

Holiday Club food ingredients possible **Allergenic Hazards (in bold)**

Chicken Nuggets:

Chicken Breast, Flour (**Wheat**, Maize, Rice) Water, Rapeseed Oil, Breadcrumbs (**Wheat** Flour, Yeast, Salt) Cornflour, Salt, Raising Agents (E450, E500 in Baking Powder) **Wheat** Starch, Palm Oil, Lactose (**Milk**) Natural Flavourings (contain **Celery**) may also contain Egg.

Cooked Ham

Pork, Water, Salt, Sugar, Stabilisers (triphosphates, diphosphates, Antioxidant (sodium ascorbate) Preservative (sodium nitrite)

Chips

Potato, Sunflower oil

Bread

Fortified **Wheat** Flour (**wheat** flour, iron, thiamine, nicotinic acid, calcium carbonate) Water, Salt, Yeast, **Soya** flour, Preservative (calcium propionate) Emulsifier (mono and diacetyltartaric acid esters of mono and diglycerides of fatty acids) Flour treatment agent (ascorbic acid) Folic acid. **May also contain milk & other cereals containing gluten.**

Cheese Spread

Skimmed **Milk** (water, skimmed **Milk** powder) **Cheese Butter**, Whey powder (from **Milk**) stabilisers (citric acid, sodium carbonate) **Milk** protein.

White Iced Buns

Wheat flour, Sugar Icing (sugar, palm oil, water, glucose syrup, emulsifier: sucrose esters of fatty acids) preservative (potassium sorbate) acidity regulator (glucono-delta-lactone) **Rapeseed oil**, pasteurised liquid **Whole Egg**, Sugar strands: Sugar, colours (riboflavins, chlorophylls & chlorophyllins, carotenes, beetroot red) glucose syrup, coconut oil, glazing agents: (beeswax) Pasteurised **Egg Albumen**, Humectant (vegetable glycerol) Raising agents: disodium diphosphate, potassium hydrogen carbonate, **Wheat** starch, acidity regulator (citric acid) Preservative (potassium sorbate) Emulsifiers (mono & diglycerides of fatty acids, polyglycerol esters of fatty acids) Flavouring: Antioxidant (calcium lactate) ! may contain **Egg, Gluten, Soya & Nuts**

Chocolate Iced Buns

Sugar, Chocolate flavoured topping (sugar, **Whey powder** (from **Milk**), Palm Oil, Palm kernel oil, **Wheat** flour, fat reduced cocoa powder, emulsifiers (soya lecithin) **Rapeseed Oil**, **wheat** flour, Sugar coated chocolate nibs: sugar, cocoa mass, colours (titanium dioxide, curcumin, carmine) glazing agents (beeswax, carnauba

wax, shellac) Cocoa butter, maize starch, spirulina, safflower concentrate, stabiliser (gum arabic) emulsifier (soya lecithin) flavouring: Pasteurised liquid **Whole Egg**, pasteurised liquid **Egg Albumen**, Humectant (Vegetable Glycerol) Fat reduced cocoa powder, Raising Agents (disodium, diphosphate, potassium Hydrogen carbonate) **Wheat Starch**, acidity regulator (citric acid) Preservatives (potassium sorbate) Emulsifiers (mono & diglycerides of fatty acids, polyglycerol esters of fatty acids) Flavouring, Antioxidant (calcium lactate. ! may contain **Egg, Gluten, Soya & Nuts**

Pink Iced Buns

Wheat flour, Sugar, Strawberry flavour icing (sugar, Palm Oil, water, glucose syrup, flavouring emulsifier (sucrose esters of fatty acids) colour (beetroot red) Preservative (potassium sorbate) acidity regulator (glucono-delta-lactone) **Rapeseed Oil**, Pasteurised liquid **Whole Egg**, Pink sugar nibs (sugar, palm oil, shea oil, colour: beetroot red) emulsifier (soya lecithin) Pasteurised liquid **Egg Albumen**, Humectant (vegetable glycerol) Raising Agents (disodium diphosphate, potassium hydrogen carbonate) **Wheat** starch, Acidity regulator (citric acid) Preservative (potassium sorbate) Emulsifiers (mono & diglycerides of fatty acids, polyglycerol esters of fatty acids) Flavouring, Antioxidant (calcium lactate) ! may contain **Egg, Gluten, Soya & Nuts**

Sea Salt Crisps

Potato, Sunflower Oil, Sea Salt

Salt & Vinegar Sticks

Maize, Dried Potato (contains **Sulphites**) Sunflower Oil, Salt & Vinegar seasoning (flavourings, contain **Wheat, Barley, Soya**) Maltodextrin, Salt, Sugar, Acid (malic acid, Yeast extract)

Tomato Ketchup

Tomato Puree, Sugar, Spirit vinegar, Salt, Modified maize starch, **Wheat** flour, Tomato powder, Paprika extract, Clove extract.

