

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
JNR - CARBOHYDRATE - Garlic Slice	7.92	0.024	Bread, Slices, Garlic & Parsley (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Water, Garlic Puree, Salt, Yeast, Parsley, Flour Treatment Agent(Ascorbic Acid), Wheat Flour).
JNR - CARBOHYDRATE - Pasta Penne	39.655	0.055	Pasta, Penne (Durum Wheat Semolina); Pasta, Penne, Wholemeal (Durum Wheat Semolina).
JNR - CARBOHYDRATE - Pasta Penne Gluten Free	42.9	0.055	Pasta, Penne, Gluten Free (Cornflour (50,4%), Brown Rice Flour (22%), Rice Flour (21,4%), Potato Starch, Quinoa Flour (3%), Stabiliser: Mono and Diglycerides of Fatty Acids).
JNR - CARBOHYDRATE - Potatoes Chips	21	0.1	Chips, Fries, Medium Cut (Potato (96%),Palm Oil.).
JNR - CARBOHYDRATE - Potatoes Roasted No Oil	17.2	0.1	Potatoes, Whole, Peeled (Potato (100%), Sodium metabisulphite).
JNR - CARBOHYDRATE - Potatoes Wedges	20	0.1	Potatoes, Frites, Plain, Skin on Wedges (Potato (96,5 %), SG palm oil (3,5 %).).
JNR - CARBOHYDRATE - Rice	30.76	0.04	Rice, Brown, White.
JNR - DESSERT - COLD - Apple Crumble Slice	25.691	0.085	Apples, Solid Pack (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).); Flour, Wholemeal (Wholemeal Wheat Flour.); Cereal, Oatflakes (Oats (100%).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Soft, Brown, Dark (Cane Sugar).
JNR - DESSERT - COLD - Apple Slices	2.32	0.02	Apples, Granny Smith (APPLE).
JNR - DESSERT - COLD - Brownie Chocolate	16.722	0.04	Eggs , Medium, Free Range (Egg.); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Sugar, Soft, Brown, Light (Cane Sugar); Cocoa, Arriba (Cocoa Powder (100%).); Flour, Plain (Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin).); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.).
JNR - DESSERT - COLD - Chocolate Brownie Gluten Free	20.89	0.039	Sugar, Caster (sugar); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Flour, Plain, Gluten Free (Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)); Eggs , Medium, Free Range (Egg.); Cocoa, Arriba (Cocoa Powder (100%).).
JNR - DESSERT - COLD - Chocolate Crackle Biscuits	18.267	0.031	Sugar, Granulated (Sugar); Flour, Plain (Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin).); Eggs , Medium, Free Range (Egg.); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Cocoa, Arriba (Cocoa Powder (100%).); Sugar, Icing (Sugar (97%), Maize Starch); Baking Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate).); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.).

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JNR - DESSERT - COLD - Chocolate Oaty Bake	17.633	0.033	Flour, Plain (Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Cereal, Oatflakes (Oats (100%)); Cocoa, Arriba (Cocoa Powder (100%)); Baking Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate)).
JNR - DESSERT - COLD - Chocolate Slice	15.53	0.029	Flour, Plain (Wheat Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Icing (Sugar (97%), Maize Starch); Cocoa, Arriba (Cocoa Powder (100%)); Sugar, Caster (sugar); Milk, Oat Drink, Original, Barista (Water, Oats 10%, Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide Contains : Gluten and Oats).
JNR - DESSERT - COLD - Cookie Chocolate (Vegan)	15.545	0.026	Flour, Plain (Wheat Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Granulated (Sugar); Sugar, Soft, Brown, Light (Cane Sugar); Cocoa, Arriba (Cocoa Powder (100%)); Water, Tap.; Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Baking Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate)); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - DESSERT - COLD - Cookie Fruity (Vegan)	19.171	0.028	Flour, Plain (Wheat Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Granulated (Sugar); Sugar, Soft, Brown, Light (Cane Sugar); Sultanas (Sultanas (99.5%), Sunflower oil); Water, Tap.; Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Baking Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate)); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - DESSERT - COLD - Cookie Oaty (Vegan)	17.226	0.026	Flour, Plain (Wheat Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Granulated (Sugar); Sugar, Soft, Brown, Light (Cane Sugar); Cereal, Oatflakes (Oats (100%)); Water, Tap.; Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Baking Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate)); Salt, Table (Salt, Anti-caking Agent E535.).

