

CARAMBOLA NUTRITIONAL INFORMATION
NOVEMBER 2020
SUBJECT TO CHANGE

Product	Supplier	Allergens	Ingredients	Calories per 100g	Carbs per 100g	Protein per 100g	Fat per 100g	Salt per 100g	Portion Size
Roll Sub	Aryzta	Gluten, Eggs, Soybeans, Milk, Sesame Seed	WHEAT flour, water, yeast, Shortening (vegetable oils (palm, rapeseed), water, salt, emulsifier E471), sugar, salt, whey powder (MILK), Bread Improver (WHEAT flour, flour treatment agent E300, enzymes), durum WHEAT semolina.	276	52.4	10.5	2.4	1.3	73g
Cheese Flavour Corn Stick	Boramex	Milk	Corn Grits 95%, Rapeseed oil 4%, Crumble Fromage 1% (whey powder from milk, salt, ground onion, yeast extract, sugar, dried chives, glucose, aroma, E262 Acidity Regulator, ground white pepper)	426	76	7.5	9.9	0.88	10g
Corn Stick Lightly Salted	Boramex		Corn Grits 95%, Rapeseed oil 4%, Salt 1%	430	75.8	7.61	10.4	1	10g
Soft Cheese & Crackers	Boyne Valley & BWG	Gluten, Milk, trace of Nuts	Crackers: Wheatflour, vegetable fat(palm fat), salt, yeast, raisingagent(sodium bicarbonate). Soft Cheese: Cheese (Cow Milk, microbial rennet), water, Butter, cream, skimmed milk powder, emulsifying salts (E 339, E450, E452), whey powder, Salt, Acidifier: citric acid	271	4	12	23	2.25	15g crackers, 15g cheese
Wildlife Yoghurt Tube	Boyne Valley or Lynas	Milk	Skimmed Milk, water, sugar, Cream, Skimmed Milk Powder, Fructose, Modified manioc and maize starch, calcium phosphate, citric acid, stabiliser: Guar Gum, natural flavourings, preservative potassium sorbate, lactic cultures, acidity regulator: sodium citrates and vitamin D	98	14.1	3.3	2.8	0.13	40g
Fruit Spread.	BWG		Strawberries (60%), Grape Juice, Pectin Gelling Agent E440	170	42.3	0.3	0.7	0	12g
Cheerios Pot	BWG	Gluten, trace of Nuts	Cereal Grains (Whole Grain Oat Flour (29.6%), Whole Grain Wheat (29.6%), Whole Grain Barley Flour (17.9%), Whole Grain Corn Flour (2.1%), Whole Grain Rice Flour (2.1%)), Partially Inverted Brown Sugar Syrup, Sugar, Wheat Starch, Vitamins and Minerals (Calcium, Vitamin C, Niacin, Iron, Pantothenic Acid, Folic Acid, Vitamin D, Vitamin B6, Riboflavin), Salt, Sunflower Oil, Colours: Annatto, Carotene; Caramelised Sugar Syrup, Antioxidant: Tocopherols.	380	72	9.4	4.2	0.84	10g
Chocolate Rice Cake	BWG	Soybeans, Milk, trace of Nuts, Sesame Seed	Rice (50%), milk chocolate coating (50%) (sweetener (xylitol), cocoa butter, whole milk powder, cocoa mass, whey powder (milk), vanilla, emulsifier (sunflower lecithin)).	444	64.4	6.7	20.8	0	16.7g
Golden Nuggets Cereal Pot	BWG	Gluten, Peanuts, Milk, trace of Nuts	Cereal Grains (Whole Grain Wheat (25.8%), Wheat Flour, Whole Grain Maize Flour (11.2%), Maize Semolina), Sugar, Maize Starch, Glucose Syrup, Honey (2.5%), Vitamins and Minerals (Calcium, Niacin, Pantothenic Acid, Iron, Vitamin D, Vitamin B6, Thiamin, Riboflavin, Folic Acid), Partially Inverted Brown Sugar Syrup, Salt, Palm Oil, Colour: Carotene, Antioxidant: Tocopherols, Flavouring.	378	81	7.5	1.5	0.7	10g
Yoghurt Rice Cake	BWG	Soybeans, Milk, trace of Nuts, Sesame Seed	Rice (50%), yoghurt coating (50%) (cocoa butter, sweetener (xylitol), yoghurt powder (milk), whey powder (milk), whole milk powder, emulsifier (sunflower lecithin)).	442	65.7	7.6	18.8	0	16.7G
Crackers	BWG	Gluten, trace of Nuts	Wheat flour, vegetable fat (palm fat), salt, yeast, raising agent (sodium bicarbonate).	440	67	9.5	14.8	0.44	16g
