

Week one ingredients/allergens

Lincolnshire sausages	Pork (50%), Water, Pork Fat, Rice Flour, Salt, Bamboo Fibre, Dextrose, Caramelised Sugar Syrup, Paprika Extract, Mono- and Diglycerides of Fatty Acids, Potato Starch, Potassium Chloride, Sulphur Dioxide , Bay, Parsley, Capsicum, Cinnamon, Clove, Pepper, Pimento, Ascorbic Acid, Sage, White Pepper, Pentasodium Triphosphate. Filled into beef collagen casing.
Vegan sausages	Water, Pea Protein, Rapeseed Oil, Thickener (E461), Vegetable Fibres (Pea, Bamboo), Yeast Extract, Dried Onion, Salt, Spices, Natural Flavouring, Dextrose, Sage, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot). Sausages filled into plant-based casings.
Gravy	Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.
Mash potato	Potatoes, Milk
Baked beans	Haricot Beans (53%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring.
Garden peas	peas
Rice Crispy cake	Sugar, vegetable oil (palm), whey powder (MILK), WHEAT flour (with calcium, iron, thiamin (B1), niacin (B3)), fat reduced cocoa powder (6%), emulsifiers (SOYA lecithins, polyglycerol polyricinoleate), Rice flour, sugar, BARLEY malt extract, WHEAT gluten, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12. flavouring., may contain Oats and Soya
Baked potato	potatoes
Tuna mayonnaise	Skipjack Tuna (Fish), Sunflower Oil, Water, Salt. Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).
Grated cheese	Cheese (98%)(Milk), Anti-caking Agent(Potato Starch).
Mixed salad	Lettuce, cucumber, red onion, grated carrot, spinach, red peppers, yellow peppers, green peppers, cucumber, cherry tomatoes
coleslaw	Grated carrot, white cabbage, white onion Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids)
Pitta pizza, pepperoni	Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, Salt. Tomato puree Cheese (98%)(Milk), Anti-caking Agent(Potato Starch).
Butterfly buns	Water, Vegetable Oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D EGG , Sugar, Wheat Flour(Wheat Flour, Calcium Carbonate, Process Aid(Calcium Sulphate), Niacin, Iron, Folic Acid, Thiamin), Raising Agent(Disodium Diphosphate, Sodium Bicarbonate). Sugar (97%), Maize Starch
Roast chicken	Chicken breast.
Vegan Quorn fillet	Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, WHEAT Gluten, Stabiliser: Carrageenan. Allergy Advice: For allergens, including cereals containing gluten,
Yorkshire pudding	Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Egg White, Egg , Water, Rapeseed Oil, Skimmed Milk Powder, Salt.

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Roast potatoes	Potatoes Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)
Stuffing	Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Vegetable Oil(Palm Oil, Sunflower Oil), Dried Onion (2.5%), Sage (1.0%), Parsley, Ammonium Hydrogen Carbonate, Yeast, Sage Extract.
cauliflower	Cauliflower
carrots	Carrots
Jam & coconut sponge with custard	Sugar, Apple, Plum, Raspberries, Rhubarb, Gelling Agent (Pectin), Colour (Anthocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate) Water, Vegetable Oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. EGG , sugar, Wheat Flour (with calcium carbonate, niacin, iron, folic acid, thiamin), raising agents (monocalcium phosphates, sodium bicarbonate). Maize Starch, Colour(Annatto Norbixin), Flavouring. MILK
Cheese burger	Beef (90%), Water, Onion, Rice Flour, Gram Flour, Salt, Sugar, Black Pepper, Maize Starch, Antioxidant(Ascorbic Acid), Dextrose, Emulsifier(Mono- and Diglycerides of Fatty Acids). Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Cheese (Milk) (70%)(Contains acidity regulator: Citric Acid), Palm Oil, Emulsifying Salts (Trisodium Citrate), Natural Cheese Flavouring (Milk), Preservative (Sorbic Acid), Colours (Beta Carotene, Paprika Extract), Anti-caking Agent (Lecithins).
Cheese & tomato pasta with garlic bread	Durum Wholewheat semolina (100%). May contain: Mustard and Soya Cheese (98%)(Milk), Anti-caking Agent(Potato Starch). Wheat Flour(Wheat Flour, Calcium Carbonate, Thiamin, Iron, Niacin, Folic Acid), Water, Rapeseed Oil, Palm Oil, Garlic Puree (3.0%), Salt, Yeast, Emulsifier(Mono- and Diglycerides of Fatty Acids), Parsley, Flavouring, Colour(Carotenes), Flour Treatment Agent(Ascorbic Acid), Enzymes(contains Wheat). Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Basil
Chocolate Iced sprinkle cake	Water, Vegetable Oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D.cocoa EGG Wheat Flour(Wheat Flour, Calcium Carbonate, Process Aid(Calcium Sulphate), Niacin, Iron, Folic Acid, Thiamin), Raising Agent(Disodium Diphosphate, Sodium Bicarbonate) Sugar, modified maize starch, vegetable oil (coconut), colouring foods (concentrates from spirulina, safflower, lemon, sweet potato, radish), glucose syrup, anti-caking agent (talc), colour (copper complexes of chlorophylls and chlorophyllins).
Haddock fillet	Haddock (Fish) (50%),Wheat Flour(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Rapeseed Oil,Salt,Maize Starch, Wheat Starch,Raising Agent(Sodium Polyphosphate,Sodium Carbonate,Ammonium Carbonate),Yeast Extract,Stabiliser(Xanthan Gum),Yeast,Dextrose,Sunflower Oil,Sunflower Lecithin

