

Summer Vegetarian Menu Lunch Version 2.0



| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|--|--|--|--|---|
| LUNCH | <p>EDAMAME SWEETCORN AND TOMATO BAKE (200G)</p> <p>INGREDIENTS: <i>Pasta - Durum WHEAT Semolina, Diced Onion, Garlic (Citric Acid) Diced Carrot Mixed Peppers, Chopped Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Tomato Puree Tomatoes, Acidity Regulator (Citric Acid). Vegetable Stock-Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel) Spinach, Sweetcorn, SOYA Beans-SOYA, MATURE GRATED CHEDDAR CHEESE MILK</i></p> <p>ALLERGENS: GLUTEN: WHEAT, SOYA, MILK</p> | <p>VEGAN GOUJONS (70G) SPAGHETTI HOOPS, (90G) SWEET POTATO WEDGES (70G)</p> <p>INGREDIENTS: <i>Vegan Goujons Mycoprotein (55%), Water, WHEAT FLOUR (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, WHEAT GLUTEN, Maize Flour, Stabiliser: Carrageenan. WHEAT Starch, Raising Agents: Ammonium Carbonate, Diphosphates, Sodium Bicarbonate, Dextrose, Durum WHEAT Semolinaturmeric Extract Spaghetti Hoops-Cooked WHOLEWHEAT Pasta Loops (39%)(Water, Durum WHOLEWHEAT Semolina), Tomato Puree (32%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, WHEAT FLOUR, Antioxidant(Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavourings. Sweet Potato Wedges-Sweet Potato (85%), Modified Potato Starch, Sunflower Oil, Potato Starch, Rice Flour, Dextrin, Salt, Raising Agent (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract</i></p> <p>ALLERGENS: GLUTEN, WHEAT</p> | <p>VEGETARIAN CHILLI (150G) SERVED WITH HALF JACKET POTATO (50G)</p> <p>INGREDIENTS: MEAT FREE MINCE <i>Rehydrated Textured SOYA PROTEIN, Seasoning, Yeast Extract, Onion Powder, Dextrose, Acidity Regulator (Citric Acid), White Pepper), Sunflower Oil. Diced Onions, Mixed Peppers, Garlic (Citric Acid) Cumin, Coriander, Paprika Tomato Puree - Tomatoes, Acidity Regulator (Citric Acid, Chopped Tomatoes, - Tomato Juice, Acidity Regulator (Citric Acid). Baked Beans, Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring. Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder. Jacket Potato</i></p> <p>ALLERGENS: SOYA</p> | <p>CHICKEN STYLE & POTATO PIE (200G)</p> <p>INGREDIENTS: <i>Meatless Farm No Chicken Pieces-Water, Pea Protein (23%), Vegetable Oils (Rapeseed, Sunflower), Yeast Extract, Salt, Natural Flavouring, Sugar, Dried Vegetables (Onion, Potato, Leek), Spices, Lemon Juice Concentrate, Smoked Salt, Herbs, Sage Oil Potato, CHEDDAR CHEESE, Carrot, Milk, Bechamel Powder, Onion, DIJON MUSTARD (WHEAT Flour Niacin, Thiamin), Cornflour, Skimmed MILK POWDER, Palm Oil, Sugar, Flavourings, With Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Skimmed MILK POWDER, Yeast, Salt, Kalonji Seeds (0.5%), Chicken, Leek, Thyme</i></p> <p>ALLERGENS: GLUTEN, WHEAT, MILK, MUSTARD</p> | <p>VEGGIE FRITTATA (200G)</p> <p>INGREDIENTS: EGGS. <i>Cooked New Potato. Spring Onions, Peas, Cherry Tomatoes, CHEDDAR CHEESE-MILK</i></p> <p>ALLERGENS: EGGS, MILK</p> |
| | Dessert | <p>BANANA BREAD (50G)</p> <p>INGREDIENTS: <i>Baking Margarine- Vegetable Oils In Varying Proportions (75%) (Rapeseed, Palm, Sunflower), Water, Salt (1.38%), Emulsifier (Mono And Diglycerides Of Fatty Acids), Acid (Citric Acid), Colour (Carotenes), Vitamin A And D, Flavourings EGGS Bananas, Grated Carrots Sultanas, SELF-RAISING FLOUR-WHEAT Brown Sugar, Cinnamon, Ground Ginger</i></p> <p>ALLERGENS: GLUTEN: WHEAT, EGGS</p> | <p>STRAWBERRY ICED SMOOTHIE (80G)</p> <p>INGREDIENTS: <i>Water, Strawberry Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- And Di-Glycerides Of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Dextrose, Flavouring</i></p> <p>ALLERGENS: NONE</p> | <p>LEMON AND BLUEBERRY CAKE (50G)</p> <p>INGREDIENTS: <i>Plain Flour-WHEAT FLOUR, Plain Yoghurt- Low Fat Natural Yogurt (MILK). EGGS Sunflower Oil LEMON JUICE, Vanilla Extract-water, monoproplene glycol, Natural Vanilla Extract. Baking Powder - WHEAT FLOUR (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate). Blueberries</i></p> <p>ALLERGENS: GLUTEN: WHEAT, EGGS, MILK, SULPHITES</p> | <p>ICE CREAM AND WAFER (80G)</p> <p>INGREDIENTS: <i>Ice Cream- Water, Invert Sugar Syrup, Vegetable Fat (Palm Oil, Palm Kernel Oil) SKIMMED MILK POWDER, MILK PROTEINS, Whey Powder (MILK), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Guar Gum, Cellulose Gum, Carrageenan), Flavouring, Colour (Beta-Carotene - Synthetic). Wafers- WHEAT FLOUR (WHEAT FLOUR, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Raising Agent (Sodium Bicarbonate), Emulsifier (SOYA Lecithin), Salt, Sweetener (Saccharin), Colour (Annatto Norbixin).</i></p> <p>ALLERGENS: MILK, WHEAT: GLUTEN, SOYA</p> |

Summer Vegetarian Menu Lunch Version2.0



| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|--|---|---|---|
| LUNCH | <p>CHICKEN STYLE WITH CARROT AND TOMATO SAUCE (110G) SERVED WITH RICE (90G)</p> <p>INGREDIENTS: <i>Chicken Style Strips:Vegetable protein (SOYA), WHEAT Protein, Vegetable Oil, Starch, Flavourings, WHEAT Flour, Spices, Sea Salt, Cellulose Extract, Garlic Diced Onions, Garlic (Citric Acid) Carrots, Chopped Tomatoes - Tomatoes, Tomato Juice, AcidityRegulator (Citric Acid).Tomato Puree Tomatoes, Acidity Regulator (Citric Acid). Veg Stock - Salt Corn Flour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel).Powder, Ground Turmeric, Long Grain rice</i></p> <p>ALLERGENS: SOYA, BARLEY, CELERY, EGG, GLUTEN: WHEAT</p> | <p>CHEESEY BEAN AND POTATO PIE (200G)</p> <p>INGREDIENTS: Potato, CHEESE, Baked Beans, Chives, Onion, Tomatoes, Paprika</p> <p>ALLERGENS: MILK</p> | <p>VEGETABLE FINGERS (40G) SERVED WITH COUNTRY MIXED VEG (140G)</p> <p>INGREDIENTS: <i>Vegetable Fingers Vegetable Mix (41%) (Sweetcorn,Carrot,Peas), Water,Breadcrumbs Wheatflour, Water,Yeast salt),Rapeseed Oil, Driedpotato, WHEAT FLOUR, Salt, Onion Powder, Starch(Rice, Potato), Turmeric. Country Mixed veg - Carrots, Green Beans Broccoli, Peas, And Sweetcorn.</i></p> <p>ALLERGENS: GLUTEN: WHEAT</p> | <p>BBQ CHICKEN STYLE (110G) SERVED WITH SWEET POTATO WEDGES (70G)</p> <p>INGREDIENTS: <i>Chicken Style Strips: Vegetable protein (SOYA), WHEAT Protein, Vegetable Oil, Starch, Flavourings, WHEAT Flour, Spices, Sea Salt, Cellulose Extract, Garlic.Sunflower Oil, Diced Onion, Mixed Peppers, Diced Carrots, Garlic (Citric Acid) Tomato Ketchup- Water, Tomato Paste (25%), Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Modified Maize Starch, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Natural Flavouring. Tomato Puree Tomatoes Acidity Regulator (Citric Acid). Worcestershire Sauce. SOY - Water, Salt, SOYABEAN (12%),WHEAT Flour. Cornflour- Maize Starch. Veg Stock - Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring,Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel) Powder, Ground Turmeric, Sweet Potato Wedges</i></p> <p>ALLERGENS: SOYA GLUTEN: WHEAT</p> | <p>VEGETARIAN BOLOGNAISE (200G)</p> <p>INGREDIENTS: <i>Meat Free Mince Rehydrated Textured. Soya Protein, Seasoning, Yeast Extract, Onion Powder, Dextrose, Acidity Regulator (Citric Acid), White Pepp er), Garlic (Citric Acid), Mixed Peppers, Grated Carrot, Tomato Ketchup- Water, Tomato Paste (25%), Glucose Fructose Syrup, Spirit Vinegar, Sugar, Modified Maize Starch, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate),Natural Flavouring. Chopped Tomatoes- Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Sage, Thyme.Veg Stock - Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel). Powder, Ground Turmeric. Fusilli Pasta- DURUM WHEAT Semolina (100%)</i></p> <p>ALLERGENS: SOYA, GLUTEN: WHEAT</p> |
