



# Winter Regular Lunch Menu 2024/25 – Ver 1.4

Week  
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Monday

Tuesday

Wednesday

Thursday

Friday

Lunch

## KATSU CHICKEN CURRY SERVED WITH NAAN BREAD

INGREDIENTS:

KATSU CURRY - Diced Chicken, Katsu Curry Sauce – (Water, Tomato Purée from concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Purée, **SOY** Sauce – (Water, Sugar, Rice Vinegar, **SOYA BEAN, WHEAT**, Salt), Garlic Purée, Turmeric, Ground Coriander, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Black Pepper, Garlic Powder, Stabiliser (Xanthan Gum), Ground Cassia, Cumin Seed, Ground Fennel, Ground Cloves), Broccoli, Carrot, Cauliflower, Chicken Stock (Water, Chicken Stock), Flavouring, Glucose Syrup, Salt, Yeast Extracts, Sugar.

NAAN BREAD – **WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raising Agent (Monocalcium Phosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose.

**ALLERGENS: SOYA, GLUTEN: WHEAT**

## PORK MEATBALL RAGU SERVED WITH RICE

INGREDIENTS:

PORK MEATBALL RAGU - Pork Meat Balls - (Pork (70%), Breadcrumbs (**WHEAT** Flour, Water, Salt, Yeast), Onion, **EGG**, Salt, Dried Onion, Rapeseed Oil, White Pepper, Nutmeg.), Ratatouille Mix - Courgette, Tomato, Green Pepper, Red Pepper, Onion, Aubergine, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Tomato Paste (Tomato Paste and Acidity Regulator), Veg Bouillon – (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Garlic Paste(Garlic, Acidity Regulator: Citric Acid).

RICE - Long Grain Rice.

**ALLERGENS: EGG, GLUTEN: WHEAT**

## BEEF CHILLI SERVED WITH HALF JACKET POTATO

INGREDIENTS:

BEEF CHILLI - Minced Beef, Sunflower-Oil, Onions, Chilli Sauce – (Tomato Passata, Tomato, Red Kidney Beans, Onion, Red Pepper, Tomato Paste, Sugar, Garlic Puree, Water, Roasted Cumin Powder, Lemon Juice, Vegetable Oil, Salt, Paprika, Coriander Leaf, Parsley, Roasted Coriander Powder, Oregano, Chilli Powder, Ground Roasted Black Pepper), Baked Beans – (Haricot Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring).

JACKET POTATO - Jacket Potato.

**ALLERGENS: NONE**

RICE - Long Grain Rice.

**ALLERGENS: NONE**

## FISH GOUJONS, POTATO WEDGES AND MUSHY PEAS

INGREDIENTS:

FISH GOUJONS - Pollock (Theragra Chalcogramma) (60%) (**FISH**); Breadcrumbs [**WHEAT** Flour, Water, Yeast, Salt, Spice, Rapeseed Oil, Paprika], Water, Rapeseed oil, Batter [**WHEAT** Flour, **WHEAT** Starch, Maize Flour, Salt, Raising Agents (Sodium Bicarbonates and Disodium Diphosphates)], Seasoning [Maltodextrine, Dextrose, **WHEAT** Gluten, Citrus Fibre, Stabiliser (Methylcellulose), Potassium Chloride, Salt, Onion Powder, White Pepper, Tomato Powder, Garlic Powder, Dried Dill], Colour (Burnt Sugar), Vegetable Fibre, **WHEAT** Protein, Colour (Paprika Extract), Lemon Juice, Emulsifier (Polyglycerol Polyricinoleate).

POTATO WEDGES - Potato, Sunflower Oil.

MUSHY PEAS - Rehydrated Processed Peas (95%), Water, Sugar, Salt, Colours (Carotenes, Copper complexes of Chlorophyllins).