Plain Rice Cake	BWG	Soybeans, Milk, Sesame Seed	rice, sea salt 0,2%	386	81.5	7.9	2.5	0.28	7.7g
Chicken Mayo Mixed Leaves (served in Wrap)	Capperculle n	Eggs, Mustard	Chicken (65%)(Chicken 100%, Water, Salt), Mayonnaise Light (35%)(Water, rapeseed oil, sugar, tapioca starch, vinegar, pasteurised eggs, salt, mustard (mustard seed, water, salt, sugar, spices), Emulsifiers: Guar Gum, Xanthan Gum, Preservatives: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene). Mixed Salad Leaves	184	3.9	15	12	1.5	65g
Chicken Mayo Salad	Capperculle n	Eggs, Mustard	Chicken (65%)(Chicken 100%, Water, Salt), Mayonnaise Light (35%)(Water, rapeseed oil, sugar, tapioca starch, vinegar, pasteurised eggs, salt, mustard (mustard seed, water, salt, sugar, spices), Emulsifiers: Guar Gum, Xanthan Gum, Preservatives: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene). Mixed Salad Leaves	184	3.9	15	12	1.5	80g

CARAMBOLA NUTRITIONAL INFORMATION
NOVEMBER 2020
SUBJECT TO CHANGE

Chicken Tikka (served in Wrap)	Capperculle n	Eggs, Mustard, Contains a source of Phenylalanine	Chicken (65%)(Chicken 100%, Water, Salt), Mayonnaise Light (35%)(Water, rapeseed oil, sugar, tapioca starch, vinegar, pasteurised eggs, salt, mustard (mustard seed, water, salt, sugar, spices), Emulsifiers: Guar Gum, Xanthan Gum, Preservatives: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene). Tikka Glaze: Sugar, Maltodextrin, Spices (Cumin, Turmeric, Coriander, Paprika, Chili, Cayenne, Nutmeg, Cinnamon), Salt, Flavour Enhancer E621, Garlic Powder, Acidity Regulator E330, Colours E150c, E160c, Sweetener E951*Contains a source of phenylalanine	183	2.4	16	12	0.84	65g
Plain Pasta (cold food)	Capperculle n	Gluten, Mustard	Cooked Pasta (Water, Durum Wheat Semolina), French Dressing: Water, Rapeseed Oil, Red Wine Vinegar (11%), Extra Virgin Olive Oil 8%, Sugar, Lemon Juice (from concentrate), Salt, Spices, Garlic, Stabiliser: Xanthan Gum, Guar Gum, Herbs, Mustard Flavouring)	186	27	5.95	4.3	0.2	100g
Tomato Pasta	Capperculle n	Gluten	Cooked Pasta (Water, Durum Wheat Semolina), Napoli Sauce (chopped tomatoes (crushed tomatoes, tomato juice, citric acid E330), White Onion, Green Peppers, Tomato Puree (tomatoes, salt), Fresh Garlic, Salt, Sugar, Oil (rapeseed)	135	20	5	3	0.6	100g
Tuna Sweetcorn (served in Wrap)	Capperculle n	Eggs, Fish, Mustard	Tuna (65%) (skipjack tuna (FISH), Water, Salt), Mayonnaise Light (Water, Rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, Mustard (water, mustard seed, vinegar, salt, sugar, spices), Emulsifiers: Guar Gum, Xanthan Gum, Preservative: Potassium sorbate, Antioxidant: EDTA, Colour Beta Carotene)	167	2.6	18	9.4	0.51	65g
Chicken & Stuffing	Capperculle n	Gluten, Eggs, Mustard	Chicken (36%) (Chicken 100%, water, salt), Mayonnaise Light (34%)(Water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, mustard (water, mustard seed, vinegar, salt, spices), emulsifiers Guar Gum, Xanthan Gum, Preservative: Potassium Sorbate, Antioxidant: Edta, Colour Beta Carotene. Stuffing (30%): Bread Crumbs (wheat flour, water, yeast, salt, flour, treatment agent: ascorbic acid) Vegetable Oil (rapeseed), Lemon Juice, Onion, Sage, Oregano, Thyme	245	14	11	16	1.5	41g
Chicken Mayo	Capperculle n	Eggs, Mustard	Chicken (65%)(Chicken 100%, Water, Salt), Mayonnaise Light (35%)(Water, rapeseed oil, sugar, tapioca starch, vinegar, pasteurised eggs, salt, mustard (mustard seed, water, salt, sugar, spices), Emulsifiers: Guar Gum, Xanthan Gum, Preservatives: potassium sorbate, Antioxidant: EDTA, Colour: Beta Carotene).	184	3.9	15	12	1.5	41g