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JNR - DESSERT - COLD - Cookie Vanilla (Vegan)	17.526	0.026	Flour, Plain (Wheat Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Granulated (Sugar); Sugar, Soft, Brown, Light (Cane Sugar); Water, Tap.; Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Baking Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate).); Salt, Cooking (Salt, Anti-caking Agent E535.).
JNR - DESSERT - COLD - Cookie Vanilla Gluten Free	22.09	0.034	Flour, Plain, Gluten Free (Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Sugar, Soft, Brown, Light (Cane Sugar); Eggs, Medium, Free Range (Egg.); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Bicarbonate of Soda (Sodium Bicarbonate); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - DESSERT - COLD - Flapjack Plain	20.964	0.039	Cereal, Oatflakes (Oats (100%).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Soft, Brown, Light (Cane Sugar); Syrup, Golden (Partially Inverted Refiners Syrup.); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.).
JNR - DESSERT - COLD - Flapjack Sultana	25.475	0.045	Cereal, Oatflakes (Oats (100%).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Soft, Brown, Light (Cane Sugar); Sultanas (Sultanas (99.5%), Sunflower oil); Syrup, Golden (Partially Inverted Refiners Syrup.); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.).
JNR - DESSERT - COLD - Frozen Yoghurt Mango	17.44	0.08	Ice Cream, Frozen Yoghurt, Mango (Skimmed Milk , Lot Fat YOGURT (38%), Sugar, Dried Glucose Syrup, Fructose, Skimmed Milk Powder, Maltodextrin, Stabilisers (Xanthan Gum, Guar Gum, Carrageenan), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Norbi).
JNR - DESSERT - COLD - Fruit Flavoured Yoghurt	12.4	0.08	Yoghurt, Low Fat, Peach (Low Fat Yogurt (Milk), Peach (8%), Sugar, Peach Puree, Modified Maize Starch, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Natural Colour (Annatto Norbixin), Preservative (Potassium Sorbate). Contains : Milk); Yoghurt, Strawberry (Low Fat Yogurt (Milk), Strawberry (8%), Sugar, Strawberry Puree (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate). Contains : Milk).
JNR - DESSERT - COLD - Ice Lolly	5	0.03	Ice Lollies, Assorted, Fruit (Ingredients: Water, Sugar, Citric Acid, Flavourings: (Blackcurrant, Orange, Lemon, Tutti-Frutti), Stabiliser Guar Gum, Natural Colours Carotenes, Red Beet Concentrate, Anthocyanins, Riboflavin, Chlorophyll. Contains : None of the 14 Food Allergens).
JNR - DESSERT - COLD - Jaffa Cake Iced	34.978	0.069	Water, Tap.; Sugar, Caster (sugar); Flour, Plain (Wheat Flour (with Calcium, Iron, Niacin, Thiamin).); Oil, Rapeseed, Extended Life; Sugar, Icing (Sugar (97%), Maize Starch); Cocoa, Arriba (Cocoa Powder (100%).); Oranges, Large (ORANGE); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Bicarbonate of Soda (Sodium Bicarbonate).

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JNR -DESSERT -COLD - Jelly Orange	1.95	0.077	Water, Tap.; Jelly, Crystals, Orange, Vegan (Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Flavourings, Colours (Beetroot Red, Annatto Norbixin).)
JNR - DESSERT - COLD - Jelly Raspberry	1.925	0.077	Water, Tap.; Jelly, Crystals, Raspberry, Vegan (Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colour (Beetroot Red), Flavouring.).
JNR - DESSERT - COLD - Jelly Strawberry	1.925	0.077	Water, Tap.; Jelly, Crystals, Strawberry, Vegan (Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavourings.).
JNR - DESSERT - COLD - Peach Slices	3.88	0.04	Peaches, Slices, In Juice (Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).)
JNR - DESSERT - COLD - Rainbow Shortbread	13.54	0.022	Flour, Plain (Wheat Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Sugar Strands (Sugar, modified maize starch, vegetable oil (coconut), colouring foods (concentrates from spirulina, safflower, lemon, sweet potato, radish), glucose syrup, anti-caking agent (talc), colour (copper complexes of chlorophylls and chlorophyllins).)
JNR - DESSERT - COLD - Shortbread Gluten Free	21.25	0.035	Flour, Plain, Gluten Free (Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Icing (Sugar (97%), Maize Starch); Sugar, Caster (sugar).
