

Monday Week 1

Dinner
Spaghetti Bolognese & Garlic Baguette
~
Swiss Roll

Tea
Bread Roll Sandwiches
Cheese, Chicken, Ham
~
Yoghurt or Fruit

Ingredients & Allergy Advice

FW Burrow Butchers Minced Beef

ASDA Chopped Tomatoes in Tomato Juice

Ingredients Chopped Tomatoes (60%), Concentrated Tomato Juice, Acidity Regulator (Citric Acid)

ASDA Tomato Puree Ingredients Tomato Purée (99%), Acidity Regulator (Citric Acid)

ASDA Italian Tomato Passata Ingredients Tomatoes, Acidity Regulator (Citric Acid)

Knorr Beef Stock Pot Ingredients Concentrated beef stock (66%) (water, beef extract), salt, beef fat (5.2%) [beef fat, antioxidant (extracts of rosemary)], flavourings, yeast extract, potassium chloride, palm fat, gelling agents (xanthan gum, locust bean gum), sugar, caramel syrup, maltodextrin, carrots†, lovage root†, leek† (0.1%), parsley† (0.1%). †From sustainable agriculture

ASDA Worcester Sauce Allergy Advice Contains: Barley, Fish.

Ingredients Barley Malt Vinegar, Molasses, Water, Sugar, Salt, Onion, Tamarind Concentrate, Spices, Anchovy Paste (Fish), Garlic Powder, Flavouring, Paprika Extract, Black Pepper Extract, Acetic Acid, Onion Extract, Garlic Extract

Barilla Gluten Free Spaghetti

Allergy Advice

Free From: Gluten.

Ingredients

White Corn Flour (65%), Yellow Corn Flour (29.5%), Rice Flour (5%), Water, Emulsifier: Mono- and Diglycerides of Fatty Acids

ASDA Spaghetti

Allergy Advice **Contains: Wheat.** Ingredients **Durum Wheat Semolina**

ASDA 2 Garlic Baguettes Allergy Advice May Contain: Sesame. Contains: Wheat, Milk.

May also contain traces of Sesame Seeds

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Bread (74%) [Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid)], Unsalted Butter (from Milk) (11%), Margarine (11%) [Rapeseed Oil, Palm Oil, Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Beta Carotene)], Garlic Purée (2.7%), Parsley, Salt

Ingredients & Allergy Advice

Warburtons Sliced Soft White Rolls Allergy Advice

Contains: Soya, Wheat.

This product is produced in a bakery which uses Milk, Sesame Seeds and Barley
Ingredients

Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Vegetable Oil (Rapeseed, Sustainable Palm), Yeast, Salt, Sugar, Emulsifiers: E472e, E471, E481, Soya Flour, Gelling Agent: E466, Preservative: Calcium Propionate, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (Vegetarian)

ASDA Mild Cheddar Cheese Allergy Advice

Contains: Milk.Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients Mild Cheddar Cheese (Pasteurised **Milk**)

ASDA Wafer Thin Cooked Ham Ingredients

Pork (79%), Water, Salt, Dextrose, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)

ASDA Cooked Chicken Wafer Thin

Contains: Milk.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Chicken (84%), Water, Tapioca Starch, Milk Protein, Salt, Stabiliser (Triphosphates), Lactose (Milk)

Vitalite Dairy Free Spread Gluten free. Suitable for Vegans.

Allergy Advice

Free From: Soya.

Ingredients

Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative- Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin

Fresh Fruit

Or

Wildlife Variety Yogurt Choobs Allergy Advice (2+ Years)

Contains: Milk.

Additives

Free From: Artificial Sweeteners, Colours.

ASDA Jumbo Strawberry Swiss Roll Allergy Advice May Contain: Nuts. Contains: Eggs, Milk, Soya,

Wheat.

May also contain traces of Nuts

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Strawberry Flavour
Apple Jam (16%) [Glucose-Fructose Syrup, Apple Purée, Humectant (Glycerol), Citric Acid, Acidity
Regulator (Sodium Citrates), Gelling Agent (Pectins), Flavouring, Colours (Paprika Extract,
Anthocyanins)], Sugar, Water, Dextrose, Palm Oil, Rapeseed Oil, Icing Sugar, Humectant
(Glycerol), Dried Egg, Maize Starch, Milk Protein, Raising Agents (Diphosphates, Potassium
Carbonates), Emulsifiers (Mono- and Diglycerides of Fatty Acids, Soya Lecithins), Whey Powder
(Milk), Dried Egg White, Flavouring

