

Ingredients list 2025

Sausage Roll – Water | **WHEAT** Flour (contains Calcium carbonate | Iron | Niacin | & Thiamin) | Pork (20%) | Margarine [Palm Oil | Palm Stearin | Water | Salt | Rapeseed Oil | Emulsifier (E471) | Acidity Regulator (E330) | Lemon Juice] | Rusk [**WHEAT** Flour | Water | Salt | Raising Agent (E503ii)] | Pork Fat | **WHEAT** Starch | Glaze [Water | Modified Starch | Rapeseed Oil | MILK Proteins | Emulsifiers (**SOYA** Lecithin | E471) | Acidity Regulator (E339iii) | Colour (E160a)] | Lincolnshire Seasoning [**WHEAT** Flour (contains Calcium carbonate | Iron | Niacin | & Thiamin) | Salt | Lo Salt (Potassium Chloride | Salt) | Spices (White Pepper | **MUSTARD** | Nutmeg) | Herbs (Sage | Marjoram | Thyme | Oregano) | Dextrose | Preservative (Sodium **SULPHITE**) | Emulsifier (E451) | Yeast Extract | Antioxidant | (E301) | Spice & Herb Extracts (Bouquet Garni | Pepper | Sage | Ginger | Nutmeg | Cayenne)] | Pea Starch | Salt | Rubbed Sage | Ground White Pepper. **Potatoes** – Potato, **SOYA** bean oil

Cheese and Onion Roll - Water, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Onion (7%), Dehydrated Potato (Potatoes, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Sodium Acid Pyrophosphate), Acidity Regulator (Citric Acid)), Cheddar Cheese (**MILK**) (3%), Red Leicester Cheese (**MILK**) (2%) (contains Colour (Beta Carotene)), Whole **MILK** Powder, Modified Maize Starch, Cheese Powder (**MILK**), Salt, Onion Powder, Stabiliser (Methyl Cellulose), Glaze (Water, **WHEAT GLUTEN**)

Baked Beans - Beans (49%), Tomatoes (24%), Water, Sugar, Salt, Modified Maize Starch, Glucose-Fructose Syrup, Onion Powder, Ground Paprika, Flavouring.

Fruit Yoghurt –

Toffee Flavour: Wholemilk yogurt (**MILK**), cream (5.7%) (**MILK**), sugar, water, glucose syrup, sweetened condensed skimmed milk (**MILK**), salted butter (**MILK**), Stabiliser: modified waxy maize starch, natural flavouring, colour: burnt sugar syrup, sea salt, preservative: potassium sorbate

Apricot: Wholemilk yogurt (**MILK**), cream (5.7%) (**MILK**), Sugar, Apricot puree (3.4%), water, stabiliser: modified waxy maize starch, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate

Strawberry: Wholemilk yogurt (**MILK**), Cream (5.7%) (**MILK**), Sugar, Strawberry puree (3.4%), water, stabiliser: modified waxy maize starch, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate.

Blackcurrant: Wholemilk yogurt (**MILK**), Cream (5.7%) (**MILK**), Sugar, Blackcurrant puree (3.4%), water, stabiliser: modified waxy maize starch, natural flavouring, acidity regulator: citric acid, preservative: potassium sorbate

Beef burger –

Beef (98%) (Water, Salt), Seasoning (Pea Fibre, Stabiliser (E451(i)), Salt, Rusk (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Onion, Dextrose, Pepper, Flavouring (**SOYA**), Antioxidant (E301)), Salt.

Bun – **WHEAT** Flour (with Calcium, Iron, Niacin and Thiamin), Water, Sugar, Yeast, Vegetable Oils (Palm and Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300).