Egg Mayo	Capperculle n	Eggs, Mustard	Boiled Eggs (75%)(Mayonnaise Light: Water, Rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), salt, Mustard (water, mustard seed, vinegar, salt, sugar, spices), Emulsifiers: Guar Gum, Xanthan Gum, Preservative: Potassium Sorb	205	2.01	9.91	17	0.52	41g
Pasta (for hot food)	Capperculle n	Gluten	Spiral Pasta (wheat, durum, semolina), vegetable oil, water	162.4	29.5	5.4	1.95	0.43	
Rice (for hot food)	Capperculle n		Rice 100%, water	100.3	220	22.3	2.5	0.06	
Mashed Potato (for hot food)	Capperculle n	Milk	TBC						
Gravy (for hot food)	Capperculle n		TBC						
Beef Bolognese (served with Pasta)	Capperculle n	Celery	Chopped Tomatoes (60%), Minced Beef (26%), grated carrot, diced onion, tomato puree (tomatoes), fresh garlic, black pepper, vegetable oil, thyme, oregano, basil, rosemary, Beef Bouillon (vegetable oil (palm, sunflower), salt, flavourings, potato starch, yeast extract, beef broth powder 4.8%, sugar, beef extract 1.7%, maltodextrin, caramel syrup	68.4	4.54	6.84	1.96	0.35	
Burger (served with Mash, Vegetables and Gravy)	Capperculle n	none	Minced Beef 100%	tbc	tbc	tbc	tbc	tbc	
Chicken and Vegetable Bake TOPPING	Capperculle n	Gluten, Milk	Breadcrumbs (gluten, wheat) 60%, Cheddar Cheese (milk, salt, starter culture, rennet, colour annatto, potato starch), Butter (milk)	431.3	43.1	12.7	22.8	1	

CARAMBOLA NUTRITIONAL INFORMATION
NOVEMBER 2020
SUBJECT TO CHANGE

Chicken and Vegetable Bake BASE	Capperclun	Milk, Celery	Chicken (24%, Chicken, Salt, Water), Carrots (20%), Celery (20%), Onion (20%), Cream (Milk), Chicken Bouillon (Salt, Chicken Fat 14.5%, potato starch, yeast extract, vegetable fat (palm), Sugar, Flavourings, Maltodextrins, Dehydrated Vegetables (Onion, Parsley Leaves, Dill), Colour (Ammonia Caramel), Spices, Turmeric, Refined Vegetable Oil (Rapeseed), Dehydrated Chicken Extract 0.3%, Parsley Extract, Acidity Regulators (Citric Acid, Ascorbic Acid), Antioxidant (extracts of rosemary)) Water, Cornstarch	62.5	4.9	6.6	1.58	0.57	
Chicken Curry (Served with Rice)	Capperclun	Celery, Mustard, Not certified Halal	Curry Powder (62% water & curry powder combined)(Rice flour, curry powder 14% (coriander, turmeric, mustard, cumin, chilli, fenugreek, ginger, clove, celery), Maltodextrin, Modified Potato Starch, Vegetable oil (rapeseed), Sugar, Salt, Flavourings, Yeast Extract, Onion, Acid (Citric)), Diced Chicken (34%)(Chicken Water, Salt), Garden Peas 4%, Water	87	9.2	7.8	1.78	1.13	
Chicken Goujon (served with Mash and Veg)	Capperclun		Chicken Breast 68%, Rice Flour, Maize Starch, Rapeseed oil, gram flour, salt, dextrose, maize flour, potato starch, raising agents (E450i, E400ii), Stabiliser E415, Preservative E451i	194	11.8	17.8	8.5	0.9	
Chickpea Casserole (served with Mash Potato)	Capperclun		Carrots 30%, Chickpeas 24% (Chickpea, Salt, Water)Onion 12%, Parsnips 10%, Green Peas 4%, Vegetable Bouillon 1% (Salt, Yeast extracts, potato starch, rapeseed oil, palm oil, sugar, dehydrated vegetables 4.6% (carrot, onion, dill, parsley), maltodextrins, lovage, spices, caramel colour, vegetable extracts (parsley, leek), turmeric, carrot juice concentrate, acidity regulators: citric acid, onion juice, garlic juice	65.4	9.38	2.52	1.26	0.34	
