The Blue School

This booklet is to be used in conjunction with the Primary School menus dated from the 4th January – 25th March 2027 for meals provided by the Blue School, Wells only.

From time-to-time ingredients will change due to unavailability from suppliers, when this occurs, separate labels will be issued for that day.

Please be aware that some allergens marked in the boxes are not due to ingredients within but where they are manufactured next to other ingredients that may cause allergic reactions.

We take every care to prevent cross-contamination of foods that can cause allergic reactions, but cannot guarantee.

Roast Turkey,

Ingredients
Turkey

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Roast Pork,

Ingredients
Pork

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Ham

Ingredients
Ham (Pork)

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Roast Potatoes

Ingredients

Potato (97%), Sunflower Oil, Rice Flour, Potato Starch, Dextrin, Salt, Dextrose, Turmeric.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Mashed Potatoes

Ingredients

Potato (91%), Whole **MILK** (7%), Unsalted Butter (**MILK**) (2%), Salt, Pepper.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
					X	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Potato Wedges

Ingredients

Potatoes, Sunflower Oil.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Peas

Ingredients

Peas

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Carrots

Ingredients

Carrots

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Gravy

Ingredients

Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Baked Beans
Ingredients

Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Sweet Corn
Ingredients

Sweetcorn (87%), Water.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Fish Finger
Ingredients

Formed **FISH** (ALASKA POLLOCK (theragra chalcogramma) and **COD** (Gadus Morhua)), **WHEAT**flour, water, yeast, yeast extract, potato, salt, curcuma, paprika, **WHEAT** starch, vegetable oil (100% rapeseed), methylcellulose (E461).

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat			*X*			
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Battered Fish

Ingredients

MSC Pollock (**FISH**) (50%), Water, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Rapeseed Oil, Salt, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; **WHEAT** Starch, Dextrose, Yeast Extract, Stabiliser: Xanthan Gum.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat			*X*			
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Veggie Burger/Grill

Ingredients

Carrot (20%), Onion (13%), Sweetcorn (13%), Peas (13%), Potato Flakes, Breadcrumb (8%) **(WHEAT** Flour, Corn starch, Rice Bran Oil, Dried Yeast, Salt, **WHEAT Gluten**, Dextrose, Antioxidant: Ascorbic Acid), Water, Cotton Seed Oil, **WHEAT** Flour, Potato Starch, Maize Flour, Salt, Corn Starch, Sugar, Yeast Extract, Onion Powder, White Pepper Powder, Thickener: Carboxymethyl Cellulose, Turmeric Powder.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Macaroni Cheese

Ingredients

100% Durum **Wheat** Pasta, vegetable oil, water, salt, emulsifier (mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D, Flour (**WHEAT**), **Milk**, Mozzarella (**MILK**) 50%, Mozzarella (**MILK**) Vegetable oil & MILK protein blend 30% (mozzarella 38% palm oil, **MILK** protein, water, modified starch, starch, emulsifiying salt (E331) Acidity regulator (E330), Mild white cheddar cheese **MILK** 20% if coloured contains annatto (E160b), anti caking agent (Potato Starch)

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat					*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Vegetable Sausage

Ingredients

Rice (23%), Onion (17%), Water, Carrot (13%), Broccoli (12%), Potato Flakes, **WHEAT** Flour, Potato Starch, Salt, Yeast Extract Onion Powder, Parsley, Sugar, Vegetable Stock [Maltodextrin, Salt, Vegetable Powders (Onion, Carrot, Tomato, Garlic), Corn Starch, Sugar, Yeast Extract, Spice Extracts (Pepper, Turmeric), Sunflower Oil, Parsley, Colour: Plain Caramel, Flavourings], Garlic, Nutmeg Powder.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Tomato and Cheese Pasta Bake

