

# Morecambe Road School Breakfast Club Menu

– 7.45am until School starts

## ALLERGENS ARE IN BOLD

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



Milk – **MILK, LACTOSE**, vitamins and minerals, fat, carbohydrates, 13% protein.

Oat Milk – Water, **OATS**, rapeseed oil, acidity regulator (dipotassium phosphate), minerals (calcium carbonate, potassium iodide), salt, vitamins (D2, riboflavin, B12).



Raspberry Jam – Raspberries, Glucose– Fructose Syrup, Sugar, Gelling Agent: Pectin, Acid: Citric Acid, Acidity regulator: Sodium Citrates. Prepared with 35g of fruit per 100g, (total sugar content 61g per 100g).



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



Apple Juice – Apple Juice from Concentrate(100%), Carbohydrates, vitamins A and C, **Proteins**.



Orange Juice – Orange Juice from Concentrate, **Citrus**, (100%).



Nestlé Harvest CORN FLAKES -

Maize Grits, Sugar, Salt, **Barley** Malt Extract, Iron, Vitamin B3, B5, D, B12, B9, B6, B1, B2.



Nestlé Original Shreddies - Whole Grain **Wheat** (96%), Sugar, Invert Sugar Syrup, **Barley** Malt Extract, Salt, Molasses, Vitamins and Minerals (Niacin, Iron, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin).



Nestlé Harvest Home CRISP RICE

Rice, Sugar, **Barley** Malt Extract, Salt, Iron, Vitamin D, B3, B5, B12, B9, B6, B2, B1.