JNR - DESSERT - COLD - Shortbread Vanilla Custard	11.9	0.02	Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Custard, Powder (Maize Starch, Colour(Annatto Norbixin), Flavouring.); Flour, Plain (Wheat Flour (with Calcium, Iron, Niacin, Thiamin).); Sugar, Caster (sugar).
JNR - DESSERT - COLD - Vanilla Ice Cream	12	0.08	Ice Cream, Vanilla, Soft Scoop (Water, Sugar, Palm Oil, Butter Milk Powder, Whey Powder (Milk), Dextrose, Skimmed Milk Powder, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Carboxymethyl Cellulose, Locust Bean Gum), Flavouring, Colours(Curcumin, Annatto).)
JNR - DESSERT - HOT - Sponge Pineapple Upside Down	23.853	0.08	Pineapple, Slices, In Juice (Pineapple Slices, Pineapple Juice /Pineapple Juice from concentrate (Depending on the supplier), Acidity Regulator: Citric Acid.); Flour, Plain (Wheat Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Eggs , Medium, Free Range (Egg.); Flour, Wholemeal (Wholemeal Wheat Flour.); Baking Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate).)
JNR - DESSERT - Raisins 20g	10.35	0.015	Raisins, Seedless (Raisins (99.5%), Sunflower Oil.).
JNR - MAIN - FISH - Breaded Fish Gluten Free	15	0.06	Pollock, Fillets, Breaded, Gluten Free (Ingredients: Alaska pollock (Theragra chalcogramma) (50%)(Fish), Rice Flour, Maize Flour, Sunflower Oil, Modified Maize Starch, Maize Starch, Raising Agents (Sodium bicarbonate, Disodium Pyrophosphate), Stabilizer (Methylcellulose), Dextrose, Vegetable Fibre (Citrus, Bamboo), Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids) Contains : Fish).
JNR - MAIN - FISH - Fish Fingers	15.75	0.075	Fish Fingers, Cod, Minced (Cod (Fish) (58%), Wheat flour (Wheat flour, calcium carbonate, iron, niacin,thiamin), rapeseed oil, water, yeast, salt, colour (paprika extract, curcumin),turmeric.).

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JNR - MAIN - FISH - Salmon Fish Fingers	12.75	0.075	Fish Fingers, Salmon (Pink Salmon (Fish) (58%), Wheat Flour(Wheat Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt(Salt, Sodium Ferrocyanide), Colour(Paprika Extract, Curcumin), Turmeric.).
JNR - MAIN - MEAT - BBQ Chicken	0.387	0.064	Chicken, Diced, 50/50 (CHICKEN); Oil, Rapeseed, Extended Life; Seasoning, Barbeque, Rub (SMOKED PAPRIKA, SALT, SUGAR, ORANGE PEEL, CORIANDER, CUMIN, FENNEL SEEDS, BLACK PEPPER, CHILLI, THYME, PARSLEY, GARLIC, ONION, ALL SPICE, CINNAMON, STAR ANISE, CLOVES.).
JNR - MAIN - MEAT - Chicken Fillet Roasted	0.456	0.057	Chicken, Fillets, Breast.
JNR - MAIN - MEAT - Pork Sausages Gluten Free (Brakes)	15.209	0.114	Sausages, Pork, 8's, Gluten Free (Pork (65%), Water, Gluten Free Crumb (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fibre, Salt, Glycerol Monostearate, Caramalised Sugar Syrup, Paprika Extract), Potato Starch, Salt, Rice Flour, Dextrose, Yeast Extract, Sugar, Stabiliser (Diphosphate), Preservative (Sodium Sulphite), Spice Extracts, Herb Extracts. Filled into Pork Collagen Casings (Collagen, Water, Cellulose).).
JNR - MAIN - MEAT - Sweet Chilli Chicken	10.211	0.084	Chicken, Thigh, Diced, Plain (Chicken (100%)); Honey, Clear (Clear Honey (100%)); Sauce, Dipping, Sweet Chilli (Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate)); Limes (LIME).
