








Allergen Information

Breakfast club items may vary from week to week; however, products will be from the following:

Item	Allergens
	<p>Ingredients</p> <p>INGREDIENTS: Wheat (95%), Barley Malt Extract, Sugar, Salt, Niacin, Iron, Thiamin, Riboflavin, Folic Acid.</p> <p>Allergy Information</p> <p>Contains barley and wheat. For allergens, including cereals containing gluten, see ingredients in bold.</p>
	<p>Ingredients</p> <p>INGREDIENTS: Rice, Sugar, Barley Malt Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12.</p> <p>Allergy Information</p> <p>For allergens, see ingredients in bold.</p>
	<p>Ingredients</p> <p>INGREDIENTS: Maize, Sugar, Salt, Barley Malt Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.</p> <p>Allergy Information</p> <p>For allergens, see ingredients in bold.</p>
	<p>Ingredients</p> <p>INGREDIENTS: Wholemeal Wheat Flour (39%), Oat Flour (20%), Sugar, Barley Flour, Wheat Starch, Maize Semolina, Rice Flour, Caramelised Sugar Syrup, Iron, Salt, Flavours, Colour (Paprika Extract), Carrot Extract, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.</p> <p>Allergy Information</p> <p>May contain soya, peanuts, nuts and milk. For allergens, including cereals containing gluten, see ingredients in bold.</p>
	<p>Ingredients</p> <p>INGREDIENTS: Wholemeal Wheat Flour (36%), Oat Flour (19%), Sugar, Barley Flour, Wheat Starch, Maize Semolina, Rice Flour, Honey (3%), Flavours, Caramelised Sugar, Salt, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.</p> <p>Allergy Information</p> <p>May contain soya, peanuts, nuts and milk. For allergens, including cereals containing gluten, see ingredients in bold.</p>



Ingredients

INGREDIENTS: Wholewheat Flour, Sugar, Malted Barley Extract, Partially Inverted Sugar Syrup, Salt, Niacin, Iron, Pantothenic Acid, Thiamin, Riboflavin, Vitamin B6, Folic Acid, Vitamin B12.

Allergy Information

Contains barley and wheat. For allergens, including cereals containing gluten, see ingredients in bold.



Ingredients

INGREDIENTS: Maize, Sugar, Salt, **Barley** Malt Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.

Allergy Information

For allergens, see ingredients in bold.



Ingredients

INGREDIENTS: Wholemeal **Wheat** Flour, Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Sugar, Maltodextrin, Fat Reduced Cocoa Powder (4.5%), Salt, Flavouring, Niacin, Iron, Riboflavin, Thiamin, Vitamin D.

Allergy Information

Contains wheat. May contain milk. For allergens, see ingredients in bold.



Ingredients

INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Sugar, Vegetable Oils [Sunflower Oil, Rapeseed Oil], **Oat** Flour, Maize, Milk Chocolate (4%) [Cocoa Mass, Dried Whole **Milk**, Emulsifier (Lecithins), Flavouring], Dried Glucose Syrup, Rice Flour, **Milk** Sugar, Whey Powder (**Milk**), Salt, Raising Agent (Calcium Carbonate), Flavouring, Colour (Beta-Carotene), Vitamin E, Pantothenic Acid, Thiamin, Riboflavin, Vitamin B6, Folic Acid, Vitamin D, Vitamin B12.

Allergy Information

May contain peanuts and nuts and nuts. For allergens, including cereals containing gluten, see ingredients in bold.



Ingredients

INGREDIENTS: Wholewheat, Sugar, Invert Sugar Syrup, **Barley** Malt Extract, Fat Reduced Cocoa Powder (1.5%), Cocoa Powder (1%), Salt, Flavouring, Iron, Niacin, Vitamin B12, Pantothenic Acid, Vitamin D2, Thiamin, Folic Acid, Vitamin B6, Riboflavin.

Allergy Information

May contain peanuts and nuts. The allergens in this product have changed., Prepared to a vegan recipe, not suitable for milk allergy sufferers because this allergen is present in the environment, For allergens, including cereals containing gluten, see ingredients in bold.



Ingredients

INGREDIENTS: Rice, Sugar, Cocoa Powder (4%), Glucose Syrup, **Barley** Malt Extract, Calcium Carbonate, Salt, Flavourings, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Vitamin B1, Folic Acid, Vitamin D3, Vitamin B12.