Product Codes & Supplier **ASDA**

FW Burrow & Son Minced Beef

ASDA Chopped Tomatoes in Tomato Juice Product code: **5611431**

ASDA Tomato Puree Product code: **2878185**

Knorr Beef Stock Pot Product code: **3355516**

ASDA Italian Tomato Passata 500g Product code: **226958**

ASDA Worcester Sauce Product code: **6112747**

Barilla Gluten Free Spaghetti Product code: 6123481

ASDA Spaghetti Product code: **12943**

ASDA 2 Garlic Baguettes Product code: **5103536**

ASDA Jumbo Strawberry Swiss Roll each Product code: **1844980**

Ingredients

Skimmed Milk, Sugar 7.2%, Cream (Milk), Skimmed Milk Powder, Modified Manioc and Maize
Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative:
Potassium Sorbate, Lactic Cultures (Milk), Vitamin D

ASDA Apricot, Raspberry & Strawberry Fromage Frais12m+

Allergy Advice

Contains: Milk.

Additives

Free From: Artificial Colours, Artificial Flavours.

Strawberry Flavour

Ingredients

Fromage Frais (**Milk**), Strawberry Purée (10%), Sugar, Cream (**Milk**), Calcium Citrate, Cornflour, Acidity
Regulators (Citric Acid, Sodium Citrates), Concentrated Black Carrot Juice, Flavourings, Vitamin D

Alpro Kids Strawberry Alternative to Fromage Allergy Advice

Free From: Dairy, Gluten, Lactose. May Contain: Nuts. Contains: Soya.

May contain traces of Nuts (no Peanuts)

Additives

Free From: Artificial Colours, Preservatives, Sweeteners.

Product Codes & Supplier **ASDA**

Wildlife Variety Yogurt Choobs Product code: **6203603**

ASDA Apricot, Raspberry & Strawberry Fromage Frais12m+

Product code: **5792966**

Alpro Kids Strawberry Alternative to Fromage Frais Product code: 6585926

Warburtons Sliced Soft White Rolls Product code: **139866**

ASDA Mild Cheddar Cheese Product code: **6793870**

ASDA Wafer Thin Cooked Ham Product code: **6394371**

ASDA Cooked Chicken Wafer Thin Product code: **6394378**

Vitalite Dairy Free Spread Product code: 171250

Tuesday Week 1

Dinner Sausage Mash Gravy & Peas

~ Ice Cream

Ingredients & Allergy Advice

FW Burrow Butchers Sausage, Wheat, Sulphur Dioxide
Gluten

ASDA Farm Stores White Potatoes

ASDA Meat Gravy Granules

Allergy Advice

Contains: Soya, Wheat.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Potato Starch, Palm Oil, Salt, Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Colour (Ammonia Caramel), Beef Fat, Flavouring (contains Wheat), Onion Powder, Emulsifier (Soya Lecithins)

ASDA Free From Gravy Granules

Allergy Advice

Free From: Milk.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Potato Starch, Palm Oil, Salt, Maltodextrin, Colour (Ammonia Caramel), Hydrolysed Maize Protein, Flavouring, Onion Powder, Lactic Acid, Emulsifier (Lecithins)

ASDA Vanilla Soft Scoop Ice Cream

Allergy Advice

May Contain: Nuts, Peanuts. Contains: Milk.

May also contain traces of Nuts and Peanuts.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Reconstituted Skimmed *Milk* Concentrate, Glucose Syrup, Water, Coconut Oil, Sugar, Whey Powder (*Milk*), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavourings, Stabilisers (Carob Bean Gum, Guar Gum), Colours (Beetroot Red, Carotenes)

ASDA Free From Vanilla Ice Cream

Allergy Advice Free From: Milk, Soya. Ingredients Water, Sugar, Coconut Oil, Humectant (Glycerol), Gram Flour, Flavouring, Thickeners (Xanthan Gum, Guar Gum), Salt, Colour (Carotenes)

Tea Chicken Breaded Goujons, Wraps & Cucumber Sticks

~ Yoghurt or Fruit

Ingredients & Allergy Advice

ASDA British Chicken Breaded Goujons

Allergy Advice

Contains: Wheat.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Chicken Breast (59%), Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Vegetable Oils [Rapeseed, Extra Virgin Olive, Sunflower], Water, Pea Fibre, Wheat Starch, Yeast, Cider Vinegar, Wheat Gluten, Salt, Sugar, Yeast Extract, Spirit Vinegar Powder, Lemon Powder, Spice Extracts, White Pepper, Sage, Garlic Powder, Onion Powder, Thyme Extract

ASDA White Mini Wraps Allergy Advice **Contains: Wheat.**

Ingredients

Fortified **Wheat** Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Humectant (Glycerol), Sugar, Raising Agents (Diphosphates, Sodium Carbonates), Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Citric Acid), Preservatives (Potassium Sorbate, Calcium Propionate), **Wheat** Starch, Flour Treatment Agent (L-Cysteine)

ASDA Grower's Selection Cucumber

Fruit Or

Wildlife Variety Yoghurt Choobs Allergy Advice (2+ Years)

Contains: Milk.