Week one ingredients/allergens

Veggie burger (no bun)	Water, Textured Pea Protein (17.5%)(Pea Protein, Pea Starch), Coconut Oil, Sunflower Oil, Sunflower Seeds, Thickener(Methyl Cellulose), Potato Starch, Flavouring, Beetroot Juice Powder, Concentrated Beetroot Juice, Dried Glucose Syrup, Salt, Glucose-Fructose Syrup, Maltodextrin
Oven chips	Potato (97%) (origin: EU), Sunflower Oil.
Mushy peas	Re-hydrated Peas (99%), Bicarbonate of Soda
Curry sauce	Water, Tomato Purée from Concentrate, Sugar, Modified Maize Starch, Curry Powder (3%)(Coriander, Turmeric, Rice Flour, Fenugreek, Cumin Seeds, Mustard Seeds, Salt, Ginger, Black Pepper, Paprika, Chillies, Nutmeg, Fennel Seeds), Whey Powder (Milk), Rapeseed Oil, Garlic Purée, Salt, Acidity Regulator (Lactic Acid), Onion Powder, Turmeric, Ground Cumin.
Oat cookie	Oats (100%).May contain: Barley and Wheat Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes). EGG Partially Inverted Refiners Syrup.

Week Two ingredients/allergens

Pork sausage roll	Puff Pastry (Wheat flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Palm Stearin, Salt, Rapeseed Oil, Emulsifier (Mono- and Diglycerides of Fatty Acids), Concentrated Lemon Juice), Filling (Water, Pork Shoulder (9%), Wheat flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Potato Starch, Salt, Potassium Chloride, Herbs [Sage, Marjoram, Thyme, Oregano], Spices [White Pepper, Nutmeg], Dextrose, Preservative (Sodium Sulphite), Emulsifier (Pentasodium Triphosphate), Yeast Extract, Antioxidant (Sodium Ascorbate), Spice Extracts [Pepper, Ginger, Nutmeg, Capsicum], Herb Extracts [Sage, Marjoram, Thyme, Rosemary, Basil]), Glaze (Water, Rapeseed Oil, Sugar, Cornflour, Pea Protein, Tapioca Starch).
Vegan sausage roll	Puff Pastry(Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Pastry Margarine[Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier(Mono- and Diglycerides of Fatty Acids)], Water), Filling(Water, Soya Protein Concentrate (13%), Sage and Onion Stuffing[Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Onion, Salt, Sage, Water, Raising Agent(Ammonium Carbonate, Sodium Hydrogen Carbonate), Yeast, Parsley, Barley Malt], Rapeseed Oil, Modified Maize Starch, Stabiliser(Methyl Cellulose), Salt, Mushroom Stock[Mushroom Concentrate, Salt, Rapeseed Oil, Water, Porcini Mushroom Powder, Onion Concentrate, Sugar, Cornflour], Onion Powder, White Pepper, Sage, Nutmeg, Cayenne Pepper[Chilli, Paprika]), Glaze(Water, Wheat Protein, Natural Colour[Carotenes])
New Potatoes	Potatoes
Carrot cake	Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Sugar, Dextrose, Vegetable Oils (Palm Oil, Rapeseed Oil), Dried Egg , Modified Maize Starch, Wheat Starch, Raising Agents (Diphosphates, Sodium Bicarbonate), Dried Egg White, Colour (Plain Caramel), Emulsifiers (Sodium Stearoyl-2-Lactylate, Soya Lecithin), Spice Extracts, Soya Flour, Salt, Flavouring. Milk
Baked beans	Haricot Beans (53%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring.
Chicken Burger	Chicken Breast (58%), Wheat Flour, Water, Palm Oil, Salt, Wheat Gluten, Cornflour, Modified Tapioca Starch, Yeast, Dextrose, Raising Agents(Disodium Diphosphate, Sodium Bicarbonate, Monocalcium Phosphates), Thickener(Guar Gum), White Pepper, Onion Powder, Garlic Powder Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).
flapjack	Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes). Flaked OATS Gluten Partially Inverted Refiners Syrup.
Baked potato	potatoes
Tuna mayonnaise	Skipjack Tuna (Fish), Sunflower Oil, Water, Salt. Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).
Grated cheese	Cheese (98%)(Milk), Anti-caking Agent(Potato Starch).