Allergy Information

For allergens, including cereals containing gluten, see ingredients in bold.



Legal name

Pasteurised Homogenised Semi-Skimmed Milk



Ingredients

Wheat Flour (**Wheat Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, **Soya Flour**, Preservative: Calcium Propionate; Emulsifier: Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids; Spirit Vinegar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid.

Allergy advice

For allergens, see ingredients in bold.



Ingredients

Wheat Flour (**Wheat Flour**, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Salt, Rapeseed Oil, Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid.

Allergy advice

For allergens, see ingredients in **bold**.



Ingredients

Water, Vegetable Oils (Rapeseed, Sunflower, Linseed), Coconut Fat, Salt 1.2%, Emulsifier (Mono-and Diglycerides of Fatty Acids), Vinegar, Natural Flavourings, Vitamin A

Dietary requirements

Gluten free



Ingredients

Water, Vegetable Oils (Rapeseed Oil, Palm Oil, Palm Kernel Oil), Reconstituted **Buttermilk** (10%), Modified Maize Starch, Salt (1.5%), Emulsifiers: Mono- And Diglycerides of Fatty Acids, Polyglycerol Polyrinoleate; Preservative: Potassium Sorbate; Acid: Lactic Acid; Colours: Annatto Bixin, Curcumin; Flavouring.

Allergy advice

For allergens see ingredients in **bold**.



Ingredients

Strawberries, Glucose-fructose Syrup, Sugar, Acidity Regulators: Citric Acid, Sodium Citrates; Gelling Agent: Pectins. Prepared With 45g Of Fruit Per 100g. Total Sugar Content: 61g Per 100g

Allergy advice

For allergens, see ingredients in **bold**.



Ingredients

SUGAR, Water, ORANGE PUREE, Orange Peel, ORANGE JUICE FROM CONCENTRATE, Acidity Regulators: Citric Acid, Sodium Citrates; Gelling Agent: Pectins; Caramelised Sugar, Orange Oil. PREPARED WITH 20G OF FRUIT PER 100G. TOTAL SUGAR CONTENT 65G PER 100G.

Allergy advice

For allergens, see ingredients in **bold**. Suitable for vegetarians.



Ingredients

RASPBERRY PUREE, GLUCOSE-FRUCTOSE SYRUP, SUGAR, Gelling Agent: Pectins, Acidity Regulators, Citric Acid, Sodium Citrates. PREPARED WITH 45g OF FRUIT PER 100g. TOTAL SUGAR CONTENT 61g PER 100g.

Allergy advice

For allergens, see ingredients in **bold**. Suitable for vegans.



Ingredients

Water, Orange Comminute From Concentrate (20%), Acid: Citric Acid; Acidity Regulator: Sodium Citrates; Flavouring: Sweeteners: Acesulfame K, Sucralose; Stabilisers: Acacia Gum, Sodium Carboxy Methyl Cellulose, Glycerol Esters Of Woods Rosins, Sucrose Acetate Isobutyrate; Preservatives: Potassium Sorbate, Sodium **Metabisulphite**; Antioxidant: Ascorbic Acid, Colour: Carotenes.

Allergy advice

For allergens, see ingredients in **bold**.



Ingredients

Water, Apple Juice Concentrate (18%), Blackcurrant Juice From Concentrate (2%), Acids: Citric Acid, Malic Acid; Colour: Anthocyanins; Acidity Regulator: Sodium Citrates; Sweeteners: Acesulfame K, Sucralose; Flavourings, Preservatives: Potassium Sorbate, Sodium **Metabisulphite**; Stabiliser: Cellulose Gum.

Allergy advice

For allergens, see ingredients in **bold**.



Ingredients

Water, fruit juice concentrate (20%) (Apple (90%), Cherry (5%), Strawberry (2.5%), Raspberry (2.5%)), Acids: Citric Acid, Malic Acid; Acidity Regulator: Sodium Citrates; Sweeteners: Sucralose, Acesulfame K; Plant Concentrates (Carrot, Hibiscus), Preservatives: Potassium Sorbate, Sodium **Metabisulphite**; Flavourings.

Allergy advice

For allergens, see ingredients in **bold**.



Whole fruits and prepared fruits