

CARAMBOLA  
NUTRITIONAL INFORMATION

Product Name	Ingredients	Allergens	Calories per 100g	Carbs per 100g	Protein per 100g	Fat per 100g	Salt per 100g	Portion Size
Chicken + Stuffing (served with Wrap below)	Chicken (39%) (Chicken breast, salt, starch, dextrose), Mayonnaise (rapeseed oil, water, EGG, vinegar, sugar, mustard (water, Mustard Seeds, Salt, Sugar, Spices), cornflour, salt, emulsifiers Xanthan gum, preservative Potassium Sorbate, antioxidant EDTA, colour beta carotene), Stuffing (breadcrumbs (WHEAT flour (gluten)), calcium carbonate, iron, niacin, thiamine), water, yeast, salt, rapeseed oil, SOYA flour, preservative: calcium propionate, acidity regulator: calcium carbonate, emulsifier: mono and di glycerides of fatty acids, sodium stearoyl-2-lactate, ascorbic acid) water, rapeseed oil, onion, salt, sage, parsley	Eggs, Gluten, Mustard, Soya	300	13.76	11.97	20.09	1.54	65g
Chicken Tikka (served with Wrap below)	Chicken (chicken, salt, starch, dextrose), Tikka Sauce (rapeseed oil, water, EGG, sugar, tomato puree, spirit vinegar, salt, tikka spice, paprika lemon juice, coriander, modified starch, stabiliser: Xanthan Gum, flavouring, antioxidant: calcium disodium EDTA).	Eggs	273	3.05	18.66	20.94	1.06	65g
Plain Pasta	Water, Durum Wheat Flour	,Gluten	159	31.8	6.6	1.5	0.4	100g
Soft Cheese Portion (served with Crackers below)	Cheese (cows milk, microbial rennet), water, butter, cream, skimmed milk powder, emulsifying salts (E339, E450, E452), whey powder, salt, acidifier: citric acid.	,MILK	271	4	12	23	2.25	15g
Southwest Chicken (served with Roll Sub below)	Water, Sugar, Malt Vinegar (BARLEY), Tomato Puree, Thickener (Modified Starch), Glucose Syrup, Molasses, Salt, Worcestershire Sauce [Water, Sugar, Spirit Vinegar, Molasses, Onion Puree, Salt, Tamarind Paste, Cloves, Ginger Puree, Garlic Puree], Colour (Ammonia Caramel), Smoke Flavouring, Spirit Vinegar, Onion, Spices, MUSTARD Powder, Garlic, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate). CHICKEN: Chicken, water, salt	Eggs, Gluten, Soybeans, Sesame Seeds, Milk, Mustard	171	40.9	0.5	0.2	2.5	42g
Sweet Chilli Chicken (served with Wrap below)	SAUCE: sugar, water, pickled red chilli, vinegar, garlic, salt, stabiliser Xanthan Gum E451		401.5	69.39	26.11	2.1	0.93	65g
Tomato Sauce for Pasta (pasta details below)	Water, Durum Wheat Flour		48	2.9	1.2	3.4	0.8	60g
Tuna Sweetcorn (served with Wrap below)	Tuna (Tuna FISH, Water, vegetable broth, salt), Mayonnaise (water, rapeseed oil, acidity regulators (Acetic acid, citric acid), Sugar, Modified waxy maize starch, salt, Pasteurised EGG yolk, MUSTARD flour, stabilisers (Guar Gum, Xanthan Gum), flavouring, preservative (Potassium Sorbate), Sweetcorn.	Eggs, Fish, Nuts, Mustard, Peanuts, Sesame Seeds	168	3	17	9.7	1	65g
Veggie Pasta Salad	PASTA: Water, Durum Wheat Flour. MAYO: Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser (Xanthan Gum), Salt, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate), Colour (Mixed Carotenoids).	Eggs, Gluten	TBC					100g
A. Chicken & Curry Sauce (served with Rice below)	CURRY SAUCE: Water, Tomato Purée from concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Puree (3%), Soya sauce (2.5%) (Water, Sugar, Rice Vinegar, Soya Bean, Wheat, Salt), Garlic Puree, Ground Coriander, Turmeric, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Garlic Powder, Ground Black Pepper, Stabiliser (Xanthan Gum), Ground Cinnamon, Cumin Seeds, Ground Fennel Seeds, Ground Cloves. CHICKEN: Chicken, water, salt, Emulsifier E451i	Soya, Gluten, Mustard	245	12.2	25.1	10	1.35	48g