Additives

Free From: Artificial Sweeteners, Colours.

Ingredients

Skimmed Milk, Sugar 7.2%, Cream (Milk), Skimmed Milk Powder, Modified Manioc and Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures (Milk), Vitamin D

ASDA Apricot, Raspberry & Strawberry Fromage Frais12m+

Allergy Advice **Contains: Milk.**

Additives Free From: Artificial Colours, Artificial Flavours.

Strawberry Flavour

Ingredients Fromage Frais (**Milk**), Strawberry Purée (10%), Sugar, Cream (**Milk**), Calcium Citrate, Cornflour, Acidity Regulators (Citric Acid, Sodium Citrates), Concentrated Black Carrot Juice, Flavourings, Vitamin D

Alpro Kids Strawberry Alternative to Fromage Allergy Advice

Free From: Dairy, Gluten, Lactose. May Contain: Nuts. Contains: Soya.

May contain traces of Nuts (no Peanuts)

Additives Free From: Artificial Colours, Preservatives, Sweeteners.

Product Codes & Supplier **ASDA**

ASDA Frozen for Freshness Garden Peas Product code: **2027521**

ASDA Meat Gravy Granules Product code: **5884081**

ASDA Free From Gravy Granules Product code: 5901135

ASDA Farm Stores White Potatoes Product code: **6312680**

ASDA Vanilla Soft Scoop Ice Cream: Product code: **443464**

ASDA Free From Vanilla Ice Cream 315g: Product code: 6758203

FW Burrow & Son Butchers Sausage

Product Codes & Supplier **ASDA**

ASDA British Chicken Breaded Goujons Product code: 6074816

ASDA White Mini Wraps Product code: 5898824

ASDA Grower's Selection Cucumber Product code: 152446

Wildlife Variety Yogurt Choobs Product code: 6203603

ASDA Apricot, Raspberry & Strawberry Fromage Frais12m+
Product code: 5792966

Alpro Kids

Strawberry Alternative to Fromage Frais Product code: 6585926

Wednesday Week 1

Dinner Chicken & Leek Pie New Potatoes

~ Homemade Ginger Biscuits

Ingredients & Allergy Advice

ASDA Butcher's Selection Chicken Breast Fillets

ASDA Sliced Leeks Product

Kallo Organic Chicken Stock Cubes

Product code: 4360484

Allergy Advice

Free From: Gluten, Lactose. May Contain: Celery.

May contain Celery

Additives

Free From: Added MSG, Artificial Colours, Artificial Flavours, Artificial Preservatives.

Ingredients

Sea Salt, Potato Starch*, Sustainable Palm Oil*, Sugar*, Natural Flavourings, Yeast Extract, Chicken Powder* (2.5%), Chicken Fat* (2.5%), Herbs* and Spices* (Turmeric*, Rosemary*, Black Pepper*, Parsley*), Onion*, *Organic ingredients

ASDA Ready Rolled Puff Pastry

Allergy Advice

Contains: Wheat.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Margarine [Palm Fat, Water, Palm Oil, Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Lemon Juice], Water, **Wheat** Gluten, Concentrated Lemon Juice, Sugar, Preservative (Potassium Sorbate), Colour (Carotenes)

ASDA Grower's Selection Baby Potatoes Product code: 910265

Vitalite Dairy Free Spread Gluten free. Suitable for Vegans.

Allergy Advice

Free From: Soya.

Ingredients

Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative- Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin

Semi Skimmed Milk

ASDA Plain Flour Allergy Advice

Contains: Wheat. Ingredients

Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)]

Tea Homemade (Nanas Magic Soup) & Bread Roll

~ Yoghurt or Fruit

Ingredients & Allergy Advice

ASDA Sunflower Oil

ASDA Sliced Red Onion

ASDA Grower's Selection Sweet Potatoes

ASDA Sliced Carrots

Fresh Red Peppers

ASDA Chopped Tomatoes in Tomato Juice

Ingredients Chopped Tomatoes (60%), Concentrated Tomato Juice, Acidity Regulator (Citric Acid)

Kallo Organic Vegetable Stock Gluten free. Organic. Suitable for Vegans. Suitable for Vegetarians.

Allergy Advice

Contains: Celery.