JNR - MAIN - MEAT - Turkey Roast	3.028	0.09	Turkey, Breast (Turkey); Carrots (-); Onions (Cooking Onions); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - BBQ Bean Burrito	48.804	0.146	Bread, Wraps, Tortilla, Flour, 6" (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.); Beans, Red Kidney, In Water (Red Kidney Beans, Water, Firming Agent: Calcium chloride.); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)(Milk , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Rice, Brown, White; Carrots (CARROTS); Onions, Red (RED ONION); Peppers, Mixed (-); Sauce, Tomato Ketchup (Water, Tomato Concentrate, Sugar, Modified Starch, Acid: Acetic acid, Salt, Preservative (Potassium sorbate), Colour (E150d), Rapeseed oil, Sweetener (Sodium Saccharin), Flavourings); Oil, Rapeseed, Extended Life; Sugar, Soft, Brown, Dark (Cane Sugar); Seasoning, Barbeque, Rub (SMOKED PAPRIKA, SALT, SUGAR, ORANGE PEEL, CORIANDER, CUMIN, FENNEL SEEDS, BLACK PEPPER, CHILLI, THYME, PARSLEY, GARLIC, ONION, ALL SPICE, CINNAMON, STAR ANISE, CLOVES.)
JNR - MAIN - VEGETARIAN - BBQ Bean Burrito DF	50.854	0.146	Bread, Wraps, Tortilla, Flour, 6" (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.); Beans, Red Kidney, In Water (Red Kidney Beans, Water, Firming Agent: Calcium chloride.); Cheese, Grated, Vegan (Food preparation with Palm Oil (Water, Modified Potato Starch, Palm Oil SG, Salt, Emulsifier: Tricalcium Phosphate, Colour (Beta Carotene)), Anti-caking Agent (Potato Starch).); Rice, Brown, White; Carrots (CARROTS); Onions, Red (RED ONION); Peppers, Mixed (-); Sauce, Tomato Ketchup (Water, Tomato Concentrate, Sugar, Modified Starch, Acid: Acetic acid, Salt, Preservative (Potassium sorbate), Colour (E150d), Rapeseed oil, Sweetener (Sodium Saccharin), Flavourings); Oil, Rapeseed, Extended Life; Sugar, Soft, Brown, Dark (Cane Sugar); Seasoning, Barbeque, Rub (SMOKED PAPRIKA, SALT, SUGAR, ORANGE PEEL, CORIANDER, CUMIN, FENNEL SEEDS, BLACK PEPPER, CHILLI, THYME, PARSLEY, GARLIC, ONION, ALL SPICE, CINNAMON, STAR ANISE, CLOVES.)

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JNR - MAIN - VEGETARIAN - Cheese & Baked Bean Wrap	43.77	0.13	Bread, Wraps, Tortilla, Flour, 10" (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt.); Beans, Baked, Reduced Salt & Sugar (Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Flavouring, Paprika Powder.); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)(Milk , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch)).
JNR - MAIN - VEGETARIAN - Cheese & Tomato Pizza	17.828	0.1	Pizza, Base, Thin & Crispy, 12" (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Extra Virgin Olive Oil, Salt, Sugar.); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)(Milk , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Water, Tap.; Paste, Tomato (Tomatoes.); Carrots (CARROTS); Onions, Spanish (ONION); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - Cheese & Tomato Pizza Allergen Free	30.144	0.12	Pizza Base, Gluten Free, 10" (Flour Blend (Corn Starch, Inulin, Hypromellose, Guar Gum, Psyllium, Rice, Maize, Buckwheat, Potato Starch, Quinoa, Powder Sugar), Water, Extra Virgin Olive Oil, Salt, Yeast.); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Cheese, Grated, Vegan (Food preparation with Palm Oil (Water, Modified Potato Starch, Palm Oil SG, Salt, Emulsifier: Tricalcium Phosphate, Colour (Beta Carotene)), Anti-caking Agent (Potato Starch).); Water, Tap.; Paste, Tomato (Tomatoes.); Carrots (CARROTS); Onions, Spanish (ONION); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - Cheesy Pesto Pasta	39.783	0.067	Pasta, Penne (Durum Wheat Semolina); Pasta, Penne, Wholemeal (Durum Wheat Semolina); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)(Milk , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Oil, Rapeseed, Extended Life; Herbs, Basil, Bunched (Basil); Lemons (LEMON); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Seeds, Sunflower.
JNR - MAIN - VEGETARIAN - Cheesy Tomato Pasta Bake	42.771	0.135	Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Pasta, Penne (Durum Wheat Semolina); Pasta, Penne, Wholemeal (Durum Wheat Semolina); Water, Tap.; Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)(Milk , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Carrots (CARROTS); Onions, Spanish (ONION); Paste, Tomato (Tomatoes.); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - Jacket Potato Baked Beans	56.8	0.31	Potatoes, Jacket, 50's (POTATO); Beans, Baked, Reduced Salt & Sugar (Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Flavouring, Paprika Powder.).