| Dessert | <p>STRAWBERRY RIPPLE ICE CREAM ROLL (50G)</p> <p>INGREDIENTS: <i>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(GuarGum,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).</i></p> <p>ALLERGENS: GLUTEN: WHEAT, EGG, MILK, SOYA,</p> | <p>APPLE CAKE (50G)</p> <p>INGREDIENTS: <i>Apples, Self-Raising Flour - WHEAT GLUTEN, Baking Powder - WHEAT FLOUR (with Calcium, Iron, Niacin, Thiamine), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate). Cinnamon, Brown Sugar, MILK- EGGS</i></p> <p>ALLERGENS: GLUTEN: WHEAT, MILK, EGGS</p> | <p>BLUEBERRY MUFFIN. (50G)</p> <p>INGREDIENTS: <i>Sugar, WHEAT FLOUR (WHEAT FLOUR, Calcium Carbonate, Niacin, Iron, Thiamine), Rapeseed Oil, EGG, Blueberries (11%), Humectant (Glycerine), Cornflour, EGG WHITE, Whey Powder (MILK), Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Emulsifier (Sodium Stearoyl-2 Lactylate), Flavouring.</i></p> <p>ALLERGENS: GLUTEN: WHEAT EGGS, MILK, SOYA, SESAME</p> | <p>RASPBERRY FROZEN YOGHURT (80G)</p> <p>INGREDIENTS: <i>Yoghurt- 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)</i></p> <p>ALLERGENS: MILK</p> | <p>BETROOT BROWNIE (50G)</p> <p>INGREDIENTS: <i>PLAIN CHOCOLATE (Sugar,vegetable oil (palm), WHEAT FLOUR(with calcium,iron, thiamin (B1), niacin(B3), fat reduced cocoa powder (15%), whey powder (MILK),emulsifiers (SOYA lecithin,polyglycero lpolyrinicoleate),flavouring BUTTER,Caster Sugar,EGG, Vanilla Extract, SELF-RAISING FLOUR, Cocoa Powder, Beetroot</i></p> <p>ALLERGENS: GLUTEN: WHEAT, SOYA, MILK, EGG:</p> |

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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|--|--|--|
| LUNCH | <p>QUORN BURGER (42G) (SWEET POTATO FRIES (90G) AND BAKED BEANS (90G)</p> <p>INGREDIENTS: Quorn Burger-Mycoprotein (44%), Rehydrated FREE RANGE EGG WHITE Textured WHEAT Protein, [WHEAT FLOUR (Contains added Calcium, Iron, Niacin & Thiamine), Colour: Caramel. Stabiliser: Sodium Alginate.], Onion, MILK Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted BARLEY Malt Extract Sweet potato fries- sweet potato, Sunflower, oil, Batter (Maize Flour, Rice Flour, Modified Maizestarc, Tapioca Starch, Salt, Maize Starch, Tapioca dextrin, Raising agent (E450), Stabiliser (E415), Turmeric Extract, Colour E160(c)). Baked beans- Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika</p> <p>ALLERGENS: GLUTEN: WHEAT, BARLEY, MILK, EGGS</p> | <p>CHICKEN STYLE KATSU CURRY (150G) SERVED WITH NAAN BREAD (40G)</p> <p>INGREDIENTS: Chicken Style Strips: Vegetable protein (SOYA), WHEAT Protein, Vegetable Oil, Starch, Flavourings, WHEAT Flour, Spices, Sea Salt, Cellulose Extract, Garlic Katsu Sauce (Water, Tomato Purée from concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Purée (3%), Soy sauce (2.5%) (Water, Sugar, Rice Vinegar, SOYA BEAN, WHEAT, Salt), Garlic Purée, Turmeric, Ground Co-riander, 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), Onion, Carrot, Red Lentils, Sweet Potato, Cauliflower, Chicken ,Korma Paste, Mango Chutney, Tomatoes, Chicken Stock, Naan Bread - WHEAT FLOUR (WHEAT FLOUR, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raising Agent Monocalcium Phosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose.</p> <p>ALLERGENS: GLUTEN: WHEAT, SOYA</p> | <p>MACARONI CHEESE (200G)</p> <p>INGREDIENTS: Macaroni pasta - Durum WHEAT GLUTEN Semolina, Mature grated cheese, Milk Peas, Sweetcorn, Black pepper, Garlic Purée Bechamel Powder. WHEAT FLOUR (with Calcium, Iron, Niacin, Thiamine), Cornflour, SKIMMED MILK POWDER, Palm Oil, Sugar, Flavourings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg.