yeast Extract, Flavourings (contain **CELERY**), Carrots (2.4%), Onion Powder (2%), Spices (**CELERY** Seeds, Turmeric, Pepper), Parsley. Fusilli Pasta Whole **WHEAT** Flour, Water. Italian Tricolour Fusilli Pasta Durum **Wheat** Semolina (98%), Spinach Powder, Tomato Powder. ; Farfalle Pasta Durum **Wheat** Semolina (100%).

## Fish Fingers & Chips

Fish Fingers Cod (Fish) (58%), Wheat Flour(Wheat Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt, Colour(Paprika Extract, Curcumin), Turmeric. Oven Chips Potato, Sunflower Oil.

## Sausage Casserole

Quorn Sausages Mycoprotein (51%), Rehydrated Free Range EGG White, Textured WHEAT Protein (WHEAT Flour, Stabiliser: Sodium Alginate.), Rusk (WHEAT Flour, Salt, Yeast), Onion, Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch.), Rapeseed Oil, Flavouring (contains Colours: Iron & Brown Iron Oxide.), MILK Proteins, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Pea Fibre, Roast BARLEY Malt Extract

Pork Sausages pork (65%), water, rusk:( WHEAT flour, calcium carbonate, iron, niacin, thiamin) , raising agent(ammonium bicarbonate), seasoning (salt, dextrose, spices(pepper, nutmeg, mace)), yeast extract, onion powder, preservative(SODIUM METABISULPHITE), emulsifier( diphosphates), antioxidant(ascorbic acid), herb(marjoram), onion extract, ,bovine collagen casing.

. Onions . Leeks (100%) carrots Plain Flour <!--1-->WHEAT Flour (with Calcium, Iron, Niacin, Thiamin) Vegetable Paste Bouillon Salt, Vegetable Oil (Palm, Sunflower), Potato Starch, Sugar, Maltodextrin, Yeast Extract, Flavourings (contain CELERY), Carrots (2.4%), Onion Powder (2%), Spices (CELERY Seeds, Turmeric, Pepper), Parsley. Boiled Potatoes Water

## **Baked Potato and Egg Mayo**

Baked Potatoes . Egg Mayonnaise Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Egg Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids)

## **Baked Potato and Tuna Mayo**

Baked Potatoes Tuna Chunks In Brine Tuna (Fish), Water, Salt. Mayonnaise Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Egg Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).

## Baked Potato and Cheese Ingredients

Baked Potatoes Cheese Reduced Fat Mild White Cheese ( MILK, Salt, Starter Culture, Microbial Rennet).

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## Baked Potato and Coronation Chicken

Baked Potatoes Chicken Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates). Curry Powder Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **Mustard Powder (7%)**, White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace. Sultanas Sultanas (99.5%), Sunflower Oil. Mayonnaise Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, **Egg Yolk Powder (1.5%)**, Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).

# Chicken Rissoto

Italian Arborio Rice (100%) . Onions . Leeks (100%) . Peas . sweetcorn Vegetable Paste Bouillon Salt, Vegetable Oil (Palm, Sunflower), Potato Starch, Sugar, Maltodextrin, Yeast Extract, Flavourings (contain **CELERY**), Carrots (2.4%), Onion Powder (2%), Spices (**CELERY** Seeds, Turmeric, Pepper), Parsley. Cheese Reduced Fat Cheese(**Milk**), Anti-caking Agent(Potato Starch). Pepper Ground White Pepper. ; Water

Chicken Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates). Cheese Reduced Fat Cheese(**Milk**), Anti-caking Agent(Potato Starch). Pepper Ground White Pepper. ; Water

## Macaroni Cheese Ingredients

Fresh Semi Skimmed Milk Milk Italian Short Cut Macaroni Durum **Wheat** Semolina (100%). Cheese Reduced Fat Cheese(**Milk**), Anti-caking Agent(Potato Starch). Plain Flour <!--1-->**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin) Sunflower Light Spread Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.

## Quorn or Turkey Burger

Quorn Burgers Mycoprotein (44%), Rehydrated Free Range **EGG** White, Textured **WHEAT** Protein, [**WHEAT** Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Caramel. Stabiliser: Sodium Alginate.], Onion, **MILK** Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted **BARLEY** Malt Extract

Turkey Burgers Turkey (54%), **Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Salt, Onion, Potassium Chloride, Dextrose, Yeast Extract, Sugar, Yeast, Onion Powder, **Soya** Protein Concentrate, Natural Flavouring (**Milk**) Malted **Wheat** Flour, Black Pepper, Spice Extracts, Stabiliser (Diphosphates), Herb Extracts, **Soya** Lecithin, Rosemary Extract

Potato Waffles Potato , vegetable oil (Sunflower), **WHEAT** starch, salt, dextrose, emulsifier: hydroxypropyl methylcellulose (E464), spices (pepper-turmeric).