JNR - MAIN - VEGETARIAN - Jacket Potato Cheese	49.425	0.275	Potatoes, Jacket, 50's (POTATO); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)(Milk , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).).
JNR - MAIN - VEGETARIAN - Jacket Potato Cheese (Vegan)	54.55	0.275	Potatoes, Jacket, 50's (POTATO); Cheese, Grated, Vegan (Food preparation with Palm Oil (Water, Modified Potato Starch, Palm Oil SG, Salt, Emulsifier: Tricalcium Phosphate, Colour (Beta Carotene)), Anti-caking Agent (Potato Starch).).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
JNR - MAIN - VEGETARIAN - Katsu Vegetables	10.977	0.076	Broccoli (BROCCOLI); Leeks (LEEKs); Milk, Coconut (Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.); Peppers, Mixed (-); Carrots (CARROTS); Cornflour (Maize Starch.); Onions, Spanish (ONION); Sauce, Dipping, Sweet Chilli (Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).); Spices, Curry Powder (Coriander, Turmeric (26%), Cumin Powder (8%), Salt(Salt, Anticaking agent(Sodium Ferrocyanide)), Rice Flour, Fenugreek (8%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace.); Oil, Rapeseed, Extended Life; Ginger (GINGER); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Sauce, Soy , Tamari, Gluten Free (Water, Soybeans , Salt, Spirit vinegar).
JNR - MAIN - VEGETARIAN - Macaroni Cheese	48.607	0.135	Milk , Semi-Skimmed (Cow's Milk .); Pasta, Macaroni (Durum Wheat Semolina); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)(Milk , Salt, Calcium Chloride, Starter Culture, Coagulant), Anticaking Agent (2.0%)(Potato Starch).); Cornflour (Maize Starch.); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Stock, Bouillon, Vegetable, Paste (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, <u>White, Ground (White Pepper.)</u> .
JNR - MAIN - VEGETARIAN - Mixed Bean Chilli Con Carne	11.927	0.135	Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Beans, Borlotti, Tinned (Borlotti Beans, Water, Antioxidant(Ascorbic Acid).); Beans, Butter (Butter Beans, Water, Firming Agent (Calcium Chloride)); Beans, Red Kidney, In Water (Red Kidney Beans, Water, Firming Agent: Calcium chloride.); Onions, Spanish (ONION); Peppers, Mixed (-); Sweetcorn (sweetcorn); Stock, Bouillon, Vegetable, Paste (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Paprika, Smoked (Smoked Paprika.); Spices, Chilli Powder, Mild (<u>Paprika, Chilli Powder (20%).</u>).
JNR - MAIN - VEGETARIAN - Pesto Pasta	39.656	0.06	Pasta, Penne (Durum Wheat Semolina); Pasta, Penne, Wholemeal (Durum Wheat Semolina); Oil, Rapeseed, Extended Life; Herbs, Basil, Bunched (Basil); Lemons (LEMON); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Seeds, Sunflower.
JNR - MAIN - VEGETARIAN - Pesto Pasta Gluten Free	42.901	0.06	Pasta, Penne, Gluten Free (Cornflour (50,4%), Brown Rice Flour (22%), Rice Flour (21,4%), Potato Starch, Quinoa Flour (3%), Stabiliser: Mono and Diglycerides of Fatty Acids); Oil, Rapeseed, Extended Life; Herbs, Basil, Bunched (Basil); Lemons (LEMON); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Seeds, Sunflower.
JNR - MAIN - VEGETARIAN - Quorn Nuggets (vegan)	9.6	0.06	Nuggets, Chicken Style, Vegan (Mycoprotein (51%). Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Water, Wheat Starch, Pea Fibre, Natural Flavouring, Potato Protein, Pea Protein, Salt, Wheat Gluten, Durum Wheat Semolina, Yeast, Sage, Garlic Powder, White Pepper, Colour: Paprika Extract, Sage Extract, Onion Powder, Onion Oil, Raising Agent: Ammonium Bicarbonate.).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items only.