Ingredients

Durum **WHEAT** Semolina, Chopped Tomatoes (60%), Tomato Juice, Acidity Regulator: Citric Acid. Tomato Puree (98%), Salt, Oregano Flavouring, Acidity Regulator: Citric Acid, Sugar, Sunflower Oil, Dried Oregano, Natural Pepper Flavouring, Dehydrated Onion, Natural Flavouring, Garlic Powder. Rehydrated Garlic (98%), Acidity Regulator: Citric Acid. Marjoram, Thyme, Parsley, Basil, Mozzarella (**MILK**) 50%, Mozzarella (**MILK**) Vegetable oil & **MILK** protein blend 30% (mozzarella 38% palm oil, **MILK** protein, water, modified starch, starch, emulsifying salt (E331) Acidity regulator (E330), Mild white cheddar cheese **MILK** 20% if coloured contains annatto (E160b), anti caking agent (Potato Starch)

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat					*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

RICE

Ingredients

Rice

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Sausage
Ingredients

Pork, Water, Rusk (contains **WHEAT** Flour fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Pork Rind, **SOYA** Protein Concentrate, Salt, Potato Starch, Stabilisers (E450(i), (E450(iii)), Flavourings, Preservative (Sodium **SULPHITE**), Dextrose, Spice (White Pepper), Sunflower Oil, Antioxidant (E300)

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
		X				*X*

Vegetable Nuggets

Ingredients

Vegetables (44%) (In varying proportions: Carrot, Onion, Sweetcorn, Broccoli, Red Pepper), Breadcrumb (14%) (Fortified **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Salt, **WHEAT** Dextrose, **WHEAT Gluten**, Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Water, Yeast, Sunflower Oil, Flour Treatment Agents (Ascorbic Acid, L-cysteine Hydrochloride), Acidity Regulator (Acetic Acid)), Water, Fortified **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Dehydrated Potato, Rapeseed Oil, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate).

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Meat Balls

Ingredients

Chicken (70%); Water; Gluten Free Crumb (rice flour, gram flour, water, maize starch, salt, dextrose monohydrate); Seasoning (potato starch, salt, spices, onion powder, sugar, yeast extract, spice extracts)

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Falafel

Ingredients

Chickpeas (67%), Onion, Garlic, Salt , Citrus Fibre, Spices (0.9%), Herbs (0.3%), Raising Agent (Sodium Bicarbonate), Rapeseed Oil

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Tomato Sauce

Ingredients

Tomatoes (98%), Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity Regulator (CitricAcid) Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid) Water, Garlic Granules, Citric Acid, Mixed Herbs

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Pasta

Ingredients

Durum **WHEAT** Semolina

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
WHEAT						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Chicken and Vegetable Korma

Ingredients

Chicken, Carrots (48%), Peas (30%), Cut green beans (9%), Broad Beans (7%), Sweetcorn (6%) Water (35%), Water, Onion, **MILK**, Sugar, Refined Sunflower Oil, Desiccated Coconut, Garlic, Ginger, Iodized Salt, Tomato Paste, Spices, GreenChilli, Acidity Regulator (Lactic Acid), Thickener (Xanthan Gum), Cornflour.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
					X	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
	*x**	X*	*X**	*X**	X*	

*** MAY CONTAIN**

Vegetable Korma

Ingredients

Carrots (48%), Peas (30%), Cut green beans (9%), Broad Beans (7%), Sweetcorn (6%) Water (35%), Coconut Cream (15%), Double Cream (**MILK**), Sugar, Corn Flour, Onion, Natural Yoghurt (**MILK**), Salted Butter (**MILK**), Vegetable Oil, Lemon Juice, Desiccated Coconut, Ground Roasted Coriander, Salt, Ground Roasted Cumin Ground, Garlic Puree (Garlic Powder, Citric Acid, Water), Turmeric, Ground Paprika, Acid (Lactic Acid), Ginger Granules, Ground Roasted Black Pepper, Ground Roasted Fenugreek, Green Cardamom, Nutmeg.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
					X	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
	*X**	*X**	*X**	*X**	*X**	

