

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Snack	Toast	Seabrook Crisps (Plain)	Toast	Hills Biscuits	Toast
Alternative option (if required)	Cereal / Fruit	Cereal / Fruit	Cereal / Fruit	Cereal / Fruit	Cereal / Fruit
Second alternative option (if required)	Seabrook Crisps (Plain)	Toast	Seabrook Crisps (Plain)	Toast	Hills Biscuits

- Provided by the school kitchen
- To be ordered by After School Club through Whitewells

#### Ingredients and Allergens Lists for ASC Snack

**Hovis soft white bread** – WHEAT Flour (with added calcium, iron, niacin, thiamin), Water, Yeast, SOYA Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481; Flour Treatment Agent: Ascorbic Acid.

**Flora spread, dairy free** - Plant Oils (sunflower, rapeseed, palm), Water, Salt, Plant Based Emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A

**Seabrook Ready Salted Crisps** - Potatoes, Sunflower oil (30%), Sea Salt

**Nestle Multigrain Cheerios** – Whole grain OAT flour, whole grain WHEAT flour, whole grain BARLEY flour, sugar, WHEAT flour (calcium carbonate, vitamin Bf, iron, vitamin B1), invert sugar syrup, calcium carbonate, sunflower oil / or palm oil, molasses, salt, caramelised sugar syrup, colours: carotene, annatto norbixin; antioxidant; tocopherols, iron, vitamin C, B3, B5, B9, D, B6, B2

**Nestle Shreddies** – Whole grain WHEAT, sugar, invert sugar syrup, Barley malt extract, salt, molasses, iron, vitamin B3, B5, B9, B6, B2

**Hills Chocolate Cream Biscuits** - (Chocolate Flavour Cream Sandwich Biscuits): Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), Sugar, Vegetable Oils (Palm, Palm Kernel, Rapeseed in varying proportions), Dextrose, Fat-reduced Cocoa Powder\*\*, Colour (Ammonia Caramel), **Wheat** Starch, Partially Inverted Refiners Syrup, **Soya** Flour, Raising Agents (Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate), Salt, Flavourings. \*\*Rainforest Alliance Certified. Find out more at [ra.org](http://ra.org)

**Hills Custard Creams Biscuits** - (Vanilla Flavour Cream Sandwich Biscuits): Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), Vegetable Oils (Palm, Palm Kernel, Rapeseed in varying proportions), Sugar, Dextrose, **Wheat** Starch, Raising Agents (Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Whey Powder (**Milk**), Salt, Flavouring, Colour (Beta-carotene).

**DIGESTIVES** - (Golden Wholemeal Biscuits): Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), Vegetable Oils (Palm, Rapeseed in varying proportions), Wholemeal **Wheat** Flour (14%), Sugar, Partially Inverted Refiners Syrup, Whey Powder (**Milk**), Raising Agents (Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Salt.

**SHORTIES** - (Shortbread Flavour Biscuits): Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed in varying proportions), **Wheat** Starch, Partially Inverted Refiners Syrup, Raising Agents (Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate), **Soya** Flour, Dried Glucose Syrup, Salt, Flavourings.

**GINGER RINGS** - (Ginger Biscuits with a hint of Lemon): Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed in varying proportions), Partially Inverted Refiners Syrup, Ground Ginger (1%), Raising Agents (Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Salt, Flavouring.

Apple, Satsuma, Banana

Kaluna Orange Juice - Orange Juice From Concentrate (100%)

Kaluna Apple Juice - Apple Juice From Concentrate (100%)