

## Meal/ food provision ingredients and allergen listings

Meal/food item	Ingredients	Allergens
apricots	apricots, Malic acid, citric acid, sulphur dioxide	sulphites,
baked beans (reduced salt and sugar)	haricot beans, water, tomato puree, sugar, modified maize starch, salt, onion powder, parika extract, maltodextrin, flavouring	
bran flakes	wholegrain wheat, sugar, wheat bran, barley malt extract, honey, salt	gluten (wheat, barley), may also contain milk, nuts, peanuts
breadsticks	wheat flour, palm oil, tomato flakes, yeast, malt extract, raising agent, basil	Gluten (wheat, oats, barley) may also contain milk, soy
Cereal bars	Wholegrain cereal flakes, glucose-fructose syrup, dried cranberries, puffed cereals, corn flakes, coconut fat, citric acid, natural flavouring, sunflower lecithins, salt	Gluten
Cheerios/ multigrain hoops	wholegrain oat flour, wholegrain wheat flour, wholegrain maize semolina,, wholegrain rice flour, wholegrain barley flour, sugar, wheat starch, brown invert sugar syrup, salt, carob powder, annatto	gluten (oat, wheat, barley), may also contain peanuts, nuts and milk. Plus additional milk when served with it.
cheese		milk
cheese triangles	liquid whey (milk), cheese, milk protein, whey powder, salt, guar gum, carrageenan, citric acid	milk
Chicken		
Cod (fresh)		Fish
Cornflakes	Maize, sugar, barley malt extract, salt	Gluten (barley). May also contain milk, nuts, peanuts
cream cheese	soft cheese, salt, inulin, citrus fibre, locust bean gum, carageenan.`	milk
Crispbreads	Wholegrain rye flour, sesame seeds, salt	Gluten (rye), sesame
Crumpets	Fortified wheat flour (calcium carbonate, iron, niacin, thiamin), water, spirit vinegar, sugar, raising agent, yeast, salt, preservatives	Wheat,
Dried raisins	raisins, sunflower oil	sulphites, may also contain nuts, peanuts and sesame
Fish fingers	cod fish, breadcrumbs (wheat flour, sunflower oil, potato starch, water, salt, yeast, spices (white pepper, paprika)	Gluten, fish
Frozen peas/sweetcorn		
Fruit		
Ginger nut biscuits	wheat flour, calcium carbonate, iron, niacin, Thiamin, sugar, glucose-fructose syrup, palm oil, semolina, ground ginger, raising agents, salt, lemon oil	gluten (wheat)

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Gravy	Potato starch, palm oil, salt, fortified wheat flour, flavouring (contains soya), maltodextrin, ammonia caramel, onion powder, ground sage, soya lecithins	gluten (wheat), soya
Homemade cakes	flour, butter, milk, eggs, baking powder, sugar, icing sugar,	Milk, eggs, wheat (gluten)
Homemade potato wedges	Potato, garlic powder, olive oil, fresh rosemary	
hot cross buns	fortified wheat flour, orange juice soaked dried fruit (raisins, saltanas, currants), water, invert sugar syrup, yeast, orange peel, lemon peel, wheat gluten, palm oil, maize starch, rapeseed oil, salt, flavouring, palm fat, soya flour, ascorbic acid, wheat starch	wheat (gluten), soya, may also contain egg and milk
Hummous	Chickpeas, water, sesame seed paste, rapeseed oil, lemon juice, garlic puree, salt, potassium sorbate	sesame
Jacket potatoes	potato,	
Meatballs	beef, water, dried potato flour, rice flour, salt, cracked black pepper, sodium metabisulphite	sulphites
Multigrain crackers	wheat flour, iron, niacin, Thiamin, riboflavin, folic acid, wholemeal wheat flour, sunflower oil, grains (brown rice, cracked rye, wheat, millet, linseed), sugar, salt, barley malt, raising agents, dried onion powder.	gluten (wheat, Rye, Barley), may also contain; celery, milk, mustard, sesame, soya
Muesli	Mixed fruit, banana chips, dried apricots, dates, dried pineapple, dried papaya, oat flakes, wheat flakes, barley flakes	Sulphites, gluten
Mushroom and courgette pasta	Mushroom, courgette, vegetable stock, cream cheese, cheese, garlic powder, pasta	Milk, gluten (wheat)
olive spread	rapeseed oil, palm oil, water, olive oil, whey powder (milk), salt, emulsifier	milk
Pasta	Durum wheat semolina, water	wheat (gluten)
pesto	basil, sunflower oil, olive oil, cashews, cheese (contains lysozyme from egg), yogurt, salt, sugar, pecorino romano cheese, pine nuts, garlic powder	eggs, milk, nuts (cashews)
Pork		
Porridge	Porridge oats, milk	milk, oats (gluten)
Rice		
rice cakes	wholegrain brown rice, sesame seeds, salt	sesame (may also include milk and Soya)
salad	Cucumber, tomato, pepper, carrot	

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Salmon		Fish
Scrambled/boiled eggs	egg, milk, butter	Eggs, milk
Seabass (fresh)		fish
Shreddies	wholegrain wheat, sugar, barley malt extract, salt,	wheat (gluten), may also include milk, nuts, peanuts
tomato sauce (half passata/half ketchup)	passata, ketchup: tomato puree, sugar, spirit vinegar, cornflour, salt, acidity regulator, flavouring, onion powder, spice extracts, spices, rice flour,	
tomato soup	tomatoes, sugar, rapeseed oil, modified maize starch, salt, dried skimmed milk powder, double cream, paprika, rice flour, sunflower oil, basil extract, capsicum extract, cinnamon extract, flavouring, garlic oil.	milk
Tortilla wrap (wheat and white)	fortified wheat flour, wholemeal wheat flour, water, palm oil, sugar, raising agents, salt, rapeseed oil, wheat starch	wheat (gluten)
unsalted butter		milk
Wholemeal Bread	wholemeal wheat flour, malted barley flour, yeast, molasses, sugar, fermented wheat flour, wheat protein, salt, fortified wheat flour, rapeseed oil, spirit vinegar, emulsifiers, soya flour, palm oil, ascorbic acid	gluten (wheat, barley), soya
Yogurt	yogurt, sugar, modified maize starch, glucose-fructose syrup, vegetable concentrate (carrot), natural flavouring (vanilla or strawberry)	milk