Week Two ingredients/allergens

Mixed salad	Lettuce, cucumber, red onion, grated carrot, spinach, red peppers, yellow peppers, green peppers, cucumber, cherry tomatoes
coleslaw	Grated carrot, white cabbage, white onion Spirit Vinegar, Sugar, Egg Yolk Powder (1%) , Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids)
Chicken korma curry	Chicken breast, Water, Tomato Purée from Concentrate, Sugar, Single Cream (Milk) (4%), Creamed Coconut (4%), Desiccated Coconut (4%), Modified Maize Starch, Lemon Juice from Concentrate, Whey Powder (Milk), Dried Onion, Garlic Purée, Ginger Purée, Salt, Acidity Regulator (Lactic Acid), Ground Fennel, Coriander, Ground Cumin, Ground Coriander, Cassia, Ground Ginger, Cardamom, Turmeric, Dried Fenugreek.
Vegetable korma curry	Mixed peppers, onion, butternut squash, sweet potato Water, Tomato Purée from Concentrate, Sugar, Single Cream (Milk) (4%), Creamed Coconut (4%), Desiccated Coconut (4%), Modified Maize Starch, Lemon Juice from Concentrate, Whey Powder (Milk), Dried Onion, Garlic Purée, Ginger Purée, Salt, Acidity Regulator (Lactic Acid), Ground Fennel, Coriander, Ground Cumin, Ground Coriander, Cassia, Ground Ginger, Cardamom, Turmeric, Dried Fenugreek.
Egg Fried Rice	100% Parboiled Long Grain Rice, EGG Water, SOYBEAN , Salt, WHEAT Flour, Sugar, Colour - Plain Caramel, Acidity Regulators - Lactic Acid, Citric Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 and E627
Chocolate brownie	Sugar, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed), Fat-reduced Cocoa Powder, Dried Egg Albumen, Modified Maize Starch, Salt, Raising Agent (E500), Emulsifiers (E470a, E471, E472b, E472e, E477, E482), Milk Protein, Stabilisers (E450). MILK Maize Starch, Colour(Annatto Norbixin), Flavouring.
Pork Meatballs	Pork (70%), Breadcrumbs (Wheat Flour, Water, Salt, Yeast), Onion, Egg , Salt, Dried Onion, Rapeseed Oil, White Pepper, Nutmeg.
Veggie Meatballs	Water, Pea Protein, Vegetable Oils (Rapeseed, Shea, Coconut), Thickener (E461, E415), Dried Onion, Cornflour, Salt, Natural Flavouring, Vegetable Concentrates (Caramelised Carrot, Carrot, Beetroot), Vegetable Fibres (Bamboo, Pea), Yeast Extract, Stabiliser (E425), Garlic, Spices, Black Pepper Extract, Onion Oil.
Tomato & Basil Sauce	tomatoes (63%), Tomato Paste, Onion (8%), Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil (1%), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt), Salt, Sugar, Oregano, Acidity Regulator (Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Flavouring, Natural Basil Flavouring, Onion Oil.
Spaghetti	Durum Wheat Semolina (100% may contain Mustard and Soya
Iced sprinkle Cake	Water, Vegetable Oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. EGG Wheat Flour(Wheat Flour, Calcium Carbonate, Process Aid(Calcium Sulphate), Niacin, Iron, Folic Acid, Thiamin), Raising Agent(Disodium Diphosphate, Sodium Bicarbonate) Sugar, modified maize starch, vegetable oil (coconut), colouring foods (concentrates from spirulina, safflower, lemon, sweet potato, radish), glucose syrup, anti-caking agent (talc), colour (copper complexes of chlorophylls and chlorophyllins).