*** MAY CONTAIN**

Wholegrain Chicken, Tomato & Cheese Pasta Bake

Ingredients

100% Durum **WHEAT** Pasta, Chicken, crushed tomatoes, starch, sugar, salt, oregano, black pepper, sunflower oil, citric acid, Garlic, acidity regulator, tomatoes, tomato juice, citric acid, mixed herbs, Mozzarella (**MILK**) 50%, Mozzarella (**MILK**) Vegetable oil & **MILK** protein blend 30% (mozzarella 38% palm oil, **MILK** protein, water, modified starch, starch, emulsifying salt (E331) Acidity regulator (E330), Mild white cheddar cheese **MILK** 20% if coloured contains annatto (E160b), anti caking agent (Potato Starch)

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Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat					*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Mild Chilli Con Carne

Ingredients

Mince beef, Onions, Tomatoes (98%), Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity Regulator (Citric Acid) Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid) Water, Garlic Granules, Citric Acid, Mixed Herbs, Chilli powder, Cumin Powder. red kidney beans, water

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
**?*						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

***? Cumin powder may contain Gluten**

Mixed Bean Chilli Con Carne

Ingredients

Mixed beans (60%): Borlotti beans, Red Kidney beans, Butter beans, Cannelini beans, Chick Peas, Water, ascorbic acid (antioxidant) Onions, Tomatoes (98%), Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity Regulator (Citric Acid) Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid) Water, Garlic Granules, Citric Acid, Mixed Herbs, Chilli powder, Cumin Powder. red kidney beans, water

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
**?*						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

***? Cumin powder may contain Gluten**

Garlic Bread

Ingredients

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Water, Garlic Puree (3.0%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), **WHEAT** Flour.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
WHEAT					*X**	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
		X*				

*** MAY CONTAIN**

Cottage Pie

Ingredients

Mince Beef, mixed vegetables (Carrots (48%), Peas (30%), Green Beans (9%), Broad Beans (7%), Sweetcorn (6%)), onions, Potato starch, Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract, vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage Potato (91%), Whole **MILK** (7%), Unsalted Butter (**MILK**) (2%), Salt, Pepper.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
					X	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Veggie Cottage Pie

Ingredients

Rehydrated Textured **SOYA** Protein (92%), Rapeseed Oil, Seasoning (Yeast Extract, Onion Powder, Salt, Malted **BARLEY** Extract, Dextrose, White Pepper, Natural Flavouring, Garlic Powder), Malted **BARLEY** Extract., mixed vegetables (Carrots (48%), Peas (30%), Green Beans (9%), Broad Beans (7%), Sweetcorn (6%)) onions. Potato starch, Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract, vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage, Potato (91%), Whole **MILK** (7%), Unsalted Butter (**MILK**) (2%), Salt, Pepper.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
BARLEY					*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
		X				

Lasagne

Ingredients

Mince Beef, Onions, Tomatoes, Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity regulator E330 (Citric Acid), Chopped Tomatoes (60%), Tomato Juice, Acidity Regulator :Citric Acid, pepper, mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory) Water, Garlic Granules, Citric Acid, Durum **WHEAT** Semolina, Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifier (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Flour, **WHEAT, MILK**, A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, **MILK** Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar(**MILK**), Anti-caking Agent: Potato Starch

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
WHEAT					*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Ham Cheese & Tomato Pizza

Ingredients

Ham, **WHEAT** Flour (76%) (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Pre-mix [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier: Mono- and Diacetyl tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Flour Treatment Agent: Ascorbic Acid], Yeast, Rapeseed Oil. Tomatoes (98%), Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity Regulator (Citric Acid) Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
WHEAT					*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Cheese & Tomato Pizza

Ingredients

WHEAT Flour (76%) (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Pre-mix [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier: Mono- and Diacetyl tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Flour Treatment Agent: Ascorbic Acid], Yeast, Rapeseed Oil. Tomatoes (98%), Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity Regulator (Citric Acid) Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
WHEAT					*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Cheese Omelette