Vegetable Burger - Potatoes (44.8%),Vegetables (36.3%) (Onion Carrot, Sweet Corn, Peas, Broccoli)

Sunflower Oil, Palm Oil, Breadcrumbs (**WHEAT** Flour, Yeast, Salt, Dextrose, Vegetable Oil (Palm, Sunflower), Turmeric, Paprika, Emulsifier (E472e)),**WHEAT** Flour, **MILK** Protein, Salt, **WHEAT** Starch, Flavouring (**CELERY**),Vegetable Broth (Salt, Maltodextrin, Lactose, Yeast Extract, Canola Oil, Sugar, Vegetables (Onion, Carrot, Leek, Parsley), Mace),Glucose Syrup, **MUSTARD**, Stabiliser(E464), Spices, Lactose, Whey Powder, Yeast Extract, Onion Powder, Skimmed **MILK** Powder, Garlic Powder

Tortilla Chips - Corn flour (79%)| sunflower oil| salt.

Shortbread – **WHEAT** Flour. Dairy free spread (plant oils (sunflower, rapeseed, palm)), Water, Salt, Plant based emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A . Sugar.

Chicken and Mushroom slice - Water, **WHEAT** Flour, Margarine [Palm Oil, Palm Stearin,

Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (Citric acid), Lemon Juice], Cooked Chicken (13%) [Chicken Breast, Salt], Mushroom (3%), Fat Powder [Palm Oil, Lactose (**MILK**), **MILK** Protein], Onions, Glaze [Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, **MILK** Proteins, Emulsifiers (**SOYA** Lecithins, E471), Acidity Regulator (E339iii), Colour (Carotenes)], Sauce Mix [Modified Maize Starch, Fat Powder (Palm Oil, Lactose (**MILK**), **MILK** Proteins), **WHEAT** Flour, Whole **MILK** Powder, Salt, Yeast Extract, Hydrolysed Vegetable Protein, Flavourings (Pepper, **CELERY**, Onion, Bouquet Garni)], Chicken Stock [Chicken, Yeast Extract, Salt, Chicken Fat, Rehydrated Vegetable Powders (Leek, Onion), Sugar, Concentrated Lemon Juice, Natural Black Pepper Flavour, Sage Oil], Thickener (E1422), Roast Chicken Stock [Roast Chicken, Chicken Fat, Maltodextrin, Yeast Extract, Glucose Syrup, Salt, Natural Flavouring, Sugar, Concentrated Chicken Extract, Concentrated Lemon Juice, Onion Powder], Salt, Emulsifier (E464), Onion Powder, Yeast Extract, White Pepper, Black Pepper.

Cheese Savoury Wrap - Cheddar Cheese (**MILK**), Mayonnaise (Water| Rapeseed Oil (20%)| Modified Potato Starch| Spirit Vinegar| Free Range Pasteurised **EGG**| Sugar| Salt| Stabiliser: Xanthan Gum.| Preservative: Potassium Sorbate.| Acidity Regulator: Citric Acid), Spring Onion, Peppers, Tomato. **WHEAT** Flour (Fortified

with Calcium, Iron, Thiamin, Niacin), Water, Emulsifier [Vegetable Oils (Rapeseed Oil, Palm Oil), Glucose, Salt, Sodium Stearoyl-2-Lactylate, Mono- and Di-Glycerides of Fatty Acids, Flour Treatment Agent (Ascorbic Acid)], Yeast, Semolina (**WHEAT**) (2%). **Tortilla Wrap** - (**WHEAT** Flour (60%), Water, Palm oil, Stabilisers, E422, E412, **WHEAT** Gluten, Salt, Bean Flour, Raising Agent E450 E500, sugar, Glucose syrup, Acid E296, Malt (**WHEAT, BARLEY**), emulsifier E471; Preservatives E282, E202; **OAT** Flour, Yeast, Flour treatment agent E920

Chicken Curry - Chicken, Onion, Peppers, Tomatoes, **Sharwood's Tikka Curry Sauce** - Water | Tomato Purı½e (21%) | Cream (11%) (**MILK**) | Tomatoes | Yogurt (5%) (**MILK**) | Sugar | Modified Maize Starch | Onion | Ground Spices | Garlic Purı½e | Ginger Purı½e | Coriander Leaf | Creamed Coconut | Desiccated Coconut | Salt | Rapeseed Oil | Acidity Regulator (Lactic Acid) | Concentrated Lemon Juice | Caraway Seeds | Ground Black Pepper | Colour (Paprika Extract) | Vitamin C | Chilli Powder | Natural Flavouring | Vitamin D.