JNR - MAIN - VEGETARIAN - Roasted Vegetable & Mixed Bean Pasta	42.144	0.172	Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Pasta, Penne (Durum Wheat Semolina); Pasta, Penne, Wholemeal (Durum Wheat Semolina); Beans, Red Kidney, In Water (Red Kidney Beans, Water, Firming Agent: Calcium chloride.); Beans, Borlotti, Tinned (Borlotti Beans, Water, Antioxidant(Ascorbic Acid).); Beans, Cannellini, In Brine (Cannellini Beans, Water, Antioxidant(Ascorbic Acid).); Peppers, Mixed (-); Water, Tap.; Courgette, Green (Green Courgettes BB); Onions, Red (RED ONION); Carrots (CARROTS); Onions, Spanish (ONION); Oil, Rapeseed, Extended Life; Paste, Tomato (Tomatoes.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - Tomato & Basil Pasta	42.601	0.125	Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Pasta, Penne (Durum Wheat Semolina); Pasta, Penne, Wholemeal (Durum Wheat Semolina); Water, Tap.; Carrots (CARROTS); Onions, Spanish (ONION); Paste, Tomato (Tomatoes.); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - Tomato & Basil Penne Pasta Gluten Free	45.846	0.125	Pasta, Penne, Gluten Free (Cornflour (50.4%), Brown Rice Flour (22%), Rice Flour (21.4%), Potato Starch, Quinoa Flour (3%), Stabiliser: Mono and Diglycerides of Fatty Acids); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Water, Tap.; Carrots (CARROTS); Onions, Spanish (ONION); Paste, Tomato (Tomatoes.); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - Vegetable Fingers	18	0.075	Vegetable, Fingers, Crispy (Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (Wheat Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, Wheat Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.).
JNR - MAIN - VEGETARIAN - Veggie Mince Pasta Bake topped with Cheese	51.898	0.189	Mince, Vegan (Rehydrated Textured Soya Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].); Pasta, Penne (Durum Wheat Semolina); Pasta, Penne, Wholemeal (Durum Wheat Semolina); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Carrots (CARROTS); Onions, Spanish (ONION); Water, Tap.; Lentils, Red; Peppers, Mixed (-); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)(Milk , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Paste, Tomato (Tomatoes.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Oil, Rapeseed, Extended Life; Oil, Rapeseed, Extended Life; Stock, Bouillon, Beef, Paste (Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour (Plain Caramel), Beef Extract, Caramelised Sugar Syrup.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items only.
JNR - MAIN - VEGETARIAN - Veggie Mince Sauce	12.158	0.129	Mince, Vegan (Rehydrated Textured Soya Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Carrots (CARROTS); Onions, Spanish (ONION); Water, Tap.; Lentils, Red; Peppers, Mixed (-); Paste, Tomato (Tomatoes.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Oil, Rapeseed, Extended Life; Oil, Rapeseed, Extended Life; Stock, Bouillon, Beef, Paste (Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour (Plain Caramel), Beef Extract, Caramelised Sugar Syrup.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - SALAD BAR - Beetroot	1.98	0.03	Beetroot, Sliced, In Water (Beetroot, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).).
JNR - SALAD BAR - Beetroot & Apple Salad	2.86	0.035	Beetroot, Cooked (Beetroot); Apples, Red (APPLE).
JNR - SALAD BAR - Bread Carrot & Cumin	18.445	0.05	Flour, Wholemeal (Wholemeal Wheat Flour.); Water, Tap.; Flour, Strong (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Wheat Gluten, Amylase.); Carrots (CARROTS); Oil, Rapeseed, Extended Life; Sugar, Granulated (Sugar); Yeast (Yeast, Water, emulsifier sorbitan mono-stearate E491); Salt, Table (Salt, Anti-caking Agent E535.); Spice, Cumin, Seeds (Whole Cumin Seeds).
JNR - SALAD BAR - Bread Raisin & Cinnamon	27.102	0.061	Flour, Wholemeal (Wholemeal Wheat Flour.); Water, Tap.; Flour, Strong (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Wheat Gluten, Amylase.); Raisins, Seedless (Raisins (99.5%), Sunflower Oil.); Oil, Rapeseed, Extended Life; Spices, Cinnamon, Ground (Ground Cinnamon (Cassia)); Sugar, Granulated (Sugar); Yeast (Yeast, Water, emulsifier sorbitan mono-stearate E491); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - SALAD BAR - Bread Rosemary & Garlic Foccacia	18.2	0.056	Flour, Wholemeal (Wholemeal Wheat Flour.); Water, Tap.; Flour, Strong (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Wheat Gluten, Amylase.); Oil, Rapeseed, Extended Life; Oil, Rapeseed, Extra Virgin; Sugar, Granulated (Sugar); Herbs, Rosemary, Needles (Dried Rosemary.); Garlic, Peeled, Prepared (Garlic (100%).); Yeast (Yeast, Water, emulsifier sorbitan mono-stearate E491); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - SALAD BAR - Bread Wholemeal Bread	22.452	0.053	Flour, Wholemeal (Wholemeal Wheat Flour.); Water, Tap.; Flour, Strong (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Wheat Gluten, Amylase.); Oil, Rapeseed, Extended Life; Sugar, Granulated (Sugar); Yeast (Yeast, Water, emulsifier sorbitan mono-stearate E491); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - SALAD BAR - Carrot Raisin & Orange Salad	4.185	0.043	Carrots (CARROTS); Oranges, Large (ORANGE); Raisins (Raisins, Sunflower Oil).