Mini Potato Waffles Potato 89,8% , vegetable oil (Sunflower) 8%, **WHEAT** starch 1,2%, salt 0,6%, dextrose 0,3%, emulsifier: hydroxypropyl methylcellulose (E464) 0,08%, spices (pepper, turmeric) 0,02%.

# Chicken & Sweet Potato Curry

## Ingredients

Vegetable Oil Soyabean Oil, Antifoaming Agent (Dimethyl polysiloxane) Chicken  
Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates). Onions  
Leeks (100%) Garlic Puree Water, Garlic (18%), Salt, Sugar, Maltodextrin, Palm Oil,  
Vinegar, Citrus Fibres, Flavourings, Thickener (Xanthan Gum). Plain Flour <!--1--  
>WHEAT Flour (with Calcium, Iron, Niacin, Thiamin) Curry Powder Coriander, Turmeric  
(24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), Mustard Powder (7%),  
White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace. Sweet Potatoes Potatoes  
Desiccated Coconut, Preservative (Sodium Metabisulphite). Vegetable Paste Bouillon  
Salt, Vegetable Oil (Palm, Sunflower), Potato Starch, Sugar, Maltodextrin, Yeast Extract,  
Flavourings (contain CELERY), Carrots (2.4%), Onion Powder (2%), Spices (CELERY  
Seeds, Turmeric, Pepper), Parsley. Spinach Spinach

## Chilli Con Carni Ingredients

Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Quorn  
Mince Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural  
Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free  
BARLEY Malt Extract. Beef Mince (100%) . Onions Mixed Peppers Mixed Peppers  
Vegetable Paste Bouillon Salt, Vegetable Oil (Palm, Sunflower), Potato Starch, Sugar,  
Maltodextrin, Yeast Extract, Flavourings (contain CELERY), Carrots (2.4%), Onion  
Powder (2%), Spices (CELERY Seeds, Turmeric, Pepper), Parsley. Tomato Puree  
Tomatoes. Chilli Powder Mild Ground Red Chillies Ground Cumin Ground Cumin. Garlic  
Puree Water, Garlic (18%), Salt, Sugar, Maltodextrin, Palm Oil, Vinegar, Citrus Fibres,  
Flavourings, Thickener (Xanthan Gum). Brakes Garlic Purée Water, Garlic Powder  
(22%), Acidity Regulator (Citric Acid). Osprio Long Grain Brown Rice Brown Rice Water

## Pizza and Wedges ingredients

Wholemeal Cheese & Tomato Pizza Pizza Base: Wholemeal (**WHEAT**) Flour, **WHEAT** Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping: Mozzarella Cheese (**MILK**), (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic].

**SOURCE OF FIBRE** Seasoned Wedge Potato (86%), Sunflower Oil, **Wheat Flour**, Salt, Modified Potato Starch, Garlic Powder, Spices (Chilli Pepper, Paprika, Cayenne Pepper, Cumin, Black Pepper, Turmeric), Onion Powder, Raising Agent (Disodium Diphosphate, Sodium Carbonate), Yeast Extract, Dextrose, Spice Extracts (Paprika Extract, Black Pepper Extract).

## Fish and Chips

Crown Foods MSC Gluten Free bubble crumb fish fillet, 60g MSC Certified Alaska Pollock 52% (Theragra Chalcogramma) (**FISH**), Coating: rice flour, vegetable fibre, dextrose (maize), rapeseed oil, water, starch (maize, potato), corn flour, salt, spices (white pepper, paprika, black pepper), onion powder, stabilizer (xanthan gum). Oven Chips Potato, Sunflower Oil.