Week Two ingredients/allergens

Haddock fillet	Haddock (Fish) (50%),Wheat Flour(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Rapeseed Oil,Salt,Maize Starch, Wheat Starch,Raising Agent(Sodium Polyphosphate,Sodium Carbonate,Ammonium Carbonate),Yeast Extract,Stabiliser(Xanthan Gum),Yeast,Dextrose,Sunflower Oil,Sunflower Lecithin
Cheese & tomato Pizza	Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Tomato paste Cheddar Cheese (98%)(Milk),Anti-caking Agent(Potato Starch).
Oven chips	Potato (97%) (origin: EU), Sunflower Oil.
Mushy peas	Re-hydrated Peas (99%), Bicarbonate of Soda
Curry sauce	Water, Tomato Purée from Concentrate, Sugar, Modified Maize Starch, Curry Powder (3%)(Coriander, Turmeric, Rice Flour, Fenugreek, Cumin Seeds, Mustard Seeds, Salt, Ginger, Black Pepper, Paprika, Chillies, Nutmeg, Fennel Seeds), Whey Powder (Milk), Rapeseed Oil, Garlic Purée, Salt, Acidity Regulator (Lactic Acid), Onion Powder, Turmeric, Ground Cumin.
shortbread	Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D. Sugar, Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin). Vanilla water, monopropylene glycol, natural vanilla extract

Week Three ingredients/allergens

Chicken Goujon Wrap with Cheese	Chicken Breast (57%), Wheat Flour, Palm Oil, Cornflour, Salt, Yeast, Wheat Gluten , Raising Agents(Disodium Diphosphate, Sodium Bicarbonate), Sugar, Water, Black Pepper, Onion, Garlic, Thyme, White Pepper, Nutmeg, Cayenne Pepper, Capsicum. Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators(Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt Cheese (98%)(Milk), Anti-caking Agent(Potato Starch).
ChiQin wrap with cheese	Mycoprotein (54%), Rapeseed Oil, Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Water, Breadcrumbs (Wheat Flour, Salt, Yeast, Acidity Regulator: Disodium Diphosphate; Raising Agent: Sodium Hydrogen Carbonate; Wheat Starch), Starch, Pea Fibre, Natural Flavouring, Wheat Semolina, Bread Sprinkles [Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Sunflower Oil, Salt, Yeast], Potato Protein, Pea Protein, Wheat Gluten, Garlic Powder, Onion Powder, Salt, Black & White Pepper, Paprika Powder, Herbs (Thyme, Sage), Paprika Extract, Yeast Extract. Allergy Advice: For allergens, including cereals containing gluten, Wheat Flour (with Calcium, Iron, Niacin, Thiamine), Water, Palm Oil, Acidity Regulators (Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt Cheese (98%)(Milk), Anti-caking Agent (Potato Starch).
Roasted Diced Potatoes	Potatoes, Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).
Mixed salad	Lettuce, cucumber, red onion, grated carrot, spinach, red peppers, yellow peppers, green peppers, cucumber, cherry tomatoes
Chocolate cornflake slice	. Maize, BARLEY malt extract, sugar, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12 VITAMINS & MINERALS : Niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12 Sugar, vegetable oil (palm), whey powder (MILK), WHEAT flour (with calcium, iron, thiamin (B1), niacin (B3)), fat reduced cocoa powder (6%), emulsifiers (SOYA lecithins, polyglycerol polyricinoleate), flavouring
Baked potato	potatoes
Tuna mayonnaise	Skipjack Tuna (Fish), Sunflower Oil, Water, Salt. Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).
Grated cheese	Cheese (98%)(Milk), Anti-caking Agent(Potato Starch).
Mixed salad	Lettuce, cucumber, red onion, grated carrot, spinach, red peppers, yellow peppers, green peppers, cucumber, cherry tomatoes
coleslaw	Grated carrot, white cabbage, white onion Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids)
Ham & Cheese Toastie	Wheat Flour (with added calcium, niacin iron, folic acid, thiamin), Water, Yeast, Salt, Emulsifiers: E471, E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300 May Contain Barley, Oats, Rye and Soya Cheddar Cheese(Milk) Pork (70%), Water, Salt, Potato Starch, Stabilisers (Carrageenan, Diphosphates, Triphosphates), Dextrose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).