Ingredients

Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch, **EGGS**

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
		X			*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Chicken (Gravy) Pie

Ingredients

Chicken, Peas, Carrots, sweet corn, green beans, Onion, Potato starch, Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract, vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage Fortified **WHEAT** Flour (**WHEAT** flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Salt), Margarine (Palm and Rapeseed Oil, Water, Salt), Water, Preservative: Potassium Sorbate

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
WHEAT						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Veggie Pie

Ingredients

Peas, Carrots, sweet corn, green beans, Onion, Potato starch, Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract, vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage Fortified **WHEAT** Flour (**WHEAT** flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Salt), Margarine (Palm and Rapeseed Oil, Water, Salt), Water, Preservative: Potassium Sorbate

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
WHEAT						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Salad

Ingredients

Lettuce, Tomatoes and Cucumber

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Bread served with lunch

Ingredients

Wheat flour, water, yeast, salt, gluten, anti-oxidant e300, enzymes

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Butter

Ingredients
Butter & added salt

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
					X	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Jacket Potato

Ingredients
Potato

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Cheese

Ingredients
Mozzarella (**MILK**) 50%, Mozzarella (**MILK**) Vegetable oil & **MILK** protein blend 30% (mozzarella 38% palm oil, **MILK** protein, water, modified starch, starch, emulsifiying salt (E331) Acidity regulator (E330), Mild white cheddar cheese **MILK** 20% if coloured contains annatto (E160b), anti-caking agent (Potato Starch)

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
					X	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Egg Mayonnaise

Ingredients

Egg, Mayonnaise – Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Salt, Pasteurised Egg Yolk, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservatives (Potassium Sorbate, Sodium Benzoate), Flavouring, Colour (Beta Carotene).

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
		X				
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Boiled Egg

Ingredients

Egg

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
		X				
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Salad Cream Sachet

Ingredients

Water, Rapeseed Oil, Spirit Vinegar, Sugar, **EGG** Yolk, Modified Potato Starch, **MUSTARD** (Spirit Vinegar, Water, **MUSTARD** Flour, Salt, Turmeric, Stabiliser (Xanthan Gum), Garlic Powder), Salt, **MUSTARD** Flour, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate).

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
		X				
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
					X	

Sandwich Bread & Spread Used

Bread – Malted Bloomer

Ingredients

Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted **WHEAT** Flakes (3.5%), **WHEAT** Flour, Malted **BARLEY** Flour, **WHEAT** Gluten, Salt, Yeast, Palm O il, Emulsifiers (E472e, E471), **WHEAT** Bran, Spirit Vinegar, **BARLEY** Flour, Preservative (E282), **SOYA** Flour, Flour Treatment Agent (E300).

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat & Barley						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
		X				

Bread – White Bloomer

Ingredients

Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, **WHEAT** Gluten, Yeast, Emulsifier (E472e), Spirit Vinegar, Preservative (E282), Flour Treatment Agent (E300).

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
		X *				

*** MAY CONTAIN**

Margarine

Ingredients

Vegetable Oils (Rapeseed, Palm) Water, Reconstituted Buttermilk 3%, Salt (1.5%), Emulsifiers: Mono and Di Glyceride of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A & D, Flavouring, Colour: carotenes

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
					X	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Juice

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Fruit – Apple, Banana or Orange

Yoghurts

Fat Free Yogurt (Milk), Sugar, Peaches (2.6%), Thickeners (Modified Maize Starch, Pectins), Passion Fruit Juice from Concentrate (0.2%), Acidity Regulators (Citric Acid, Sodium Citrates), Natural Flavouring.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
					X	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Apple Crumble

Ingredients

Apple, water, citric acid, acetic acid, **WHEAT** Flour, vegetable oil, water, salt, emulsifier(mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Custard

