

## Salad bar & snack options – Ingredients and allergens

### Salad bar items:

**Bread:** Water, **Wheat** Flour (with added Calcium, Folic Acid, Iron, Niacin, Thiamin) (32%), Wholemeal Flour (**Wheat**) (32%), Yeast, Calcium **Sulphate**, Salt, **Wheat** Protein, **Soya** Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed), Flour Treatment Agent: Ascorbic Acid

**Sausage:** Pork (72%), Water, Rice Flour, Potato Starch, Gram Flour, Salt, Dextrose, Parsley, Stabilisers (Disodium Diphosphate, Trisodium Diphosphate), Cornflour, Yeast Extract, White Pepper, Flavouring, Yeast, Preservative (Sodium **Metabisulphite**), Black Pepper, Antioxidant (Ascorbic Acid), Nutmeg Extract, Mace Extract.

**Vegan Sausage:** Water, Rehydrated Textured **Soya** Protein (Defatted **Soya** Flour, Water)(14%), Rusk (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Coconut Oil, **Soya** Protein Concentrate, **Wheat** Starch, Gelling Agent: Sodium Alginate, Flavourings, Rehydrated Textured **Wheat** Protein (**Wheat** Gluten, Firming Agent: Calcium Sulphate)(4%), Stabiliser: Methyl Cellulose, Salt, Potato Fibre, Yeast Extract, Colouring Foods: Beetroot, Safflower, Herbs, Spices, Black Pepper Extract, Capsicum Extract, Coriander Extract, Ginger Extract, Mace Extract, Nutmeg Extract

**Chicken:** Chicken breast

**Vegan Chicken:** Rehydrated Textured **Soya** Protein Concentrate (91%) (Water, **Soya** Protein Concentrate), Natural Flavourings, Vegetable Oils (Rapeseed and/or Sunflower), Salt, Onion Powder, Thyme, Flour (**Wheat** Flour, Calcium, Iron, Niacin, Thiamine)

**Pasta:** Durum **Wholewheat** Semolina.

**Rice:** Rice

**Potato:** Potato

**Cheese:** **Milk**

**Hummus:** Cooked Chickpeas (41%) [Water, Chickpeas], Rapeseed Oil, Water, Tahini **Sesame** Seed Paste (12%), Concentrated Lemon Juice, Garlic, Salt.

### Other items on salad bar:

|            |                 |               |           |        |
|------------|-----------------|---------------|-----------|--------|
| <b>Egg</b> | Cucumber        | Sweetcorn     | Baby corn | Tomato |
| Carrot     | Sugar snap peas | Edamame beans | Pepper    |        |

## PTO for dessert / snack ingredients

Snack/ dessert (one of the below is offered with each meal)

**Sultana:** Sultanas, Sunflower Oil.

**Tortilla chips:** Maize Flour, Vegetable Oil [Rapeseed Oil, Sunflower Oil], Salt.

**Cheese Savouries:** **Wheat** Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Palm Oil, Cheese Powder (**Milk**) (10%), Yeast Autolysate, Raising Agents (Ammonium Hydrogen Carbonate, Sodium Bicarbonate), Sugar, Glucose Syrup, Malted **Barley** Extract, Salt, Whey Powder (**Milk**), Acid (Lactic Acid), Flavouring.

**Honeydew melon:** Melon

**Rich Tea Biscuit:** **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Sugar, Palm Oil, Rapeseed Oil, **Barley** Malt Extract, Raising Agents (Sodium Bicarbonate, Ammonium Hydrogen Carbonate, Disodium Diphosphate), Glucose Syrup, Salt, Sodium **Metabisulphite**.

**Natural Yoghurt:** Yoghurt (**Milk**), Contains Live Cultures: Lactobacillus Johnsonii, Streptococcus Thermophilus and Bifidobacterium Lactis

**Fruit Coulis (goes on the yoghurt):** Sugar, Water, Strawberry (15%), Raspberry Purée (10%), Raspberry (5%), Concentrated Strawberry Juice, Cornflour, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate) or Mango Purée (28%), Water, Sugar, Concentrated Passion Fruit Juice (12%), Glucose Syrup, Cornflour, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate).

Free from option:

**Yoghurt:** Water, Soya Bean (8%), Sugar, Raspberry Purée (6%), Calcium Phosphate, Maize Starch, Thickeners (Guar Gum, Pectin), Flavouring, Fruit and Vegetable Concentrates [Lemon, Carrot, Black Carrot], Acidity Regulator (Citric Acid), Vitamin D, Yoghurt Cultures.

**Biscuit:** Maize Starch, Gluten Free **Oat** Flour, Sugar, Palm Oil, Rapeseed Oil, Dextrose, Salt, Flavourings, Emulsifier (Mono- and Diglycerides of Fatty Acids), Colours (Beta-Carotene, Annatto Bixin, Curcumin).