## Egg Mayo Sandwich Ingredients

. Egg Mayonnaise Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Egg Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids). kings mill 50/50 Wheat Flour (33%) (with Calcium, Iron, Niacin (B3) and Thiamin (B1)), Wholemeal Wheat Flour (33%), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Vinegar, Emulsifier: E472e, Soya Flour, Preservative: Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C)  
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## Hummus Sandwich ingredients

Chickpeas in water Chickpeas, Water, Antioxidant(Ascorbic Acid). Vegetable Oil Soyabean Oil, Antifoaming Agent (Dimethyl polysiloxane) Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Garlic Puree Water, Garlic (18%), Salt, Sugar, Maltodextrin, Palm Oil, Vinegar, Citrus Fibres, Flavourings, Thickener (Xanthan Gum). kings mill 50/50 Wheat Flour (33%) (with Calcium, Iron, Niacin (B3) and Thiamin (B1)), Wholemeal Wheat Flour (33%), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Vinegar, Emulsifier: E472e, Soya Flour, Preservative: Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C)

## Tuna Mayo Sandwich Ingredients

Tuna Chunks In Brine Tuna (Fish), Water, Salt. Mayonnaise Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, **Egg** Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids). kings mill 50/50 **Wheat** Flour (33%) (with Calcium, Iron, Niacin (B3) and Thiamin (B1)), Wholemeal **Wheat** Flour (33%), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Vinegar, Emulsifier: E472e, **Soya** Flour, Preservative: Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C)

## Sliced Chicken Sandwich Ingredients

Sliced British Chicken Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates). kings mill 50/50 **Wheat** Flour (33%) (with Calcium, Iron, Niacin (B3) and Thiamin (B1)), Wholemeal **Wheat** Flour (33%), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Vinegar, Emulsifier: E472e, **Soya** Flour, Preservative: Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C)

## Cheese Sandwich ingredients

Cheese Reduced Fat Mild White Cheese ( MILK, Salt, Starter Culture, Microbial Rennet). kings mill 50/50 **Wheat Flour** (33%) (with Calcium, Iron, Niacin (B3) and Thiamin (B1)), Wholemeal **Wheat Flour** (33%), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Vinegar, Emulsifier: E472e, **Soya Flour**, Preservative: Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C)

## Coronation Chicken ingredients

Chicken Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates). Curry Powder Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **Mustard Powder** (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace. Sultanas Sultanas (99.5%), Sunflower Oil. Mayonnaise Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, **Egg Yolk Powder** (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids). kings mill 50/50 **Wheat Flour** (33%) (with Calcium, Iron, Niacin (B3) and Thiamin (B1)), Wholemeal **Wheat Flour** (33%), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Vinegar, Emulsifier: E472e, **Soya Flour**, Preservative: Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C)

# PRIMARY HOMEBAKING INGREDIENTS

## Coconut & Oak Cookie Ingredients

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 Cane Sugar . **Egg Self Raising Flour** Wheat Flour(**Wheat Flour**, Calcium Carbonate, Niacin, Iron, Thiamin), Raising Agents(**Disodium Diphosphate**, Sodium Bicarbonate). Desiccated Coconut, Preservative (**Sodium Metabisulphite**). Oats 100% **Scott's Rolled Oats**, without anythin' added

## Flapjack ingredients

Flapjack Mix Wholegrain **OAT Flakes** (54%), Vegetable Oil Blend (Palm & Rapeseed Oil), Sugar, Dried Glucose, Dextrose, Flavourings, Salt

## Sweet Potato & Carrot Muffin

### Ingredients

Sponge Mix wheat Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Whole **EGG Powder**, Whey (**milk**) Powder (**MILK**), Palm Oil, Dextrose, Raising Agent (E500(ii)), Butter (**milk**) **MILK Powder**, Leavening Agent (E450(vii), E341(i)), Maltodextrin, Dried **EGG White Powder**, Raising Agent (E450(i), E526, E341), Emulsifier (Rice Starch, E475, E471), Whey (**milk**) Powder (**MILK**), Acid Casein (**milk**), Sodium Carbonate, Disodium Phosphate, Thickener (Xanthan Gum) Vanilla Essence Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Ground Mixed Spice Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg. Carrots Carrots Sweet Potatoes Potatoes

## Yoghurt Muffin Ingredients

Sponge Mix wheat Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Whole **EGG Powder**, Whey (**milk**) Powder (**MILK**), Palm Oil, Dextrose, Raising Agent (E500(ii)), Butter (**milk**) **MILK Powder**, Leavening Agent (E450(vii), E341(i)), Maltodextrin, Dried **EGG White Powder**, Raising Agent (E450(i), E526, E341), Emulsifier (Rice Starch, E475, E471), Whey (**milk**) Powder (**MILK**), Acid Casein (**milk**), Sodium Carbonate, Disodium Phosphate, Thickener (Xanthan Gum) Half Fat Greek Style Yoghurt Skimmed milk, Cream (**milk**), Modified Maize Starch E1422, milk Protein, Skimmed milk Powder, Culture