JNR - SALAD BAR - Carrots	1.8	0.03	Carrots (CARROTS).
JNR - SALAD BAR - Coleslaw	2.49	0.045	Cabbage, White (WHITE CABBAGE); Mayonnaise, Light (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Egg Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).); Carrots (CARROTS); Onions, Spanish (ONION).
JNR - SALAD BAR - Cucumber	0.36	0.03	Cucumbers (CUCUMBER).
JNR - SALAD BAR - Lettuce	0.17	0.01	Lettuce, Iceberg (ICEBERG LETTUCE).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items only.
JNR - SALAD BAR - Macaroni Cheese Salad	15	0.033	Pasta, Macaroni (Durum Wheat Semolina); Mayonnaise, Light (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Egg Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)(Milk , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Onions, Spring Onions (SPRING ONION).
JNR - SALAD BAR - Orange Cous Cous Salad	15.019	0.044	Cous Cous (Durum Wheat Semolina.); Oranges, Large (ORANGE); Cucumbers (CUCUMBER); Onions, Red (RED ONION); Raisins, Seedless (Raisins (99.5%), Sunflower Oil.); Herbs, Mint, Bunch, Large (Mint); Herbs, Parsley, Flat Leaf, Bunched (Flat Leaf Parsley); Spices, Pepper, Black, Ground (Ground Black Pepper).
JNR - SALAD BAR - Peppers Mixed	1.41	0.03	Peppers, Mixed (-).
JNR - SALAD BAR - Pesto Pasta	14.42	0.021	Pasta, Penne (Durum Wheat Semolina); Oil, Rapeseed, Extended Life; Herbs, Basil, Bunched (Basil); Lemons (LEMON); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Seeds, Sunflower.
JNR - SALAD BAR - Potato Salad	7.352	0.045	Potatoes, New (POTATO); Mayonnaise, Light (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Egg Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).); Onions, Spring Onions (SPRING ONION); Yoghurt, Low Fat, Natural (Low Fat Natural Yogurt (Milk)).; Spices, Pepper, Black, Cracked (Black Pepper.); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - SALAD BAR - Rainbow Rice Salad	12.934	0.036	Rice, Brown, White; Onions, Red (RED ONION); Carrots (CARROTS); Peppers, Mixed (-); Sweetcorn (sweetcorn); Spinach, Prepared, Baby Leaves (Spinach Leaf (100%)).
JNR - SALAD BAR - Singapore Noodles	16.268	0.033	Noodles, Egg , Medium (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Egg (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid).); Peppers, Red (RED PEPPER); Oil, Rapeseed, Extended Life; Onions, Red (RED ONION); Onions, Spring Onions (SPRING ONION); Sauce, Soy , Tamari, Gluten Free (Water, Soy beans, Salt, Spirit vinegar); Ginger (Ginger); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Spices, Chinese Five Spice (Fennel (38%), Cassia (30%), Aniseed (16%), Black Pepper (8%), Clove (8%)).; Spices, Curry Powder (Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace).
JNR - SALAD BAR - Sweetcorn	2.43	0.03	Sweetcorn (sweetcorn).
JNR - SALAD BAR - Tomatoes	0.9	0.03	Tomatoes, MM (TOMATO).
JNR - SALAD BAR - TOPPER - Crispy Croutons	0.117	0.001	Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Mixed (Marjoram, Thyme, Parsley, Basil, Savory.); Bread, Loaf, Brown, Thick, Sliced (Wheat Flour (with added calcium, iron, niacin and thiamine), Water, Wheat Bran, Yeast, Salt, Emulsifier: E472e. Preservative: E282. Rapeseed Oil, Flour Treatment Agent: E300.).
JNR - SALAD BAR - Yoghurt Mint Cucumber & Pea Salad	5.261	0.051	Peas, Value; Cucumbers (CUCUMBER); Herbs, Mint, Bunch, Large (Mint); Yoghurt, Low Fat, Natural (Low Fat Natural Yogurt (Milk)).