B. Chicken Goujon (served with Mash and Veg below)	Chicken Breast Inner Fillets (55%), Wheat Flour, Water, Refined Soya Bean Oil, WHEAT GLUTEN, Modified Starch, Salt, Garlic, Black Pepper Powder, Acidity Regulator (Sodium Bicarbonate), Antioxidants (Sodium Citrate, Ascorbic Acid), Dextrose, Palm Oil, Yeast, Sugar, Onion Powder, Raising Agents (Disodium Dihydrogen Pyrophosphate, Sodium Hydrogen Carbonate), White Pepper, Yeast Extract, Black Pepper Extract, Colour (Paprika).	Soya, Gluten, Celery, Fish, Eggs, Milk, Sesame Seeds	198	13.1	17.3	8.5	0.7	1 goujon various sizes
C. Fish Fingers (served with Potato Cubes and Beans below)	Cod (Fish) (58%), Wheat Flour (Wheat Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt, Colour (Paprika Extract, Curcumin), Turmeric.	Fish, Gluten	193	16	13	8.4	0.33	2 fish fingers various sizes
D. Chicken (from Chicken Dinner, served with Mash and Veg and gravy below)	Chicken, Water, Salt, Emulsifier E451i		121	0.28	25.94	1.8	0.48	60g

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E. Vegetable Curry (served with Rice below)	CURRY SAUCE: Water, Tomato Purée from concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Puree (3%), Soya sauce (2.5%) (Water, Sugar, Rice Vinegar, Soya Bean, Wheat, Salt), Garlic Puree, Ground Coriander, Turmeric, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Garlic Powder, Ground Black Pepper, Stabiliser(Xanthan Gum), Ground Cinnamon, Cumin Seeds, Ground Fennel Seeds, Ground Cloves.	Soya ,Gluten ,Mustard	245	12.2	25.1	10	1.35	58g
G. Meatballs (served with Spiral Pasta below)	Pork- and beef*, water, onion, potato, potato flour, salt, potato fiber, spices		232	7.5	8.9	19	1.6	3 meatballs various sizes, 80g sauce
K. Lasagna (served with Potato Cubes below)	Chopped Tomatoes (24%) (Tomato, Tomato Juice, Acidity Regulator (Citric Acid)), Minced Beef (22%), Water, Red Cheddar Cheese (Milk), Lasagne (6%) (Durum Wheat Semolina), Onion, Tomato Puree, Wheat Flour (Wheat Flour, Calcium, Iron, Niacin (B3), Thiamin (B1)), Red Peppers, Palm Oil Powder (Refined palm oil, Glucose Syrup, Caseinate (Milk), Anti-Caking Agent (Silicon dioxide)), Cake Margarine (Vegetable Oils and Fats (Segregated Palm & Rapeseed Oil), Water, Salt Acidity Regulator (Citric Acid)), Garlic Puree, Salt, Corn flour, Vegetable Bouillon (Celery), Basil, Oregano, Black Pepper, Thyme	Milk ,Gluten ,Celery	166	11.5	9.4	8.8	0.85	1 portion various sizes
L. Sausages (served with Mash and Beans below)	Pork (55%), Pork Fat, Water, Rusk (wheat flour, salt), Seasoning (salt, rusk, preservative: sodium sulphite, spice extracts), Flavour Enhancer: monosodium glutamate, Stabiliser: E450, Antioxidant: E300 & E330, filled into a beef collagen casing, cooked in rapeseed oil	Sulphur Dioxide ,Gluten ,N/A Halal	297	11	11	24	8.5	3 sausages various sizes
M. Plain Penne Pasta	Water, Durum Wheat Flour	,Gluten	159	31.8	6.6	1.5	0.4	180g
N. Beef Bolognese (served with Pasta below)	Chopped Tomatoes (36%)(Tomato, Tomato Juice, Acidity Regulator (Citric Acid), Minced Beef (33%), Water, Onions, Tomato Puree, Red Peppers, Wheat Flour (Wheat flour, calcium iron niacin B3, Thiamin B1), Garlic Puree, Salt, Basil, Oregano.	,Gluten	101	5.9	7.5	5.4	0.39	100g
O. Pasta Tomato (served with Mozzarella below)	PASTA: Water, Durum Wheat Flour. SAUCE: Tomato pulp (96%), olive oil,salt, basil, Mozzarella (mozzarella, starch)	Milk (from mozzarella) ,Gluten	48	2.9	1.2	3.4	0.8	191g