Fish Fingers (served with Mash and Beans)	Capperclun	Gluten, Fish	Cod (Fish) 58%, Wheat Flour (with calcium carbonates, iron, niacin, thiamin), Sunflower oil, water, yeast, salt, colour (paprika extract, curcumin), turmeric	193	16	13	8.4	0.33	
Halal Chicken and Vegetable Bake TOPPING	Capperclun	Gluten, Milk	Breadcrumbs (gluten, wheat) 60%, Cheddar Cheese (milk, salt, starter culture, rennet, colour annatto, potato starch), Butter (milk)	431.3	43.1	12.7	22.8	1	
Halal Chicken and Vegetable Bake BASE	Capperclun	Milk, Celery	Chicken (24%, Chicken, Salt, Water), Carrots (20%), Celery (20%), Onion (20%), Cream (Milk), Chicken Bouillon (Salt, Chicken Fat 14.5%, potato starch, yeast extract, vegetable fat (palm), Sugar, Flavourings, Maltodextrins, Dehydrated Vegetables (Onion, Parsley Leaves, Dill), Colour (Ammonia Caramel), Spices, Turmeric, Refined Vegetable Oil (Rapeseed), Dehydrated Chicken Extract 0.3%, Parsley Extract, Acidity Regulators (Citric Acid, Ascorbic Acid), Antioxidant (extracts of rosemary)) Water, Cornstarch	62.5	4.9	6.6	1.58	0.57	
Halal Chicken Curry (with Rice)	Capperclun	Celery, Mustard, Not certified Halal	Curry Powder (62% water & curry powder combined)(Rice flour, curry powder 14% (coriander, turmeric, mustard, cumin, chilli, fenugreek, ginger, clove, celery), Maltodextrin, Modified Potato Starch, Vegetable oil (rapeseed), Sugar, Salt, Flavourings, Yeast Extract, Onion, Acid (Citric)), Diced Chicken (34%)(Chicken Water, Salt), Garden Peas 4%, Water	87	9.2	7.8	1.78	1.13	
Pilau Rice with Chicken	Capperclun	Mustard, Not certified Halal	Long grain rice 50%, Chicken 15%, Carrot 5%, Red Onion 5%, Lime Juice, Curry Powder(coriander, turmeric, cumin, chickpea flour, fenugreek, fennel, salt, Mustard powder, chilli powder, cardamom, cloves, garlic, ground black pepper), Water, Sweetcorn, Garden Peas	119.17	21.6	6.1	0.65	0.13	
Pilau Rice with Halal Chicken	Capperclun	Mustard	Long grain rice 50%, Chicken 15%, Carrot 5%, Red Onion 5%, Lime Juice, Curry Powder(coriander, turmeric, cumin, chickpea flour, fenugreek, fennel, salt, Mustard powder, chilli powder, cardamom, cloves, garlic, ground black pepper), Water, Sweetcorn, Garden Peas	119.17	21.6	6.1	0.65	0.13	
Plain Penne Pasta (for hot food)	Capperclun	Gluten	Spiral Pasta (wheat, durum, semolina), vegetable oil, water	162.4	29.5	5.4	1.95	0.43	
Sausages (served with Mash and Beans)	Capperclun	Gluten, Sulphur Dioxide	Pork 57%, Water, Rusk (wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), salt), Pork Fat, Salt, Dextrose, Stabilisers (Triphosphates, Diphosphates, Flavour enhancer: monosodium glutamate), Preservative: Sodium Sulphite, Spices, Spice Extracts, Antioxidants: Sodium Ascorbate. Casing: Beef Collagen	302	10.3	8.7	25.1	1.3	
Savoury Mince (served with Mash Potato)	Capperclun	Celery	Minced Beef (34%), Carrots (30%), Onion (24%), Green Peas (12%), Beef Bouillon (vegetable oil (palm, sunflower), salt, flavourings, potato starch, yeast extract, beef broth powder 4.8%, sugar, beef extract 1.7%, maltodextrin, caramel syrup), black pepper, chopped tomatoes	80.14	5.52	8.86	2.02	0.62	

CARAMBOLA NUTRITIONAL INFORMATION
NOVEMBER 2020
SUBJECT TO CHANGE