JNR - SAUCE - Gravy	0.188	0.054	Water, Tap.; Gravy, Gluten Free (Maltodextrin, potato starch, natural flavouring, sugar, onion powder, vegetable oil (palm, sunflower, coconut, rapeseed), salt, stabilizer; guar gum. colour; plain caramel. chilean salt, tomato powder, anti-caking agent; silicon dioxide and vitamin D. Contains : None of the 14 Food Allergens).
JNR - VEGETABLE - Baked Beans	6.5	0.05	Beans, Baked, Reduced Salt & Sugar (Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Flavouring, Paprika Powder.).
JNR - VEGETABLE - Broccoli	0.96	0.03	Broccoli (BROCCOLI).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
JNR - VEGETABLE - Cabbage White	1.056	0.022	Cabbage, White (WHITE CABBAGE).
JNR - VEGETABLE - Carrots	1.8	0.03	Carrots (CARROTS).
JNR - VEGETABLE - Cauliflower	1.05	0.03	Cauliflower, Florets.
JNR - VEGETABLE - Green Beans	0.96	0.03	Beans, Green (green beans).
JNR - VEGETABLE - Peas	3.3	0.03	Peas, Value.
JNR - VEGETABLE - Sweetcorn	2.43	0.03	Sweetcorn (sweetcorn).
SLC/TCS - CARBOHYDRATE - Yorkshire Pudding 2"	7.8	0.02	Yorkshire Pudding, Fully Baked, 2" (Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Water, Rapeseed Oil, Whole Egg, Skimmed Milk Powder, Salt.)
SLC/TCS - DESSERT - HOT - Sticky Toffee Pudding	32.846	0.087	Water, Tap.; Flour, Self-Raising (Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Raising Agent(Disodium Diphosphate, Sodium Bicarbonate.)); Dates, Dried, Chopped (Dates (95%), Rice Flour.); Eggs , Medium (Egg.); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Milk , Evaporated (Evaporated Milk , Acidity Regulator(Disodium Phosphate), Stabiliser(Carrageenan), Vitamin D.); Sugar, Demerara (Demerara Sugar); Syrup, Golden (Partially Inverted Refiners Syrup.); Bicarbonate of Soda (Sodium Bicarbonate).
SLC/TCS - MAIN - MEAT - Beef Bolognaise	4.725	0.139	Beef, Mince (BEEF); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Water, Tap.; Carrots (-); Onions (Cooking Onions); Peppers, Mixed (-); Carrots (Carrots); Onions, Diced (Onion (100%)); Oil, Vegetable, Extended Life (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).); Paste, Tomato (Tomatoes.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Stock, Bouillon, Vegetable, Paste (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.); Herbs, Basil, Dried (Dried Basil); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
SLC/TCS - MAIN - VEGETARIAN - Cheese & Tomato Pinwheel	11.011	0.067	Pastry, Puff, Sheet (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate.)); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)(Milk , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Onions, Diced (Onion); Water, Tap.; Carrots (Carrots); Onions, Diced (Onion (100%)); Oil, Rapeseed, Extended Life; Paste, Tomato (Tomatoes.); Oil, Vegetable, Extended Life (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil, Dried (Dried Basil); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
SLC/TCS - MAIN - MEAT - Chicken Korma	5.177	0.118	Chicken, Diced (chicken); Water, Tap.; Onions, Diced (Onion); Potatoes, Bakers (Potatoes); Milk, Coconut (Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.); Oil, Vegetable, Extended Life (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).); Paste, Tomato (Tomatoes.); Stock, Bouillon, Vegetable, Paste (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Spices, Curry Powder, Madras (Coriander (40%),Turmeric (22%),Rice Flour,Fenugreek (5%),Ginger,Salt(Salt,Anticaking Agent(Sodium Ferrocyanide)),Cumin,Black Pepper,Paprika,Colour(Paprika Extract),Nutmeg,Fennel.); Spices, Ginger, Ground (Ground Ginger.).
SLC/TCS - MAIN - MEAT - Battered Chicken Bites	9.6	0.06	Chicken, Nuggets, Battered, Cooked (Chicken meat (44%), water, vegetable oils (cottonseed and; or sunflower and;or rice), fortified Wheat flour with iron and folic acid, maize flour, starch, potassium chloride (E508), raising agents (E450i, E500ii), salt, pepper, dextrose.).