P. Halal Chicken & Curry Sauce (served with Rice below)	CURRY SAUCE: Water, Tomato Purée from concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Puree (3%), Soya sauce (2.5%) (Water, Sugar, Rice Vinegar, Soya Bean, Wheat, Salt), Garlic Puree, Ground Coriander, Turmeric, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Garlic Powder, Ground Black Pepper, Stabiliser(Xanthan Gum), Ground Cinnamon, Cumin Seeds, Ground Fennel Seeds, Ground Cloves. CHICKEN: Chicken, water, salt, Emulsifier E451i	Soya ,Gluten ,Mustard	245	12.2	25.1	10	1.35	48g
PASTA FOR HOT FOOD	Water, Durum Wheat Flour	,Gluten	159	31.8	6.6	1.5	0.4	100g
RICE FOR HOT FOOD	Water, Rice	,NONE	131	31.1	2.8	0.4	27.5	100g
MASHED POTATOES FOR HOT FOOD	73% Potatoes, Whey Permeate (Milk), 8.8% Cream (MILK), Skimmed Milk, Salt, Spice: Pepper Extract	,Milk	96	13.2	1.7	3.7	0.46	100g
POTATO CUBES FOR HOT FOOD	Potatoes, Seasoning (Modified potato starch, rice flour, salt, garlic powder, onion powder, spice (Bell Pepper, black pepper), dextrin, raisin agents (disodium diphosphate, sodium carbonate), natural flavouring (paprika extract), thickener (xanthan gum), Sunflower Oil	,NONE	128	22	2.4	2.9	0.32	100g

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BEANS FOR HOT FOOD	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	50g
Sweetcorn	Sweetcorn, water, sugar, salt			80	14	2	1	0.54	100g
MOZARELLA FOR HOT FOOD	Mozzarella, Starch	,MILK	TBC						30g
Brown Grain Bread	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.	Soybeans ,Gluten ,Sesame Seeds	250	45	9.8	2.1	1		177G
Wrap	WRAP: WHEAT flour (Calcium Carbonate, Iron, Niacin Thiamin), Wholemeal WHEAT flour, Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose,Guar Gum), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine)	,Gluten	304	53	8.19	7.3	1.48		40g
Floury Bap	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.	Soybeans ,Gluten ,Sesame Seeds	261	49	9.6	2.6	1		83g
Half and Half Bread	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).	Soybeans ,Gluten ,Sesame Seeds	232	45.3	8.9	0.7	0.9		78g
Roll Sub	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.	Eggs ,Gluten ,Soybeans ,Sesame Seeds ,Milk ,	276	52.4	10.5	2.4	1.3		73g
Soda Bread	Fresh Buttermilk (43%), Wholemeal Flour (30%), Wheatflour, Raising Agents: Bicarbonate of Soda, Salt, Wheatgerm.	Milk ,Gluten	233	44	7.3	1.7	0.5		70g
Wheat + Gluten Free	Water, Rice Flour, Tapioca Starch, Thickeners: Cellulose, Hydroxypropyl Methyl Cellulose, Sodium Carboxymethyl Cellulose, Methyl Cellulose, Xanthan Gum; Maize Starch, Psyllium Husk Powder, Potato Starch, Wholegrain Maize Flour, Rice Starch, Yeast, Rapeseed Oil, Golden Syrup, Humectant: Glycerine; Iodised Salt (Salt, Potassium Iodate), Preservatives: Sodium Propionate, Sorbic Acid; Rice Bran, Folic Acid, Thiamin, Natural Flavouring		184	28.6	1.7	2.6	1.01		73g
White Bread	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).	Soybeans ,Gluten ,Sesame Seeds	233	44.6	9.4	1.4	1.1		78g
Sports Water	Water								
Ishka Water	Water								
Premium Ham.	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).	Soybeans ,Gluten ,N/A Halal	103	4	15	3	2.7		27g
Cheese	pasteurized MILK, salt, starterculture, microbial rennet, colour (E160b)	,Milk	407	0	24.9	34.5	1.7		20g
Chicken	Chicken, Water, Salt, Emulsifier E451i	,N/A Halal	514	1.2	25.1	1.8	0.76		41g
Mayo (served with Chicken as "chicken mayo" filling)	Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	,Eggs	565	5.7	0	60	0.48		

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Egg Mayo	Hard Boiled Eggs (75%), mayonnaise (20%) (water, rapeseed oil, acidity regulators(Acetic acid, citric, sugar, modified waxy maize starch, salt, pasteurised EGG yolk, spice (Mustard), Stabilisers (Guar Gum, Xanthan Gum), Preservative (Potassium Sorbate), Water	Mustard ,Eggs ,Nuts ,Sesame Seeds ,Peanuts	179	1.5	9.5	15	0.62	42.7g