Week Three ingredients/allergens

Lemon Muffin	<p>Wheat Flour (with calcium carbonate, niacin, iron, folic acid, thiamin), raising agents (monocalcium phosphates, sodium bicarbonate) Water, Vegetable Oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D Sugar, Eggs, Sugar, Water, Vegetable Oil (Palm, Rapeseed), Dried Whole EGG, Maize Starch, Concentrated Lemon Juice, Gelling Agent: Pectin; Acid: Citric Acid; Acidity Regulator: Sodium Citrate; Lemon Oil, Colour: Carotenes; Antioxidant: Ascorbic Acid</p>
Minced beef Lasagne	<p>Beef, Onions, Peppers, Malt Vinegar (from BARLEY), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies, (FISH) Tamarind Extract, Onions, Garlic, Spices, Flavourings Tomato paste, Garlic (98%), Acidity Regulator: Citric acid. Tomatoes, tomato juice, acidity regulator (citric acid), mixed herbs MILK Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes) Durum WHEAT semolina , may contain Soya, Mustard Cheese (98%)(Milk), Anti-caking Agent(Potato Starch).</p>
Vegetable Lasagne	<p>Peppers, Onions, sweet potato , butternut squash, Tomato paste, Garlic (98%), Acidity Regulator: Citric acid. Tomatoes, tomato juice, acidity regulator (citric acid), mixed herbs MILK Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes) Durum WHEAT semolina , may contain Soya, Mustard Cheese (98%)(Milk), Anti-caking Agent(Potato Starch).</p>
Potato Wedges	<p>Potatoes Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).</p>
Marble Cake with custard	<p>Wheat Flour (with calcium carbonate, niacin, iron, folic acid, thiamin), raising agents (monocalcium phosphates, sodium bicarbonate) Water, Vegetable Oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D Sugar, Eggs, Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum Milk, Maize Starch, Colour(Annatto Norbixin), Flavouring</p>
Pork Sausage	<p>. Pork (42%), Water, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Pork Rind, Pork Fat, Salt, Dextrose, Spices (White Pepper, Black Pepper), Stabilisers (Tetrasodium Diphosphate, Disodium Diphosphate), Yeast Extract, Preservative (Sodium Sulphite), Sugar, Antioxidant (Sodium Ascorbate), Spice Extracts (Coriander, Nutmeg), Herb Extract (Sage), Filled into Beef Collagen Casing (Beef Collagen, Water, Cellulose)</p>

Week Three ingredients/allergens

Halal Chicken Sausage	Water, Chicken (32%), Rusk (WHEAT Flour, Salt, Raising Agent: Ammonium Carbonate), Chicken Fat, Chicken Skin, Salt, Stabilisers (Tetrasodium Diphosphate, Disodium Diphosphate), Dextrose, Flavourings, Spices, Preservative: Sodium SULPHITE , Sunflower Oil. Filled into Beef Sausage Casings (Beef Collagen, Water, Cellulose). Allergy
Vegan sausage	Water, Pea Protein, Rapeseed Oil, Thickener (E461), Vegetable Fibres (Pea, Bamboo), Yeast Extract, Dried Onion, Salt, Spices, Natural Flavouring, Dextrose, Sage, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot). Sausages filled into plant-based casings
Bacon	Pork (87%), Water, Salt, Antioxidant(Sodium Ascorbate), Preservatives(Sodium Nitrite, Potassium Nitrate)
Vegan bacon	Rehydrated SOYA proteins 81% (water, texturised SOYA proteins 15%, SOYA proteins 6%), sunflower oil, salt, natural flavour, preservative: potassium acetates, colours: anthocyanins - lycopène. Naturally smoked with hickory woo
Poached Egg	EGG
Hash Browns	Potato, Sunflower Oil, Dried Potato, Salt, Dextrose, White Pepper, Onion Powder.
Baked Beans	Haricot Beans (53%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring
Chocolate mousse	Skimmed Milk Powder, Sugar, Dried Glucose Syrup, Modified Starch, Fat Reduced Cocoa Powder, Palm Oil, Emulsifiers (Lactic Esters of Mono- and Diglycerides of Fatty Acids), Milk Proteins, Gelling agents (Sodium Phosphate), Natural Chocolate Flavouring, Stabiliser (Calcium Carbonate), Natural Colour (Caramel)
Jam & cream Scones	Wheat Flour (with calcium carbonate, niacin, iron, folic acid, thiamin), raising agents (monocalcium phosphates, sodium bicarbonate) Water, Vegetable Oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D Sugar, EGGS , MILK Sugar, Apple, Plum, Raspberries, Rhubarb, Gelling Agent (Pectin), Colour (Anthocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate)
Haddock fillet	Haddock (Fish) (50%),Wheat Flour(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Rapeseed Oil,Salt,Maize Starch, Wheat Starch,Raising Agent(Sodium Polyphosphate,Sodium Carbonate,Ammonium Carbonate),Yeast Extract,Stabiliser(Xanthan Gum),Yeast,Dextrose,Sunflower Oil,Sunflower Lecithin
Cheese quiche	Wheat Flour (with Calcium, Iron, Niacin, Thiamine), Water, Palm Oil, Acidity Regulators (Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Diglycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes). Cheddar Cheese (98%)(Milk),Anti-caking Agent(Potato Starch). Water, vinegar, MUSTARD seed (28%), honey, salt, natural flavouring, tarragon. MILK , EGGS
Oven chips	Potato (97%) (origin: EU), Sunflower Oil.
Mushy peas	Re-hydrated Peas (99%), Bicarbonate of Soda