**ALLERGENS: FISH, GLUTEN: WHEAT**

## VEGETARIAN SAUSAGE AND BEAN HOTPOT SERVED WITH MASHED POTATO

INGREDIENTS:

VEGGIE SAUSAGE AND BEAN HOTPOT - Vegetarian Sausage- (Rehydrated Textured **SOYA** Protein (70%), Water, Rapeseed Oil, **SOYA** Protein Concentrate, Seasoning (**SULPHITES**), (Dextrose, Salt, Flavouring, Onion Powder, Yeast Extract, Colour (Red Iron Oxide)), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Bamboo Fibre, Stabiliser (Methyl Cellulose), Tomato Purée, Salt, Raising Agent (Ammonium Carbonates), Baked Beans In Tomato Sauce (Haricot-Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika), Borlotti Beans (Borlotti Beans, Water, Antioxidant(Ascorbic Acid)), Cannellini Beans (Cannellini Beans, Water, Antioxidant(Ascorbic Acid)), Butter Beans (Butter Beans, Water, Firming Agent (Calcium Chloride), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Gravy (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract).

MASHED POTATO - Mashed Potato – (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour).

**ALLERGENS: SULPHITES, SOYA, GLUTEN: WHEAT**

Dessert

## JAM AND COCONUT SPONGE

INGREDIENTS:

Jam - ((Sugar, Apple, Raspberries, Rhubarb, Plum, Gelling Agent(Pectin), Colour(Antocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Preservative(**SULPHUR-DIOXIDE**)), Sponge Mix((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i))), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Desiccated Coconut-((Coconut, Preservative (**SODIUM METABISULPHITE**)), Vegetable Margarine - Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Sparkling Water.

**ALLERGENS: SULPHITES**

## CRANBERRY FLAPJACK

INGREDIENTS:

Flapjack Mix - (Gluten Free OAT Flakes (50%), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Glucose, Dextrose, Natural Flavouring, Salt, Flavouring)), Cranberries- (Cranberries, Sugar, Sunflower Oil).

**ALLERGENS: NONE**

## MIXED FRUIT SPONGE

INGREDIENTS:

Gluten Free Sponge Mix ((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i))), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Veg Margarine (Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator (Citric Acid), Flavouring, Colour (Beta-Carotene), Vitamin A, Vitamin D), Mixed Fruits (Sultanas, Cranberries, Raisins, Sunflower Oil, Sugar), Sparkling Water.

**ALLERGENS: NONE**

## STRAWBERRY AND VANILLA MOUSSE

INGREDIENTS:

Water, Sugar, Palm Oil, Whey Solids (**MILK**), Whey Powder (**MILK**), Dextrose, **SKIMMED MILK-POWDER**, **BUTTERMILK** Powder, Emulsifier - (Mono And Di-Glycerides Of Fatty Acids, Stabilisers (Guar Gum, Locust Bean Gum, Sodium Alginate), Flavouring, Colours (Beetroot Red, Beta Carotene).

**ALLERGENS: MILK**

## CHOC CHIP MUFFIN

INGREDIENTS:

Sponge Mix - (Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i))), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Chocolate Chips (Sugar, Vegetable Oil (Palm), Fat-Reduced Cocoa Powder, Emulsifiers (**SOYA** Lecithin, Sorbitan Tristearate), Natural Flavouring, **MILK**), Sparkling Water.

**ALLERGENS: MILK, SOYA**

Week  
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Lunch

Dessert

Monday

## SWEET AND SOUR CHICKEN SERVED WITH RICE

**INGREDIENTS:**  
SWEET AND SOUR CHICKEN - Diced Chicken, Sweet and Sour Sauce - (Water, Tomato Purée from Concentrate, Onion, Sugar, Carrot, Pineapple Juice from Concentrate, Pineapple, Green Pepper, Spirit Vinegar, Modified Maize Starch, Red Pepper, Bamboo Shoot, Salt, Ginger Puree, Garlic Puree, Colours (Paprika Extract, Anthocyanins), Flavouring).

RICE - Long Grain Rice.

**ALLERGENS: NONE**

Tuesday

## COTTAGE PIE

**INGREDIENTS:** Minced Beef, Diced Onion, Garlic (Garlic, Citric Acid), Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Mash Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Carrot, Swede, Vegetable Gravy (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract), Sunflower Oil.

**ALLERGENS: NONE**

Wednesday

## VEGETABLE FINGERS, SWEET POTATO FRIES AND BAKED BEANS

**INGREDIENTS:**  
VEGETABLE FINGERS - Vegetable Fingers (Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (**WHEAT** Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, **WHEAT** Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric).

