



Breakfast and Afterschool Club Potential Allergen Information

Food Item	Ingredients
Waffles	Egg (32%), Sugar, Wheat Flour , Palm Fat, Lupin Flour, Skimmed Milk Powder, Salt, Emulsifier: Lecithins (Sunflower); Rapeseed Oil, Flavouring.
Pancakes	Wheat Flour (Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Pasteurised Egg , Whey Powder (Milk), Rapeseed Oil, Raising Agents: Diphosphates, Potassium Carbonates; Buttermilk , Preservatives: Calcium Propionate, Potassium Sorbate; Acidity Regulator: Citric Acid; Salt.
Bagels	Wheat Flour (Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rye Flour, Sugar, Rapeseed Oil, Yeast, Salt, Spirit Vinegar, Preservative: Calcium Propionate; Malted Barley , Flour Treatment Agent: Ascorbic Acid.
White Bread	Wheat Flour (Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Soya Flour, Emulsifier: Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids; Preservative: Calcium Propionate; Spirit Vinegar, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid.
Brown Bread	Wholemeal Wheat Flour , Water, Wheat Gluten , Salt, Yeast, Emulsifiers: Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids; Preservative: Calcium Propionate; Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid.
Brioche Rolls	Wheat Flour , Milk Chocolate Chips (17%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier: Lecithin (Sunflower); Flavouring), Water, Sugar, Vegetable Oil (Palm Oil, Rapeseed Oil), Pasteurised Egg , Flavourings; Invert Sugar Syrup, Pasteurised Egg White, Yeast, Wheat Gluten , Skimmed Milk Powder, Salt, Emulsifiers: Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-lactylate, Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids; Thickeners: Carob Flour, Cellulose Gum; Milk Proteins, Deactivated Yeast, Antioxidant: Ascorbic Acid.
Tubes Yogurts	Yogurt (88%) (Milk), Sugar, Modified Tapioca Starch, Modified Corn Starch, Calcium Citrate, Flavouring, Stabiliser: Guar Gum; Acid: Citric Acid; Preservative: Potassium Sorbate; Vitamin D.
Hoops (Cereal)	Wholegrain Oat Flour (24%), Wholegrain Wheat Flour (24%), Wholegrain Barley Flour (19%), Sugar, Wholegrain Rice Flour (8%), Wholegrain Maize Flour



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	(4.5%), Honey (4.5%), Wheat Starch, Invert Sugar Syrup, Stabiliser: Calcium Carbonate; Salt, Sunflower Oil, Raising Agents: Sodium Carbonates, Diphosphates; Caramelised Sugar Syrup, Antioxidant: Tocopherol-rich Extract; Vitamin C, Wheat Flour , Flavouring, Ferrous Fumarate, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Vitamin D, Folic Acid, Thiamin.
Coco Rice (Cereal)	Rice, Sugar, Milk Chocolate (6%) (Sugar, Cocoa Mass, Dried Whole Milk , Cocoa Butter, Whey Powder (Milk), Dried Skimmed Milk , Emulsifier: Lecithins (Soya); Flavouring), Fat Reduced Cocoa Powder, Calcium Carbonate, Dextrose, Salt, Barley Malt Extract, Flavourings, Iron, Niacin, Pantothenic Acid, Thiamin, Riboflavin, Vitamin B6, Folic Acid, Vitamin D, Vitamin B12.
Crave (Cereal)	Wholegrain Oat Flour (25%), Sugar, Wheat Flour (18%), Rice Flour (17%), Palm Oil, Maltodextrin, Whole Milk Chocolate (4%) (Sugar, Whole Milk Powder, Cocoa Mass, Cocoa Butter, Emulsifier: Lecithins (Sunflower)), Rapeseed Oil, Wholegrain Rice Flour (3%), Fat Reduced Cocoa Powder (1.5%), Colour: Carotenes; Salt, Antioxidant: Tocopherol-rich Extract; Emulsifier: Lecithins (Sunflower); Ferrous Fumarate, Niacin, Flavouring, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin B12
Rice snaps (Cereal)	Rice, Sugar, Barley Malt Extract, Salt, Niacin, Iron, Vitamin B6, Thiamin, Riboflavin, Folic Acid, Vitamin D, Vitamin B12.
Cookie Bites (Cereal)	Wholegrain Wheat Flour (38%), Maize Flour (31%), Sugar, Glucose Syrup, Wheat Starch, Sunflower Oil, Wheat Flour , Fat Reduced Cocoa Powder (1.5%), Stabiliser: Calcium Carbonate; Oligofructose, Salt, Barley Malt Flour, Flavourings, Antioxidant: Tocopherol-rich Extract; Colour: Carotenes; Raising Agents: Diphosphates; Sodium Carbonates; Ferrous Fumarate, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Folic Acid, Vitamin D.
Cadburys Chocolate Spread	Sugar, Rapeseed Oil, Lactose (from Milk), Palm Oil, Milk Chocolate Crumb (7%) (Milk , Sugar, Cocoa Mass), Full Cream Milk Powder (7%), Fat Reduced Cocoa (5%), Whey Powder (Milk), Emulsifier: Sunflower Lecithin, Flavouring
Biscof Biscuit Spread	Wheat Flour , Sugar, Rapeseed Oil, Palm Oil, Candy Sugar Syrup, Emulsifier: Lecithin (Sunflower); Raising Agent: Sodium Carbonates; Salt, Cinnamon, Flavourings, Acid: Citric Acid.