Week Three ingredients/allergens

Curry sauce	Water, Tomato Purée from Concentrate, Sugar, Modified Maize Starch, Curry Powder (3%)(Coriander, Turmeric, Rice Flour, Fenugreek, Cumin Seeds, Mustard Seeds, Salt, Ginger, Black Pepper, Paprika, Chillies, Nutmeg, Fennel Seeds), Whey Powder (Milk), Rapeseed Oil, Garlic Purée, Salt, Acidity Regulator (Lactic Acid), Onion Powder, Turmeric, Ground Cumin.
Tiffin	Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Wholemeal WHEAT Flour (17%), Sugar, Partially Inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt- may contain Barley, Milk, Oats and Rye Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Diglycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes) Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum Partially Inverted Refiners Syrup Sugar, Sugar, vegetable oil (palm), whey powder (MILK), WHEAT flour (with calcium, iron, thiamin (B1), niacin (B3)), fat reduced cocoa powder (6%), emulsifiers (SOYA lecithins, polyglycerol polyricinoleate), flavouring Raisins (99.5%), Sunflower Oil.

Snacks & Extras allergens

crackers	Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Palm Oil, Salt, Raising Agent (Sodium Hydrogen Carbonate), Yeast.
Toast (white bread)	Wheat Flour (with added calcium, niacin, iron, folic acid and thiamin), Water, Yeast, Salt, Emulsifiers: E471, E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300 May contain Barley, Oats, Rye and Soya
Raisins (funtime bags)	Sultanas (49.5%), Raisins (49.5%), Sunflower oil.
margarine	Water, Vegetable Oils(Sunflower Oil, Palm Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D.
Blackcurrant cordial	Water, Blackcurrant Juice from Concentrate (5%), Acid (Citric Acid), Colour (Anthocyanins), Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame*, Sodium Saccharin), Flavourings, Preservatives (Potassium Sorbate, Sodium Metabisulphite).
Orange cordial	Water, Comminuted Oranges from Concentrate (10%), Acid (Citric Acid), Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame*, Sodium Saccharin), Preservatives (Potassium Sorbate, Sodium Metabisulphite), Antioxidant (Ascorbic Acid), Stabiliser (Carboxymethylcellulose), Flavourings, Colour (Beta Carotene).
bourbon biscuits	Wheat Flour (with Calcium, Iron, Niacin, Folic acid, Thiamin), Sugar, Palm Oil, Dextrose, Fat-Reduced Cocoa Powder, Partially Inverted Refiners Syrup, Raising Agent(Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate), Salt, Flavouring
Custard creams	Wheat Flour (with Calcium, Iron, Niacin, Folic Acid, Thiamin), Sugar, Palm Oil, Dextrose, Wheat Starch, Raising Agent(Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Whey Powder (Milk), Salt, Flavouring, Colour(Beta-Carotene). May contain SOYA
Ginger biscuits	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotinamide, Folic Acid, Thiamin), Sugar, Palm Oil, Partially Inverted Refiners Syrup, Ground Ginger (0.7%), Raising Agents (Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Salt, Flavouring. May contain MILK, SOYA
Lotus biscuits	WHEAT flour, sugar, vegetable oils (palm*, rapeseed), candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon. *palm oil from sustainable and certified plantation
Chocolate chip cookie	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Rapeseed Oil, Rolled OATS , Invert Sugar Syrup, MILK Chocolate Chunks (8%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Flavourings), White Chocolate Chunks (8%) (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier (SOYA Lecithin), Flavourings), Butter (MILK), Fat Reduced Cocoa Powder, Raising Agents (Sodium Carbonates, Potassium Carbonates), Salt, Colour (Ammonia Caramel), Flavourings
Strawberry rice cake	YOGHURT Flavoured Coating (58%) (Sugar, Palm Oil, LACTOSE Powder (MILK), YOGHURT Powder (6%) (MILK), Emulsifier (SOYA Lecithin)), Wholegrain Brown Rice, Freeze-Dried Strawberries (2%)
yoghurts	FAT FREE PEACH & PASSIONFRUIT YOGURT: Fat Free Yogurt (MILK), Water, Peach (4.6%), Thickeners (Modified Maize Starch, Pectins, Locust Bean Gum), Fructose Syrup, Passion Fruit Juice