Vegetable Curry (served with Rice)	Cappercullen	Mustard, Celery	Curry Powder (62% water & curry powder combined)(Rice flour, curry powder 14% (coriander, turmeric, mustard, cumin, chilli, fenugreek, ginger, clove, celery), Maltodextrin, Modified Potato Starch, Vegetable oil (rapeseed), Sugar, Salt, Flavourings, Yeast Extract, Onion, Acid (Citric)), Vegetables (Green peas, carrots, chickpeas, pineapple, onion) 43%, water	69.2	10.7	2.22	1.46	0.8	
Muffin	Coolmore	Gluten, Eggs, Soybeans, Milk, trace of Nuts	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Rapeseed Oil, Maltodextrin, Dried Egg, Humectant: Glycerol; Oat Flakes, Whey Powder (Milk), Raising Agents: Sodium Carbonates, Diphosphates, Calcium Phosphates; Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate; Oat Blend (Oat Flour, Natural Flavouring), Modified Maize Starch, Dextrose, Preservative: Potassium Sorbate; Acidity Regulator: Citric Acid; Flavourings, Colour: Carotenes; Soya Flour	362	57	5.8	12	0.44	45g
Popcorn	CPAC	none	air popped popcorn	375	75	12.5	5	0	13g
Flahavans Oaty Bar	Flahavan's	Gluten, Soybeans, trace of Nuts, Sesame Seed	Wholegrain Rolled Oats (43%), Vegetable Margarine (palm fat, rapeseed oil, water, salt, natural flavour), Sugar, Partially Inverted Sugar Syrup, Desiccated Coconut, Oat Flour(5.5%)	517	57	6.2	2.9	0.6	20g
Tortilla Wrap	Flatbread Co	Gluten	WRAP: Wheatflour (Calcium Carbonate, Iron, Niacin Thiamin), Wholemeal Wheat flour, Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine)	294	51.03	7.63	7.21	7.21	63G
Wheat + Gluten Free	Gallaghers	Eggs	Wheat Flour (Wheat Flour, Wheat Gluten, Niacin, Thiamin, Iron, Calcium Carbonate), Water, Yeast, Salt, Soya Flour, Emulsifiers (Mono- and Diglycerides of Fatty Acid, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, Sodium Stearoyl-2-Lactylate), Preservative (Calcium Propionate), Vegetable Oils and Fats (Palm and Rapeseed), Flour Treatment Agent (Ascorbic Acid).	192	30.4	4.1	2.8	0.9	66g
Premium Ham.	Glen Aine	Gluten, Soybeans, Not certified Halal	Pork (EU 70%), Water, Starch, Salt, Sugars (Dried Glucose & Maltodextrin), Stabilisers (Di, Tri & Polyphosphates), Pork Protein, Gelling Agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). Allergen Advice: May contain traces of Soya, Wheat and Gluten.	103	4	15	3	2.7	25g
Sports Water	Global Hydrate		Water	0	0	0	0	0	250ml
Paprika Fava Beans	Good4U		Roasted Fava Beans, Rapeseed Oil, Rice Flour, Paprika, Cayenne, Cumin, Salt, Yeast Extract Powder, Garlic Powder, Onion Powder, Smoked Salt, Chilli Powder, Cumin, Salt, Oregano, Garlic, Natural Flavourings, Natural Garlic Flavouring, Natural Rosemary Flavouring	289	29	24	2.2	0.9	15g
Salted Fava Beans	Good4U		Roasted Fava Beans, Rapeseed Oil, Salt	285	28	25	2	1.1	15g
Brown Grain Bread	Irish Pride	Gluten, Soybeans, Sesame Seed	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (Kibbled Wheat, Linseed, Wheat Flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Wheat Fibre, Soya Flour, Sugar, Dextrose, Fermented Wheat Flour, Flour Treatment Agent (Ascorbic Acid), Folic Acid.	250	45	9.8	2.1	1	177G
Floury Bap	Irish Pride	Gluten, Soybeans, Sesame Seed	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Rapeseed Oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono- and diglycerides of fatty acids, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, Sodium stearoyl-2-lactylate), Soya Flour, Preservative (Calcium Propionate), Tapioca Starch, Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil.	261	49	9.6	2.6	1	80G