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Strawberry Jam	Strawberries, Glucose-fructose Syrup, Sugar, Acid: Citric Acid; Gelling Agent: Pectins; Acidity Regulator: Sodium Citrates. Prepared With 45g Of Fruit Per 100g. Total Sugar Content 61g Per 100g.
Honey	Honey
Blackberry Jam	Blackcurrants, Glucose-fructose Syrup, Sugar, Gelling Agent: Pectins; Acid: Citric Acid; Acidity Regulator: Sodium Citrates.
Butter	Water, Vegetable Oils In Varying Proportions (45%) (Palm Oil, Rapeseed Oil, Sunflower Oil), Reconstituted Buttermilk (5%), Salt (1.4%), Emulsifier: Emulsifier: Mono- And Diglycerides Of Fatty Acids; Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid; Flavouring, Colour: Carotenes; Vitamin D
Crumpets	Wheat Flour (Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Dextrose, Raising Agents: Diphosphates, Potassium Carbonates; Yeast, Spirit Vinegar, Salt, Acidity Regulator: Glucono-delta-lactone; Preservative: Potassium Sorbate.
Sausage Rolls	Wheat Flour (Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Pork (29%), Palm Oil, Potato Starch, Rapeseed Oil, Onion, Salt, Dried Herbs, Dried Skimmed Milk , Sugar, Spices, Yeast Extract, Onion Powder, Black Pepper, Raising Agent: Sodium Carbonates; Garlic Powder, White Pepper.
Cheese Rolls	Puff Pastry [Wheat Flour (Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Salt], Cheese & Onion Filling (55%) [Onion (26%), Potato (26%), Cheddar Cheese (15%) (Milk), Water, Full Fat Soft Cheese (8%) (Milk), Mature Coloured Cheddar Cheese (6%) (Cheddar Cheese (Milk), Colour: Annatto), Dried Potato, Cornflour, Stabilisers: Hydroxypropyl Methyl Cellulose, Methyl Cellulose; Balsamic Vinegar (Red Wine Vinegar, Grape Must Concentrate), Flavouring, White Pepper], Whole Milk .
Dip It	Processed Cheese Dip (78%) (Water, Cheese (37%) (Milk), Skimmed Milk Powder, Emulsifiers: Triphosphates, Polyphosphates, Calcium Citrates; Whey Powder (Milk), Fructo-oligosaccharides, Thickener: Modified Maize Starch; Acid: Citric Acid), Sour Cream And Chive Flavoured Corn Snacks (22%) [Maize Flour, Potato Granules (Potato, Antioxidant: Sodium Hydrogen Sulphite ; Emulsifier: Mono- And Diglycerides Of Fatty Acids), Sunflower Oil, Kibbled Rice, Rice Flour, Whey Powder (Milk), Onion Powder,



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	Sugar, Salt, Emulsifier: Glycerol Mono Stearate Powder; Yeast Extract Powder, Flavouring, Chives, Sour Cream Powder (Milk), Acid: Citric Acid],
Rice Cakes	Wholegrain Brown Rice (53%), Corn Pieces (35%), Salt And Vinegar Flavour (11%) [Salt, Maize Maltodextrin, Malt Vinegar Powder (Potato Maltodextrin, Distilled Barley Malt Vinegar), Acid: Citric Acid; Spirit Vinegar Powder (Maltodextrin, Spirit Vinegar), Yeast Extract, Sunflower Seed Oil].
Rice Cakes- Caramel	Wholegrain Brown Rice (42%), Sugar, Corn Pieces (28%), Sea Salt, Burnt Sugar, Colour: Annatto Norbixin; Flavouring
Cheese thins	Wheat Flour (Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Cheese Powder (10%) (Milk), Palm Olein, Autolysed Yeast, Raising Agent: Ammonium Carbonates, Sodium Carbonates; Glucose Syrup, Sugar, Barley Malt Extract, Whey Powder (Milk), Salt
Cheese Twists	Wheat Flour , Margarine (Palm Fat, Water, Coconut Oil, Rapeseed Oil, Emulsifier: Mono- And Diglycerides Of Fatty Acids, Salt, Acidity Regulator: Citric Acid), Butter (Milk), Cheese (9%) (Milk), Skimmed Milk Powder, Salt, Yeast, Barley Malt Flour, Sugar
Crackers	Wheat Flour (Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Yeast, Salt, Raising Agent: Sodium Carbonates.
Cheddar Cheese	Cows Milk , Salt, Rennet, Lactic Starter Culture.
Raisins	Raisins, Sunflower Oil.
Semi Skimmed Milk	
Blackcurrant Cordial	Vegan, Vegetarian
Orange Cordial	Vegan, Vegetarian
New items are added frequently depending on seasonal options and requests from the children.	
Our team have all completed level 2 Food Hygiene and Safety Training with a focus on Allergy Awareness, Our team has multiple First Aiders, and we have all completed Epi Pen and Asthma Training.	
Please ensure you update us in writing to any changes to your child's requirements.	
Rachelle Mellor Breakfast and Afterschool Club Manager	