Snacks & Extras allergens

	<p>from Concentrate (1.5%), Natural Flavouring, Carrot Concentrate, Acidity Regulator (Sodium Citrates), Sweetener (Sucralose).</p> <p>FAT FREE STRAWBERRY FRUIT YOGURT: Fat Free Yogurt (MILK), Strawberries (6%), Water, Thickeners (Modified Maize Starch, Pectin), Fructose Syrup, Beetroot Juice Concentrate, Acidity Regulators (Citric Acid, Sodium Citrates), Natural Flavouring, Sweetener (Sucralose).</p> <p>FAT FREE RASPBERRY FRUIT YOGURT: Fat Free Yogurt (MILK), Raspberries (6%), Water, Thickeners (Modified Maize Starch, Pectins), Fructose Syrup, Beetroot Juice Concentrate, Natural Flavouring, Acidity Regulator (Citric Acid), Sweetener (Sucralose)</p>
Muiller rice	<p>MULLERICE ORIGINAL 12X1X170: BUTTERMILK, Water, Rice (8%), Skimmed MILK from Concentrate, Sugar, Cream (MILK) (5%), Skimmed MILK, Stabiliser Guar Gum, Salt, Flavourings.</p> <p>MULLERICE STRAWBERRY 12X1X170: BUTTERMILK, Water, Sugar, Rice (7%), Skimmed MILK from Concentrate, Strawberries (5%), Cream (MILK) (4%), Skimmed MILK, Modified Maize Starch, Stabiliser Guar Gum Salt, Flavourings, Colouring Food: Beetroot Juice Concentrate, Acidity Regulators Citric Acid Sodium Citrates, Colour Carmines.</p> <p>MULLERICE APPLE 12X1X170: BUTTERMILK, Water, Sugar, Rice (7%), Skimmed MILK from Concentrate, Apples (5%), Cream (MILK) (4%), Skimmed MILK, Apple Juice from Concentrate (3%), Modified Maize Starch, Stabiliser Guar Gum, Salt, Acidity Regulators Ascorbic Acid and Sodium Citrates Citric Acid, Flavourings.</p>
Ubley yoghurts	<p>STRAWBERRY YOGURT: Yogurt (MILK), Sugar, Strawberry Purée (3%), Concentrated Strawberry Juice, Strawberry (3%), Modified Maize Starch, Flavourings, Concentrated Lemon Juice, Colour (Anthocyanins).</p> <p>VANILLA: Yogurt (MILK), Sugar, Water, Modified Maize Starch, Glucose Syrup, Flavourings, Sweetened Condensed Skimmed MILK, Vanilla Flavouring, Double Cream (MILK), Acidity Regulator (Citric Acid).</p> <p>APRICOT & MANGO: Yogurt (MILK), Sugar, Apricots (3%), Mango (2%), Apricot Purée From Concentrate, Mango Purée From Concentrate, Modified Maize Starch, Flavourings, Acidity Regulators (Sodium Citrate, Citric Acid), Colour (Annatto Norbixin).</p>
50/50 bread (sandwiches)	<p>WHEAT Flour (33%) (with calcium, iron, niacin (B3) and thiamin (B1)), Wholemeal WHEAT Flour (33%), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Sustainable SOYA Flour, Emulsifier: E472e. Vinegar, Preservative: Calcium Propionate. Flour Treatment Agent: Ascorbic Acid (Vitamin C).</p>

