



Breakfast and Afterschool Club Potential Allergen Information

| Food Item | Ingredients |
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| 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 |
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| <p>New items are added frequently depending on seasonal options and requests from the children.</p> <p>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.</p> <p>Please ensure you update us in writing to any changes to your child's requirements.</p> <p>Rachelle Mellor Breakfast and Afterschool Club Manager</p> | |