



Allergen Information

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

Item	Allergens				
	<table> <tr> <td>Ingredients</td><td>Whole Wheat (95%), Barley Malt Extract, Sugar, Salt, Niacin, Iron, Riboflavin, Thiamin, Folic Acid.</td></tr> <tr> <td>Allergy advice</td><td>For allergens, see ingredients in bold.</td></tr> </table>	Ingredients	Whole Wheat (95%), Barley Malt Extract, Sugar, Salt, Niacin, Iron, Riboflavin, Thiamin, Folic Acid.	Allergy advice	For allergens, see ingredients in bold.
Ingredients	Whole Wheat (95%), Barley Malt Extract, Sugar, Salt, Niacin, Iron, Riboflavin, Thiamin, Folic Acid.				
Allergy advice	For allergens, see ingredients in bold.				
	Ingredients INGREDIENTS: Wheat (95%), Barley Malt Extract, Sugar, Salt, Niacin, Iron, Thiamin, Riboflavin, Folic Acid. Allergy Information Contains barley and wheat. For allergens, including cereals containing gluten, see ingredients in bold.				
	<table> <tr> <td>Ingredients</td><td>Rice, Sugar, Barley Malt Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12.</td></tr> <tr> <td>Allergy advice</td><td>For allergens, see ingredients in bold.</td></tr> </table>	Ingredients	Rice, Sugar, Barley Malt Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12.	Allergy advice	For allergens, see ingredients in bold.
Ingredients	Rice, Sugar, Barley Malt Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12.				
Allergy advice	For allergens, see ingredients in bold.				
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	<table> <tr> <td>Ingredients</td><td>Maize, Sugar, Salt, Barley Malt Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.</td></tr> <tr> <td>Allergy advice</td><td>For allergens, see ingredients in bold.</td></tr> </table>	Ingredients	Maize, Sugar, Salt, Barley Malt Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.	Allergy advice	For allergens, see ingredients in bold.
Ingredients	Maize, Sugar, Salt, Barley Malt Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.				
Allergy advice	For allergens, 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

Wholegrain **Oat** Flour (30%), Wholegrain **Wheat** Flour (30%), Wholegrain **Barley** Flour (18%), Sugar, **Wheat** Starch, Invert Sugar Syrup, Oligofructose, Wholegrain Maize Flour (2%), Wholegrain Rice Flour (2%), Sunflower Oil, Colour: Paprika Extract; Salt, Stabiliser: Calcium Carbonate; Caramelised Sugar Syrup. Vitamin C, Antioxidant: Tocopherol-rich Extract; Carrot Concentrate, Ferrous Fumarate, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin B12.

Allergy advice

For allergens, see ingredients in bold. May also contain nuts, peanuts, milk, sesame and soya.



Ingredients

INGREDIENTS: Wholemeal **Wheat** Flour (39%), **Oat** Flour (20%), Sugar, **Barley** Flour, **Wheat** Starch, Maize Semolina, Rice Flour, Caramelised Sugar Syrup, Iron, Salt, Flavouring, Colour (Paprika Extract), Carrot Extract, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.

Allergy Information

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



Ingredients

INGREDIENTS: Wholemeal **Wheat** Flour (36%), **Oat** Flour (19%), Sugar, **Barley** Flour, **Wheat** Starch, Maize Semolina, Rice Flour, Honey (3%), Flavouring, Caramelised Sugar, Salt, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.

Allergy Information

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



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.



Legal name

Granulated Sugar.



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, Iron, Niacin, Thiamin), Water, Yeast, **Wheat** Protein, Salt, Spirit Vinegar, Emulsifiers (Mono- and diglycerides of fatty acids- Vegetable, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids- Vegetables), Preservative (Calcium propionate), Vegetable Oils (Rapeseed, Palm), Palm Fat, Flour Treatment Agent (Ascorbic acid)

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in **bold**. Also, may contain other gluten containing cereals (barley, oats, rye).



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

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, orange juice from concentrate (7%), Orange comminute from concentrate (3%), Acids: Citric Acid, Malic Acid; Acidity Regulator: Sodium Citrates; **Barley** Extract, Preservatives: Potassium Sorbate, Sodium **Metabisulphite**; Sweeteners: Acesulfame K, Sucralose; Stabiliser: Gum Arabic; Colour: Carotenes; Flavourings; Coconut Oil, Antioxidant: Ascorbic Acid

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