Fruit Spread.	Strawberries 60%, Unsweetened Grape JuiceGelling Agent: Fruit Pectin		170	42.3	0.3	0.7	0	30g
Halal Chicken	Chicken, Water, Salt, Emulsifier E451i		514	1.2	25.1	1.8	0.76	41g
Sliced Turkey	Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling Agent (Carrageenan (E407a), Potassium Chloride(E508) Sstabilisers:(Sodium Diphosphate(E450), Triphosphate(E451), Polyphosphates(E452), Starch, Vinegar.		434	2.4	20.3	1.3	0.68	25g
Apple	Apple							1 apple
Banana	Banana							1 banana
Breadsticks	Wheat flour, wheat bran (7%) sunflower oil, salt, yeast, malted wheat flour	Sesame Seeds ,Gluten ,Soya	422	68.4	12	7.8	2	15g
Carrot Batons	Carrots		41	9.6	0.9	0.2	0	40g
Cheese Flavour Corn Stick	Corn Grits, rapeseed oil, cheese flavouring (whey powder from milk, salt, grond onion, yeast extract, sugar, dried chives, glucose, aroma, E262 acidity regulator, ground white pepper)	,milk	430	75.87	7.61	10.4	1	10g
Orange	orange							1 orange
Raisins	Raisin							35g
Corn Stick Lightly Salted.	Corn grits, rapeseed oil, salt.		430	75.87	7.61	10.4	1	10g
Cheerios Pot	Whole Grain Oat Flour (29.6%), Whole Grain Wheat (29.6%), Whole Grain Barley Flour (17.9%), Sugar, Wheat Starch, Invert Sugar Syrup, Whole Grain Maize Flour (2.1%), Whole Grain Rice Flour (2.1%), Molasses, Calcium Carbonate, Sunflower Oil, Salt, Colours: Carotene, Annatto Norbixin; Caramelised Sugar Syrup, Antioxidant: Tocopherols, Iron, Vitamin C, B3, B5, B9, D, B6, B2.	Nuts ,Gluten	382	71.2	9.4	4.7	0.84	100g
Edam Cheese Portion	TBC	,Milk	430	75.87	7.61	10.4	1	10g
Flahavans Oaty Bar	Wholegrain rolled oats, vegetable margarine (palm fat, rapeseed oil, water, salt, natural flavouring), sugar, partially inverted sugar syrup, desiccated coconut, oat flour	Soybeans ,Gluten ,Nuts ,Sesame Seeds	517	57	6.2	29	0.6	40g
Golden Nuggets Cereal Pot	Whole Grain Wheat (35.3%), Wheat Flour (26.5%), Sugar, Maize Semolina, Whole Grain Maize Flour, Glucose Syrup, Honey, Invert Sugar Syrup, Calcium Carbonate, Salt, Molasses, Sunflower Oil, Colour: Carotene, Antioxidant: Tocopherols, Iron, Flavouring, Vitamin B3, B5, B9, B6, B2.	Peanuts ,Gluten ,Milk ,Nuts	377	79.6	8.7	1.5	0.63	100g
Muffin	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	Eggs ,Gluten ,Soybeans ,Nuts ,Milk ,	362	57	5.8	12	0.44	45g
Small Pancake	Whole grain wheat flour 27%, water, whole egg, sugar, rapeseed oil, full cream milk powder, buttermilk powder, wheat starch, baking powder (diphosphate, baking soda), salt, aroma	Eggs ,Gluten ,Milk	262	34.6	6.3	11	0.8	25g
Wildlife Yoghurt Tube	Skimmed Milk ,Water, Sugar, Cream, Skimmed Milk Powder, Fructose, modified manloc and maize starch, calcium phosphate, citric acid, guar gum, natural flavourings, preservative: :potassium sorbate, lactic cultures, acidity regulator: sodium citrates, vitamin D	,Milk	98	14.1	3.3	2.8	0.13	40g
Yoghurt Rice Cake	YOGHURT TOP: Compound coating with yoghurt taste (contains: 46% sugar, 36,6% cocoa butter, 9% skimmed yoghurt powder, 8% full cream milk powder, emulsifier: soya lecithin (E322)), RICE, SALT	Milk ,Soybeans ,Nuts ,Sesame Seeds	504	63.78	6.48	24.42	0.18	16.7g
Crackers	Wheat flour, vegetable fat (palm fat), salt, yeast, raising agent (sodium bicarbonate).	Eggs ,Gluten ,Soybeans ,Nuts ,Milk ,Sulphur Dioxide ,Sesame Seeds	440	67	9.5	14.8	1.1	16g
Plain Rice Cake	Rice 99.7%, 0.3% salt	Milk ,Soybeans ,Sesame Seeds	380	78.75	8.39	2.69	0.32	6.7g