SWEET POTATO FRIES - Sweet Potato Fries (Sweet Potato (87%), Sunflower Oil, Modified Potato Starch, Potato Starch, Rice Flour, Dextrin, Salt, Thickener (Xanthan Gum), Spice Extract (Paprika Extract), Raising Agent (Sodium Bicarbonate, Disodium Diphosphate)).

BAKED BEANS - Baked Beans - (Haricot Beans, Tomatoes, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring).

**ALLERGENS: GLUTEN: WHEAT**

Thursday

## ROAST CHICKEN SERVED WITH MASHED POTATOES, CARROTS AND PEAS

**INGREDIENTS:**  
ROAST CHICKEN - Chicken Breast, Rice Starch, Salt, Dextrose, D-Xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate, Sodium Citrates), Vegetable Gravy - ( Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract).

MASHED POTATO - Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour).

CARROTS AND PEAS - Carrots, Peas.

**ALLERGENS: NONE**

Friday

## TUNA PASTA BAKE

**INGREDIENTS:** Tuna (Skipjack Tuna (FISH), Water, Salt, Stabiliser (Xanthan Gum)), Tri Colour Pasta (Durum **WHEAT** Semolina, Tomato Powder, Spinach Powder.), Sweetcorn, Oregano, Black Pepper, Mixed Peppers (Red And Green Pepper), Garlic (Garlic, Acidity Regulator: Citric Acid.), Tomato Paste, Chopped Tomato (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).), Veg Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Cheese (**MILK**, Water, Palm Oil, Potato Starch, **MILK** Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch)).

**ALLERGENS: FISH, MILK,  
GLUTEN: WHEAT**

## APPLE CRUMBLE

**INGREDIENTS:** Apple Filling- (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Crumble Mix- (Rice Flour, Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Tapioca Starch, Potato Starch, Maize Starch, Dextrose, Buckwheat Flour, Vegetable Fibre, Salt, Paprika Extract).

**ALLERGENS: NONE**

## CHOCOLATE FUDGE BROWNIE

**INGREDIENTS:** Sponge Mix-((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Sparkling Water, Cocoa Powder (Fat Reduced Cocoa Powder, Cocoa Butter Minimum Content 10%).

**ALLERGENS: NONE**

## CARROT CAKE WITH CINNAMON

**INGREDIENTS:** Grated Carrots, Sponge Mix-((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Veg Margarine (Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Cinnamon, Sparkling Water.

**ALLERGENS: NONE**

## ORANGE AND MANGO SMOOTHIE

**INGREDIENTS:** Water, Mango Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Acidity Regulator (Citric Acid), Dextrose, Flavouring.

**ALLERGENS: NONE**

## RICE PUDDING WITH FRUIT JAM

**INGREDIENTS:** Skimmed **MILK** (87%), Rice (9%), Sugar, Acidity Regulator: Sodium-Bicarbonates, Sunflower Oil, Mixed Fruit Jam – (Sugar, Apple, Raspberries, Rhubarb, Plum, Gelling Agent (Pectin), Colour (Anthocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Preservative (SULPHUR DIOXIDE).

**ALLERGENS: MILK, SULPHITES**

**Week  
3**

**Lunch**

**Dessert**

## Monday

### FISHCAKES, MASHED POTATO, PEAS

**INGREDIENTS:**  
FISHCAKES - Omega 3 MSC **FISHCAKES** – (Minced **WHITEFISH (FISH)** (43%), Water, **WHEAT** Flour (Calcium Carbonates, Iron, Niacin, Thiamin), Dried Potato, Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Stabiliser (Methyl Cellulose), Onion Powder, Yeast, Parsley, Sugar, Turmeric, Black Pepper Extract, Colour (Paprika Extract), Parsley Extract).

MASHED POTATO - Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour).

PEAS - Peas.

**ALLERGENS: FISH,  
GLUTEN: WHEAT**

### FROZEN RASPBERRY YOGHURT

**INGREDIENTS:** Water, Sugar, Palm Oil, Whey Solids (**MILK**), Whey Powder (**MILK**), Yogurt Powder (**MILK**), Dextrose, Skimmed **MILK** Powder, **BUTTERMILK** Powder, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum), Flavouring, Colour (Beetroot Red).