</p> <p>ALLERGENS: MILK, GLUTEN: WHEAT</p> | <p>MEAT FREE MINCE COTTAGE PIE (200G)</p> <p>INGREDIENTS: MEAT FREE MINCE rehydrated textured SOYA PROTEIN, seasoning, yeast extract, onion powder, dextrose, acidity regulator (citric acid), white pepper), Diced Onions, Mixed Peppers, Garlic (citric acid) Chopped tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Red Lentils, Tomato Puree Tomatoes, Acidity Regulator (Citric Acid), Veg Stock, - Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder , Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel) Thyme Vegan Worcestershire sauce, potato Margarine- Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower) water, salt (1.38%), emulsifier (mono and diglyceride of fatty acids), acid (citric acid), (colour carotenes), vitamin A and D, flavouring MILK</p> <p>ALLERGENS: SOYA, MLK</p> | <p>CHICKEN STYLE FAJITA (140G) SERVED WITH PITTA BREAD (60G)</p> <p>INGREDIENTS: No chicken chunks Soy structure (93%) [water, SOYA protein, salt], Onion, Mixed Peppers, smoked Paprika, Ground, Cumin, Coriander, Olive Oil, Garlic, Chopped Tomatoes - Tomatoes, Tomato Juice, Acidity Regulator (Citric acid), Soy Sauce - water, salt, SOYBEAN (12%), WHEAT flour, Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder Pitta Bread- WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Water, Yeast, Salt, Preservative (Calcium Propionate).</p> <p>ALLERGENS: SOYA, BARLEY, CELERY, EGG, GLUTEN: WHEAT</p> |
| Dessert | <p>STRAWBERRY AND VANILLA MOUSSE (90G)</p> <p>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)</p> <p>ALLERGENS: MILK</p> | <p>PEACH AND BERRY CRUMBLE (65G) SERVED WITH ICE CREAM (30G)</p> <p>INGREDIENTS: Peach, Blackcurrants, Blackberries, Strawberries, Redcurrant, Raspberries, Crumble Mix- WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil), Wholemeal WHEAT Flour, Demerara Sugar, Breadcrumb (WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Salt, Dextrose), Dextrose, Water, Sugar, Palm Oil, BUTTERMILK POWDER, Whey Powder (MILK), Dextrose, SKIMMED MILK POWDER, Emulsifier (Mono- and DiGlycerides of Fatty Acids), Stabilisers (Guar Gum, Carboxymethyl Cellulose, Locust Bean Gum), Flavouring, Colours (Curcumin, Annatto norbixin).</p> <p>ALLERGENS: GLUTEN: WHEAT, MILK: EGG, SOYA</p> | <p>CHOCOLATE AND PEART RAY BAKE (50G)</p> <p>INGREDIENTS: Cocoa, Self-Raising Flour - WHEAT Flour (With Calcium, Niacin, Iron, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates), Baking Powder- WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate). EGGS Pears Baking Margarine- Vegetable Oils In Varying Proportions (75%) (Rapeseed, Palm, Sunflower), Water, Salt (1.38%), Emulsifier (Mono And Diglycerides Of Fatty Acids), Acid (Citric Acid), Colour (Carotenes), Vitamin A And Flavourings. Milk Chocolate- Sugar, Vegetable Oil (Palm), Whey Powder (MILK), Wheat flour (With Calcium, Iron, Thiamin (B1), Niacin (B3)) Fat educed cocoa Powder. (6%) Emulsifiers (SOYA Lecithins, Polyglycerol Polyricinoleate)</p> <p>ALLERGENS: MILK, GLUTEN: WHEAT EGGS, SOYA, BARLEY</p> | <p>ORANGE AND MANGO SMOOTHIE (80G)</p> <p>INGREDIENTS: Water, Mango Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- And Di- Glycerides Of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Acidity Regulator (Citric Acid), Dextrose, Flavouring.</p> <p>ALLERGENS: NONE</p> | <p>FRUIT OAT CRISPY SQUARES (50G)</p> <p>INGREDIENTS: Porridge Oats, Rice Crispies, Dried Apricots, Sunflower Seeds, Butter, Golden Syrup, White Chocolate raisins</p> <p>ALLERGENS: GLUTEN: WHEAT, BARLEY, OATS, SOYA, SULPHITES, MILK</p> |