



Packed Lunches

Sandwich

Hovis Wholemeal Bread - Wholemeal flour (**WHEAT**), Water, **WHEAT** Protein, Yeast, Granulated Sugar, Salt, **SOYA** Flour, **WHEAT** Flour (with added calcium, iron, niacin, thiamin), Vegetable Oil (palm, rapeseed), Emulsifiers: E471, E472e; Preservatives E282, Caramelised Sugar, Flour Treatment Agent: Ascorbic Acid.

Hovis White Bread - **WHEAT** Flour (with added calcium, iron, niacin, thiamin), Water, Yeast, **SOYA** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481; Flour Treatment Agent: Ascorbic Acid.

Flora Dairy Free Spread - Plant Oils (sunflower, rapeseed, palm), Water, Salt, Plant Based Emulsifier (sunflower lecithin), Vinegar, Natural Flavouring, Vitamin A

Farmhouse Ham - Pork (80g pork per 100g finished product), Water (11%), Cure Mix (pea starch, dried glucose syrup, dextrose, tapioca starch, stabilisers (E451, E450), salt, yeast extract, antioxidant (E301), potato fibre, preservative (E250)), Waxy Maize Starch.

Extons Mature Cheddar Cheese slice - Whole **MILK**, salt, starter culture, non animal rennet

SkipJack Tuna Mayo - Skipjack Tuna Chunks (**FISH**), Water, Salt. Water, Rapeseed Oil, Spirit Vinegar, Modified Starch, Sugar, Salt, Dried **EGG** Yolk, Stabiliser (xanthan gum), **MUSTARD** Flour, Lemon Juice Concentrate, Preservative (potassium sorbate), Colour (paprika extract)

Crisps

Seabrook Ready Salted Crisps - Potatoes, Sunflower oil (30%), Sea Salt

Fruit

Apple, Satsuma, Banana

Pudding

Nestle Kit Kat - Sugar, **WHEAT** Flour (contains calcium, iron, thiamin and niacin), **MILK** powders (whole and skimmed), Cocoa Mass, Cocoa Butter, Vegetable Fats, Lactose and Proteins from Whey (from **MILK**), Whey Powder (from **MILK**), Butterfat (from **MILK**), Emulsifier (lecithin), Yeast, Raising Agent (sodium bicarbonate), Natural Flavourings.

Homemade Shortbread Biscuit - Plain Flour (**WHEAT**), Caster Sugar, Dairy Free Spread (plant oils (sunflower, rapeseed, palm), Water, Salt, Plant Based Emulsifier (sunflower lecithin), Vinegar, Natural Flavouring, Vitamin A), Semolina (durum **WHEAT**).

Juice

Kaluna Orange Juice - Orange Juice From Concentrate (100%)

Kaluna Apple Juice - Apple Juice From Concentrate (100%)