Mixed Fruit Jam

Glucose-fructose syrup, Strawberries, Apple, Cherries, Gelling agent (pectin) Acidity regulators (citric acid, sodium citrates) Concentrated redcurrant juice, Colour (anthocyanins)

Apple & Blackcurrant Squash

Water, Fruit juices from concentrates (apple, blackcurrant) Acids (citric acid, malic acid) Acidity regulator (sodium citrates) Fruit & vegetable concentrates (black carrot, hibiscus) Preservatives (potassium sorbate, sodium **Metabisulphite**) Sweeteners (acesulfame k, sucralose) Flavouring

Orange, Lemon & Pineapple Squash

Water, Oranges from concentrate (contain **Sulphites**, Fruit juices from concentrate (pineapple, lemon) Acids (citric acid, malic acid) Acidity regulator (sodium citrates) Flavouring, Sweeteners (acesulfame k, sucralose) Preservatives (potassium sorbate, sodium **Metabisulphite**) Stabilisers (carboxymethylcellulose, gum arabic) Antioxidant (ascorbic acid) Palm oil, Colour (carotenes

Cheese Puffs

Maize, High Oleic Sunflower Oil, Cheese flavouring contains: **Whey Powder** from **Milk**, Salt, Cheese powder, Yeast Emulsifier (Mono & Di-Glycerides of Fatty Acids) Cheese powder, Yeast extract, Flavouring, Anti-caking agents (silicon dioxide, Tricalcium Phosphate) Colour: Paprika Extract, Sunflower Oil. **Contains Milk.**

Pasta Bake Sauce

Water, Sunflower Oil, Fresh Cream (from **Milk**) (4.6%), Modified Maize Starch, Sugar, Cheddar Cheese (from **Milk**) (1.5%), Butter Fat (from **Milk**), Fat Powder (Palm Fat, **Lactose**, **Milk** Protein), Natural Flavouring (contains **Celery**), Acid (Lactic Acid), Broth Powder (Sugar, Flavouring, Yeast Extract, Dried Glucose Syrup, Salt, Palm Oil (Fully Hydrogenated), Sunflower Oil, Smoke Flavouring, **Milk** Protein), Garlic, Stabiliser (Xanthan Gum), **Milk** Proteins, Salt, **Lactose**, Spices, Emulsifiers (Polyphosphates, Orthophosphates), Antioxidant (Rosemary Extract)

Pasta Twists

Durum Wheat (100%)

Chilli Mix

Wheat Flour, Tomato Powder, Potato Starch, Onion Powder, Salt, Maize Starch (**Sulphites**), Sugar, Maltodextrin, Spices (3.5%) (Chilli, Paprika, Cumin, Black Pepper), Dried Potato, Yeast Extract, Garlic Powder, Flavouring, Oregano, Caramelised Sugar Syrup, Beetroot, Palm Fat, Citric Acid, Lactose (**Milk**), Emulsifier (Mono- and Diglycerides of Fatty Acids) (**Soya**), Colour (Turmeric Extract), Stabiliser (Trisodium Diphosphate), May also contain **Celery**, **Egg**, **Mustard** and other **Cereals** containing **Gluten**

Baked Beans

Beans (51%), Tomatoes (34%), Water, Sugar, Modified Cornflour, Spirit Vinegar, Salt, Spice Extracts, Herb Extract

Spaghetti

Spaghetti (47%, Water, Durum **Wheat** Semolina, **Wheat** Flour (contains Calcium, Iron, Niacin, Thiamin), Tomatoes (44%), Water, Sugar, Glucose - Fructose Syrup, Modified Cornflour, Salt, Citric Acid, Herb Extract, Garlic Salt, Spice Extract

Kit Kat

Sugar, **Wheat** Flour (contains Calcium, Iron, Thiamin and Niacin), Dried Whole **Milk**, Cocoa Mass, Cocoa Butter, Lactose and Proteins from Whey (from **Milk**), Whey Powder (from **Milk**), Vegetable Fat (Palm Kernel/Shea/Sal/Illipe/Kokum Gurgi/Mango Kernel), Emulsifier (Sunflower Lecithin, **Soya** Lecithin), Butterfat (from **Milk**), Natural Flavourings, Skimmed **Milk** Powder, Raising Agent (Sodium Bicarbonate), Natural Vanilla Flavouring, Yeast, Salt

Blue Riband

Milk Chocolate (44%) (Sugar, Dried Whole **Milk**, Cocoa Butter, Cocoa Mass, Lactose and Proteins from Whey (from **Milk**), Whey Powder (from **Milk**), Vegetable Fat (Palm/Shea/Illipe/Mango/Kokum Gurgi/Sal), Emulsifier (Sunflower Lecithin), Butterfat (from Milk)), **Wheat** Flour (contains Calcium, Iron, Thiamin and Niacin), Sugar, Vegetable Fat (Palm), Fat-Reduced Cocoa Powder, Raising Agent (Sodium Bicarbonate), Flavourings - *Free From Eggs, Free From Nuts*

Gold

Caramel Flavour Coating (70%) [Sugar, Vegetable Oil, **Dried Whole Milk**, Dried **Skimmed Milk**, Lactose, Emulsifier (**Soya** Lecithin), Natural Flavouring, Colours (Mixed Carotenes, Paprika Extract)], **Wheat** Flour, Sugar, Crisped Rice [Rice Flour, **Wheat** Flour, Sugar, Barley Malt Flour, Salt, Vegetable Oil, Emulsifier (**Soya** Lecithin)], Vegetable Oil, Partially Inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate, Tartaric Acid, Malic Acid), Salt, Contains **Gluten**

Tuna

Tuna, Sunflower Oil, Salt