**ALLERGENS: MILK**

## Tuesday

### BBQ CHICKEN SERVED WITH RICE

**INGREDIENTS:**  
BBQ CHICKEN - Diced Chicken, BBQ Sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose - Fructose Syrup, Modified Maize Starch, Concentrated Apple Juice, Salt, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper), Vegetable Bouillon Paste (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Courgettes, Mixed Peppers (Red And Green Peppers).

RICE - Long Grain Rice.

**ALLERGENS: NONE**

### POACHED PEARS WITH CUSTARD

**INGREDIENTS :** Pear Halves – (Water, Pear, Pear Juice from Concentrate, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Orange Juice, Cinnamon,  
**Custard** –(Reconstituted Skimmed **MILK**, Reconstituted Buttermilk (**MILK**), Water, Sugar, Modified Maize Starch, Vegetable oils (Palm Oil, Coconut Oil), **MILK** Proteins, Flavouring, Colour (Beta-carotene, Paprika Extract)).

**ALLERGENS: MILK**

## Wednesday

### CHEESY BEAN PIE

**INGREDIENTS:** Mash Potato (Potato (95%), Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Cheese (**MILK**, Water, Palm Oil, Potato Starch, **MILK** Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch)), Baked Beans( Haricot Beans, Tomatoes, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring) Chives, Grated Carrots.

**ALLERGENS: MILK**

### STRAWBERRY RIPPLE ICE CREAM ROLL

**INGREDIENTS:** Water, Plain Sponge (23%)(**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Dextrose, **EGG**, **SOYA** Flour, **EGG** White, Raising Agents(Disodium Diphosphate, Sodium Carbonate), Skimmed **MILK** Powder, Emulsifiers(Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids)), Sugar, Palm Oil, Whey Solids (**MILK**), Whey Powder (**MILK**), Skimmed **MILK** Powder, **BUTTERMILK** Powder, Glucose, Stabilisers(Guar Gum, Xanthan Gum, Locust Bean Gum, Carboxymethyl Cellulose, Pectin), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Colour(Beetroot Red), Flavouring, Acidity Regulator(Citric Acid), Preservative(Potassium Sorbate).

**ALLERGENS: SOYA, EGG, MILK,  
GLUTEN: WHEAT**

## Thursday

### CHICKEN BOLOGNAISE

**INGREDIENTS:** Chicken Mince, Diced Onion, Garlic Puree (Garlic, Acidity Regulator: Citric Acid), Mixed Peppers (Red and Green Peppers), Tomato Paste, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Chicken Stock (Chicken Stock (Water, Chicken Stock), Flavouring, Glucose Syrup, Salt, Yeast Extracts, Sugar), Penne Pasta (Durum **WHEAT** Semolina), Basil, Water, Sunflower Oil.

**ALLERGENS: GLUTEN: WHEAT**

### PINEAPPLE SPONGE

**INGREDIENTS:** Pineapple, Water, Sugar, Acidity Regulator: Citric Acid, Sponge Mix-((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- And Di-Glycerides Of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Sparkling Water.

**ALLERGENS: NONE**

## Friday

### MINTED LAMB HOTPOT

**INGREDIENTS:** Minced Lamb, Diced Onion, Diced Sweet potato, Broccoli, Diced Carrots, Cauliflower, Diced Potato (Potato, Palm Oil), Bisto Gravy(Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract.), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory.), Mint Sauce (Water, Rehydrated Mint (29%), Sugar, Acidity Regulator (Acetic Acid), Modified Potato Starch, Salt, Colour (Water, Polysorbate 80, Copper Complexes of Chlorophyllins, Propylene Glycol, Potassium Hydroxide, Flavouring), Sunflower oil.

**ALLERGENS: NONE**

### CHOCOLATE CORNFLAKE CAKE

**INGREDIENTS :** Cornflakes (Maize, Sugar, Salt, **BARLEY** Malt Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12.), Veg Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- And Di-Glycerides Of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D.),Golden Syrup(Partially Inverted Refiners Syrup), Milk Chocolate( 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).

**ALLERGENS: SOYA, MILK,  
GLUTEN: WHEAT, BARLEY**