Half and Half Bread	Irish Pride	Gluten, Soybeans, Sesame Seed	Wheat Flour 53% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (13%), Yeast, Wheat Gluten, Salt, Soya Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	232	45.3	8.9	0.7	0.9	177G
Soda Bread	Irish Pride	Gluten, Milk	Fresh Buttermilk (43%), Wholemeal Flour (30%), Wheatflour, Raising Agents: Bicarbonate of Soda, Salt, Wheatgerm.	233	44	7.3	1.7	0.5	72G

CARAMBOLA NUTRITIONAL INFORMATION
NOVEMBER 2020
SUBJECT TO CHANGE

White Bread	Irish Pride	Gluten, Soybeans, Sesame Seed	Wheat Flour(Wheat Flour, Wheat Gluten, Niacin, Thiamin, Iron, Calcium Carbonate), Water, Yeast, Salt, Soya Flour, Emulsifiers (Mono-and Diglycerides of Fatty Acid, Mono-and diacetyl tartaric acid esters of mono-and diglycerides of fatty acids, Sodium Stearoyl-2-Lactylate), Preservative (Calcium Propionate), Vegetable Oils and Fats (Palm and Rapeseed), Flour Treatment Agent (Ascorbic Acid).	233	44.6	9.4	1.4	1.1	177G
Breadsticks	La Mole	Gluten, Sesame Seed	wheat flour(92%),palm oil(4%), yeast(2%), salt(1%), malted wheat flour(1%).	413	69	11.3	9.5	2	15g
Apple	Limerick Fruit		Apple						VARIED
Banana	Limerick Fruit		Banana						VARIED
Carrot Batons	Limerick Fruit		Carrots						40g
Orange	Limerick Fruit		Orange						VARIED
Sweet Corn Pot	Limerick Fruit		Sweetcorn, Water, Sugar, Salt	80	14	2	1	0.54	40g
Small Pancake	Lynas	Gluten, Eggs, Milk	Buttermilk (Milk)(35%), Wheat Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Wholemeal Wheat Flour, Egg, Sugar, Partially Inverted Refined Syrup, Raising Agents (Diphosphates, Sodium Bicarbonate), Butter Flavour (Natural Flavour Substances, Water, Stabiliser (Xanthan Gum), Emulsifier (Citric Acid Esters of Mono- and diglycerides of Fatty Acids, Glycerol Diacetate), Wheat Fibre, Humectant (Glycerine), Preservative (E202), Salt	248	42.4	7.2	5.8	1.3	35g
Apple Aqua Juice	Mulrines		Fruit Juices from Concentrate 50% (Grape 35%, Apple 15%), Spring Water, Acid (Citric Acid), Flavourings, Fruit and Vegetable Concentrates (Apple, Safflower, Carrot, Lemon, Hibiscus).	31	7.2	0.1	0.1	0	200ml
Orange Aqua Juice	Mulrines		Fruit Juices from Concentrate 50% (Grape 36%, Orange 14%), Spring Water, Acid (Citric Acid), Flavourings.	30	6.8	0.2	0.1	0	200ml
Chicken	Pallas	Not certified Halal	Chicken Fillet 90%, Brine (water, salt) 10%	115	0.1	25	1.5	0.29	40g
Halal Chicken	Pallas		Chicken Fillet 90%, Brine (water, salt) 10%	115	0.1	25	1.5	0.29	40g
Sliced Turkey	Pallas		TurkeyBreast (75%), Water,Brine Mix (Salt,Dextrose, E407a,e508, Stabilisers (E450, E451, E452), Starch, Sodium Lactate: E325	102	2.4	20.3	1.3	0.68	25g
Peas (for hot food)	Pallas		Peas	96	11	6.9	1.5	0	
Beans (for hot food)	Pallas		Haricot Beans 53%, Tomatoes 31%, water, sugar, glucose fructose syrup, modified maize starch, salt, onion powder, paprika, flavouring	91	13	4.5	1.4	0.7	
Apple Slices	Simply Fruit		Red Apple 100%	55	12.3	0.3	0.1	0	50g
Balled Melon	Simply Fruit		Cantaloupe Melon 100%	19	4	0.6	0.1	0.08	50g
Cheese	Traditional Cheese	Milk	Cheese: Pasteurised milk (98.3%), Salt, Starter Culture, Microbial Rennet, Colour E160B.	407	0.1	24.9	34.5	1.7	20g
Ploughmans Sandwich Filling	Traditional Cheese & Pallas	Milk, Mustard	Cheese: Pasteurised milk (98.3%), Salt, Starter Culture, Microbial Rennet, Colour E160B. Relish: Tomatoes (41%), Vinegar, Sugar, Onions, Sultanas, Tomato Puree (5%) Sea Salt, Mustard Seed,Spices. Mixed Salad Leaves.	568	37.5	26.7	34.5	3.1	35g