Mini Naan Bread -

Fortified **WHEAT** Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphate, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds.

Orange Jelly - Sugar | Bovine Gelatine | Acidity Regulator (Citric Acid) | Colour (Annatto) | Antioxidant (Trisodium Citrate) | Flavouring.

Frozen Chips – Potatoes (97%), Palm oil

MSC Battered fish fillets - Pollock (**FISH**) (50%) | **WHEAT** Flour (with Calcium Carbonate | iron | Niacin | Thiamin) | Water | Rapeseed Oil | Maize Starch | Salt | Yeast | Raising Agent (Ammonium Carbonate).

Pizza -

WHEAT Flour (76%) (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Pre-mix [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier: Mono- and Diacetyl tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Flour Treatment Agent: Ascorbic Acid], Yeast, Rapeseed Oil.

Tomatoes (98.3%), Salt, Vegetable oil, Sugar, Oregano, Basil, Onion, White Pepper, Acidity Regulator (Citric Acid), Cheddar Cheese (**MILK**) 100%

Spaghetti Hoops - Spaghetti Hoops (38%) (Durum **WHEAT** Semolina | Water) | Water | Tomatoes (18%) | Sugar | Salt | Thickener (Modified Maize Starch) | Wine Vinegar | Natural Flavours (Contains **CELERY**) | Onion Powder | Acidity Regulator (Citric Acid) | Paprika Extract.

Choc Ice - Partially Reconstituted skimmed **MILK** concentrate, **MILK** chocolate flavour coating (27%) (coconut oil, sugar, whey powder (from **MILK**), Fat reduced cocoa powder, Emulsifier (soya lecithin)), Glucose syrup, Coconut oil, Sugar, Whey powder (from **MILK**), Emulsifier (mono and diglycerides of fatty acids), Flavourings, Stabilisers (guar gum, sodium alginate), Colour (carotenes)

Tomato Pasta Bake – (durum **WHEAT** semolina), **Tomato Sauce** - Onion, Peppers, Garlic Powder, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savoury). Ground Black Pepper, Tomatoes, Sugar, Vegetable Bouillon (salt, vegetable oil (palm, sunflower), potato starch, sugar, maltodextrin, yeast extract, flavourings (contain **CELERY**), carrots (2.4%), onion Powder (2%), spices (**CELERY** seeds, turmeric, pepper), parsley, soya bean oil (**SOYA**), anti-foaming agent E900). Chopped tomatoes (tomatoes, tomato juice, acidity regulator: citric acid. Cheddar Cheese (**MILK**

Ham and Cheese Panini – **WHEAT** flour (with calcium, iron, niacin and thiamin), Water, Yeast, Extra virgin olive oil, Salt, Flour treatment agent (E300). , **Ham** - Pork (80g pork per 100g finished product), water (11%), cure mix (pea starch, dried glucose syrup, dextrose, tapioca starch, stabilisers (E451, E450)), salt, yeast extract, antioxidant (E301), potato fibre, preservative (E250)), waxy maize starch), **Cheese** - (whole **MILK**, salt, starter culture, non animal rennet).

Garlic Bread - (**WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, margarine (15%), (rapeseed oil, palm oil, water, emulsifier: (mono and diglycerides of fatty acids), flavourings, colours: (annatto bixin, curcumin)), garlic puree (2.5%), salt, yeast, parsley, flour treatment agent (ascorbic acid) **WHEAT** Flour).