Additives

Free From: Added MSG, Artificial Colours, Artificial Flavours, Artificial Preservatives.

<https://realfood.tesco.com/recipes/nanas-magic-soup.html>

ASDA Baker's Selection White Rolls

Allergy Advice

Contains: Wheat, Soya.

Due to the way we prepare our in-store bakery products, they may contain additional allergens including peanuts, nuts, sesame seeds, milk, eggs, soya, rye, barley, oats, spelt, kamut, Suitability: mustard and sulphites

Ingredients

Fortified Wheat Flour [Suitable For: Vegetarians etc. Wheat Flour, Calcium, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Salt, Emulsifiers (Mono and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Mono and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids), Sugar, Wheat Flour, Soya Flour, Dextrose, Wheat Flour, Palm Oil, Pregelatinised Wheat Flour, Stabiliser (Guar Gum), Rapeseed Oil, Flour Treatment Agents (Ascorbic Acid, L-Cystine), Salt

Fruit or

Wildlife Variety Yogurt Choobs Allergy Advice (2+ Years)

Contains: Milk.

Additives

Free From: Artificial Sweeteners, Colours.

Homemade Ginger Biscuits

ASDA Plain Flour Allergy Advice

Contains: Wheat. Ingredients

Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)]

Silver Spoon Caster Sugar

ASDA Ground Ginger

ASDA Great to Bake Golden Syrup Ingredients Partially Inverted Refiners Syrup

Vitalite Dairy Free Spread Gluten free. Suitable for Vegans.

Allergy Advice

Free From: Soya. Ingredients Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative- Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin

Product Codes & Supplier **ASDA**

ASDA Butcher's Selection Chicken Breast Fillets Product code: **4778498**

ASDA Sliced Leeks Product code: **5796683**

ASDA Plain Flour Product code: **11120**

Kallo Organic Chicken Stock Cubes Product code: **4360484**

ASDA Ready Rolled Puff Pastry Product code: **5878294**

ASDA Grower's Selection Baby Potatoes Product code: **910265**

Vitalite Dairy Free Spread Product code: 171250

Silver Spoon Caster Sugar Product code: **5314978**

ASDA Ground Ginger Product code: **544314**

ASDA Great to Bake Golden Syrup Product code: **5269217**

Ingredients

Skimmed Milk, Sugar 7.2%, Cream (Milk), Skimmed Milk Powder, Modified Manioc and Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures (Milk), Vitamin D

ASDA Apricot, Raspberry & Strawberry Fromage Frais12m+

Allergy Advice **Contains: Milk.** Additives

Free From: Artificial Colours, Artificial Flavours.

Strawberry Flavour

Ingredients

Fromage Frais (**Milk**), Strawberry Purée (10%), Sugar, Cream (**Milk**), Calcium Citrate, Cornflour, Acidity Regulators (Citric Acid, Sodium Citrates), Concentrated Black Carrot Juice, Flavourings, Vitamin D

Alpro Kids Strawberry Alternative to Fromage Allergy Advice

Free From: Dairy, Gluten, Lactose. May Contain: Nuts. Contains: Soya.

May contain traces of Nuts (no Peanuts)

Additives Free From: Artificial Colours, Preservatives, Sweeteners.

Product Codes & Supplier **ASDA**

Wildlife Variety Yogurt Choobs Product code: **6203603**

ASDA Apricot, Raspberry & Strawberry Fromage Frais12m+
Product code: **5792966**

Alpro Kids Strawberry Alternative to Fromage Frais Product code: 6585926

ASDA Sunflower Oil Product code: **464470**

ASDA Sliced Red Onion Product code: **5800680**

ASDA Grower's Selection Sweet Potatoes Product code: **2076628**

ASDA Sliced Carrots Product code: **5794533**

ASDA Chopped Tomatoes in Tomato Juice Product code: **5611431**

Kallo Organic Vegetable Stock Product code: **4360488**

ASDA Baker's Selection White Rolls Product code: **4659928**

Thursday Week 1

Dinner
Minced Lamb Hotpot & Crusty Bread
~
Yoghurt

Tea
Ravioli or Spaghetti or Macaroni Cheese & Toast
~
Fruit

Ingredients & Allergy Advice

FW Burrow Butchers Minced Beef

Knorr Beef Stock Pot Ingredients Concentrated beef stock (66%) (water, beef extract), salt, beef fat (5.2%) [beef fat, antioxidant (extracts of rosemary)], flavourings, yeast extract, potassium chloride, palm fat, gelling agents (xanthan gum, locust bean gum), sugar, caramel syrup, maltodextrin, carrots†, lovage root†, leek† (0.1%), parsley† (0.1%). †From sustainable agriculture

ASDA Farm Stores White Potatoes

ASDA Grower's Selection Brown Onions

ASDA Grower's Selection Carrots

ASDA Plain Flour Allergy Advice

Contains: Wheat. Ingredients
Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)]

Vitalite Dairy Free Spread Gluten free. Suitable for Vegans.