Ingredients

Sugar, Cornflour, colour (annatto), Milk.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
					X	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Shortbread

Ingredients

Flour, Sugar, vegetable oil, water, salt, emulsifier(mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Iced Sponge Cake

Ingredients

WHEAT Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **EGG** Powder, **MILK** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80) Glucose Syrup. Icing sugar, anti-caking agent tricalcium phosphate, sugar, modified maize starch, vegetable oil, glucose syrup, lemon and safflower concentrates, anti-caking agent E553b, colours, carmine, brilliant blue.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat		*X*			*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
		X				

Eves Pudding

Ingredients

Apple, water, citric acid, acetic acid, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **EGG** Powder, **MILK** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80)

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat		*X*			*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
		X				

Cocoa Sponge & Cocoa Butter Icing

Ingredients

WHEAT Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Fat-Reduced Cocoa Powder, Raising Agents (Potassium Hydrogen Carbonate, Disodium Diphosphate), EGG Powder, **MILK** Proteins, Dextrose, Rice Starch, **EGG** Albumen, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80).Icing sugar, anti-caking agent tricalcium phosphate, vegetable oil, water, salt, emulsifier (mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D,

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat		*X*			*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Flapjack

Ingredients

Syrup, Sugar, Rolled Oats, vegetable oil, water, salt, emulsifier (mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D preservative, sodium, metabisulphite

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
***X						
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
						X

*** Oats do not specify they are Gluten Free

Peaches

Ingredients

Peach slices, water, sugar, glucose syrup, acidity regulator: citric acid

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Syrup Sponge

Ingredients

WHEAT Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **EGG** Powder, **MILK** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80)., golden syrup. partially Inverted refiners Syrup

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
WHEAT		*X*			*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Lemon Drizzle Cake

Ingredients

WHEAT Flour **(WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **EGG** Powder, **MILK** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80).Glucose Syrup. Lemon Juice from concentrate, preservative: sodium metabi**SULPHITE** (E223)

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat		*X*			*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
						X

Jam Sponge

Ingredients

Mixed Fruit Jam - Glucose-Fructose Syrup, Apple (**SULPHITES**), Sugar, Rhubarb, Raspberry, Plums, Gelling Agent (Pectin), Colour (Anthocyanin), Acid (Citric Acid), Acidity Regulator (Sodium Citrates), Caramelised Sugar**. WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **EGG** Powder, **MILK** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80).

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat		*X*			*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
						X

Apple Cake

Ingredients

Apple, water, citric acid, acetic acid, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **EGG** Powder, **MILK** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80).,

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat		*X*			*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Butter Iced Cake

Ingredients

WHEAT Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **EGG** Powder, **MILK** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80).,. Icing sugar, anti-caking agent tricalcium phosphate, vegetable oil, water, salt, emulsifier (mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D,

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat		*X*			*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Tin Fruit

Ingredients

Mixed fruits in variable proportions (Peaches, Pear, Grapes, Pineapple, Cherries (with Colour: Erythrosine)), Water, Pear Juice (from concentrate), Acidity Regulator: Citric Acid.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*

Cookie (For Trips ONLY)

Ingredients

WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), White Chocolate (24%)(Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier(**SOYA** Lecithin), Flavouring), Sugar, Butter (**MILK**) (9%), Palm Oil, Water, Rapeseed Oil, Invert Sugar Syrup, **EGG** Powder, Raising Agents(Sodium Bicarbonate, Disodium Diphosphate), Skimmed **MILK** Powder, Cane Molasses, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabiliser(Xanthan Gum), Flavouring.

Cereals containing Gluten	*Crustaceans*	*Egg*	*Fish*	*Lupin*	*Milk*	*Molluscs*
Wheat		*X*			*X*	
Nuts	*Peanut*	*Soya*	*Sesame*	*Celery & Celeriac*	*Mustard*	*Sulphur Dioxide and Sulphites*
		X				