Meatballs - Pork (65%), Water, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Spices, Dextrose, Sugar, Raising Agent: Ammonium Bicarbonate; Flavouring, Stabiliser, Diphosphates, Preservative, Sodium **METABISULPHITE**, Marjoram

Vegan Meatballs - Water, **SOYA** Protein (19%), Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper.

Chocolate Shortbread - **WHEAT** Flour. Dairy free spread (plant oils (sunflower, rapeseed, palm)), Water, Salt, Plant based emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A . Sugar. Cocoa Powder - Fat Reduced Cocoa Powder. Contains cocoa butter 10% minimum

Strawberry frozen yoghurt ice cream – Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and di-glycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum, Colour: beetroot red, Flavouring.

Raspberry frozen yoghurt ice cream - Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and di-glycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum, colour: beetroot red, Flavouring.

Chocolate frozen yoghurt ice cream - Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and di-glycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum

Toffee frozen yoghurt ice cream - Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and di-glycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum, colour: Caramel, flavouring.

Chicken Burger -

Chicken Breast (62%), Water, **WHEAT** Flour, Palm Oil, Modified Tapioca Starch, Modified Maize Starch, Sugar, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Monocalcium Phosphates), Stabiliser (Pentasodium Triphosphate), White Pepper, Onion, Yeast Extract, Garlic, Colour (Paprika Extract), Black Pepper.

Roast Chicken Dinner - 100% Chicken meat, **Roast Potatoes** – Potato, sulphites, **Carrots**, **Broccoli**, **Gravy** - Maltodextrin, Potato Starch, Salt, Sugar, Flavourings, Yeast Extract Vegetables (Onion Powder, Tomato Puree Powder), Caramel Syrup, Palm Fat, Thickener (Guar Gum), Sunflower Oil, Sage. **Yorkshire Pudding** – Fortified Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Whole **EGG**, **EGG** white, Water, Rapeseed Oil, Skimmed **MILK** Powder, Salt.

Raspberry Jelly crystals – Sugar, Bovine Gelatine, Acidity regulator (citric acid), Antioxidant (trisodium citrate), Colour (beetroot juice powder), Flavouring

Oaty Flapjack - Mornflake Oat Flakes (100% oat flakes (**WHEAT**)), Golden Syrup (partially inverted sugar syrup), Light Brown Sugar (sugar, humectant: glycerol), Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant-based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A). Sultanas

Sausage and Mash - Pork Sausage - (pork, 56%), Water, Rusk (**WHEAT** flour, calcium carbonate, iron, niacin, thamin), Stabiliser E451, Preservative E221 (**SULPHITES**), Flavour Enhancer; E621, Spices (white pepper, black pepper, cayenne chilli), Flavourings (**SULPHITES**), Yeast Extract, Spice Extracts (black pepper, nutmeg, capsicum, ginger), Sunflower Oil, Maltodextrin, Antioxidants: E307; E304, Acid: E330, Colour: E120, Filled into a natural hog casing. Gluten free/dairy free Mashed Potato - Potato, Dairy Free Spread (Plant oils (sunflower, rapeseed, palm)), Water, Salt, Plant Based Emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A. Mashed potato -Potatoes (93%) |concentrated butter(min.4%) |wholemilkpowder|salt|emulsifierE471|nutmeg| white pepper| stabiliser E450i.

Vegetable fingers - 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.

Curly fries - Potatoes (80%)| Coating (12%) [**WHEAT** Flour| Salt| Modified Starch| Spices (Black Pepper| Chilli Pepper| Cayenne Pepper)| Garlic Powder| Onion Powder| Raising Agents (E450I| E500II)| Yeast Extract| Spice Extracts (Black Pepper)| Dextrose]| Vegetable oils (Sunflower| Rapeseed| In varying proportions) (8%)| Dextrose.

Wedges - Potatoes (86%)| palm oil| modified potato starch| rice flour| modified tapioca starch| salt| spices| onions| paprika powder| dextrose| raising agents (E450i| E500ii)| thickener E415| natural flavours