Snacks & Extras allergens

Wholemeal bread (sandwiches)	Wholemeal WHEAT Flour, Water, Kibbled Malted WHEAT (3.5%), Sugar, WHEAT Protein, Yeast, Salt, Malted BARLEY Flour, Vegetable Oils (Rapeseed, Sustainable Palm), Vinegar, Emulsifier: E472e. Sustainable SOYA Flour, Preservative: Calcium Propionate. Flour Treatment Agent: Ascorbic Acid (Vitamin C), with 62% Wholegrain (Wholemeal WHEAT Flour, Kibbled Malted WHEAT , Malted BARLEY Flour)
ham	Pork (70%), Water, Salt, Potato Starch, Stabilisers (Carrageenan, Diphosphates, Triphosphates), Dextrose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).
Cheese slices	Mild Cheddar Cheese (MILK)
Egg mayonnaise	EGG Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).
Tuna mayonnaise	Skipjack Tuna (Fish), Water, Salt Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).
Chicken tikka	Sliced Chicken 5mm(55%) (Chicken Breast (98%), Water, Salt), Mayonnaise(Water, Rapeseed Oil, Sugar, Modified Starch, Free Range EGG Yolk, Salt, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Flavouring (Beta Carotene)), Tikka Curry Paste(5%) (Tomato Paste, Water, Spice (Allspice, Black Pepper, Coriander, Cayenne, Turmeric, Cumin), Sugar, Salt, Garlic Powder, Spirit Vinegar, Herbs(Coriander, Oregano), Natural Colour(Paprika Extract:E160c.))
Sliced turkey	Turkey Breast (80%),Water,Salt,Dextrose,Potato Starch,Stabiliser(Tetrasodium Diphosphate,Pentasodium Triphosphate,Pentapotassium Triphosphate),Acidity Regulator(Sodium Acetate,Disodium Citrate),Peppe
Cheese and crackers	Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Palm Oil, Salt, Raising Agent (Sodium Hydrogen Carbonate), Yeast.
Butter portions	Butter (Milk), Salt (1.9%). Min. 80% fat content.
Seabrooks cheese & onion crisps	Potatoes, Vegetable Oils (Sunflower, Rapeseed, in varying proportions), Onion powder, Lactose (MILK), Salt, Cheese powder (MILK), Yeast extract, Sea salt, Garlic powder, Flavouring, Acid: Lactic acid, White pepper, Spice extract.
Seabrooks salt & vinegar crisps	Potatoes, Vegetable Oils (Sunflower, Rapeseed, in varying proportions), Rice flour, Sea salt, Acidity regulators: Sodium diacetate, Citric acid.
Seabrooks ready salted crisps	Potatoes, Vegetable Oils (sunflower, rapeseed, in varying proportions), Sea Salt
Sweet pickle	Sugar, Onion (21%), Water, Carrot (11%), Barley Malt Vinegar, Cauliflower (4.5%), Courgette (4.5%), Tomato Puree, Modified Maize Starch, Spirit Vinegar, Salt, Acidity Regulator(Acetic Acid), Dates, Apple Pulp, Garlic Puree, Barley Malt Extract, Colour (Caramel), Onion Powder, Ginger Powder, Cinnamon, Clove Powder, Preservatives (Sodium Metabisulphite , Sulphur Dioxide)
Mayo sauce sachet	Rapeseed Oil, Water, EGG Yolk , Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Colour (E160c)
Ketchup sauce sachet	Water, Tomato paste , Sugar, Dextrose, Spirit Vinegar, Thickener (Modified Maize Starch), Salt, Stabiliser (Xanthan Gum), Paprika Powder, Preservative (Potassium Sorbate), Onion Powder, Garlic Powder, Spice Extracts .

Snacks & Extras allergens

Salad cream sauce sachet	Rapeseed Oil, Water, Sugar, Spirit Vinegar, MUSTARD , Pasteurised EGG Yolk ,Salt, Stabiliser (Xanthan Gum), MUSTARD POWDER , Concentrated Lemon Juice, Preservative (Potassium Sorbate), Natural EGG Flavouring. MUSTARD contains: Water, Spirit Vinegar, MUSTARD ,Powder, Salt, Rice Flour, Tapioca Starch, Turmeric, Stabiliser (Xanthan gum), Paprika, Onion powder, Garlic powder
Chip spice	Paprika (25%), Sea Salt, Dried Onion (18%), Rice Semolina, Dried Garlic (8%), Sugar, Smoked Paprika, Natural Lemon Flavouring, Black Pepper, Colour (Paprika Extract)
Vinegar	Malt Vinegar (Barley), Barley Malt Extract. (Acidity 5%
Ice cream vanilla	Water, Skimmed Milk Powder, Oligofructose, Polydextrose, Sweetener(Sorbitol), Maltodextrin, Sugar, Vegetable Fat(Palm Oil, Palm Kernel Oil), Milk Proteins, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Cellulose Gum, Carrageenan), Flavouring, Colour(Carotenes).
Ice cream strawberry	Water, Skimmed Milk Powder, Oligofructose, Polydextrose, Sweetener(Sorbitol), Maltodextrin, Sugar, Vegetable Fat(Palm Oil, Palm Kernel Oil), Milk Proteins, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Cellulose Gum, Carrageenan), Acidity Regulator(Citric Acid), Flavouring, Colour(Beetroot Red)
Berry ice lolly	ORGANIC APPLE JUICE AND PUREE (67%), ORGANIC STRAWBERRY PUREE (15%), ORGANIC GRAPE JUICE (15%), ORGANIC BLACKCURRANT PUREE (3%) WITH ADDED ORGANIC APPLE FIBRE.
Apple ice lolly	JUICE OF ORGANIC APPLE (90%), ORGANIC GRAPE (10%) AND ADDED ORGANIC APPLE FIBRE
Tropical ice lolly	Organic Apple Juice / Organic Apple Puree (45%), Organic Pineapple Puree (17%), Organic Banana Puree (11%), Organic Grape Juice (11%), Organic Mango Puree (8%), Organic Orange Juice (8%) With Organic Apple Fibre.