Allergy Advice

Free From: Soya.

Ingredients

Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative- Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin

ASDA Bake Me Crusty White Tin Bread Product

Allergy Advice

Contains: Soya, Wheat. Ingredients

Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Salt, **Soya** Flour, **Wheat** Sourdough Powder, Dextrose, Emulsifiers (Sodium Stearoyl-2-Lactylate, Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), **Wheat** Flour, Palm Oil, Thickener (Guar Gum), Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid)

Wildlife Variety Yogurt Choobs Allergy Advice (2+ Years)

Contains: Milk.

Additives

Free From: Artificial Sweeteners, Colours.

Ingredients

Ingredients & Allergy Advice

ASDA Beef Ravioli in Tomato Sauce

Allergy Advice

Contains: Eggs, Wheat.

Additives

Free From: Artificial Colours, Artificial Flavourings.

Ingredients

Cooked Beef Ravioli (47%) [Water, Durum **Wheat** Semolina, **Wheat** Flour, Beef, **Egg**, Salt, Palm Oil, Flavouring, Black Pepper], Water, Tomato Purée (16%), Beef (6%), Modified Maize Starch, Sugar, Maize Starch, Salt, White Wine, Yeast Extract, Citric Acid, **Wheat** Flour, Paprika Extract, Paprika, Onion Powder, Flavourings

ASDA Spaghetti in Tomato Sauce Allergy Advice

Contains: Wheat.

Additives

Free From: Artificial Colours, Artificial Flavourings.

Ingredients

Cooked Spaghetti Pasta (47%) [Water, **Durum Wheat Semolina**], Tomato Purée (30%), Water, Sugar, Modified Maize Starch, Onion Powder, Salt, **Wheat Flour**, Acidity Regulator (Citric Acid), Rapeseed Oil, Paprika, Paprika Extract, Yeast Extract, Flavourings

ASDA Macaroni Cheese Product code: 164357

Allergy Advice

Contains: Wheat, Milk, Mustard.

Ingredients

Cooked Macaroni (43%) [Water, **Durum Wheat Semolina**], Water, Medium Fat Soft Cheese (13%) (**from Milk**), Modified Maize Starch, Rapeseed Oil, Sugar, **Skimmed Milk Powder**, **Mustard Flour**, Maize Starch, Stabilisers (Polyphosphates, Sodium Phosphates), Salt, Yeast Extract, Colour (Carotenes)

ASDA Medium Wholemeal Bread

Allergy Advice

Contains: Soya, Wheat.

Not suitable for Rye, Barley or Oats allergy sufferers

Ingredients

Wholemeal **Wheat** Flour, Water, **Wheat** Protein, Yeast, Vegetable Oils [Rapeseed Oil, Palm Oil], Salt, Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), Caramelised Sugar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)

Vitalite Dairy Free Spread Gluten free. Suitable for Vegans.

Allergy Advice

Skimmed Milk, Sugar 7.2%, Cream (Milk), Skimmed Milk Powder, Modified Manioc and Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures (Milk), Vitamin D

ASDA Apricot, Raspberry & Strawberry Fromage Frais12m+

Allergy Advice

Contains: Milk.

Additives

Free From: Artificial Colours, Artificial Flavours.

Strawberry Flavour

Ingredients

Fromage Frais (**Milk**), Strawberry Purée (10%), Sugar, Cream (**Milk**), Calcium Citrate, Cornflour, Acidity Regulators (Citric Acid, Sodium Citrates), Concentrated Black Carrot Juice, Flavourings, Vitamin D

Alpro Kids Strawberry Alternative to Fromage Allergy Advice

Free From: Dairy, Gluten, Lactose. May Contain: Nuts. Contains: Soya.

May contain traces of Nuts (no Peanuts)

Additives

Free From: Artificial Colours, Preservatives, Sweeteners.

Product Codes & Supplier **ASDA**

FW Burrow & Son Minced Beef

Knorr Beef Stock Pot Product code: **3355516**

ASDA Farm Stores White Potatoes **6312680**

ASDA Grower's Selection Brown Onions Product code: **2110666**

ASDA Grower's Selection Carrots Product code: **150208**

ASDA Plain Flour Product code: **11120**

Vitalite Dairy Free Spread Product code: 171250

ASDA Bake Me Crusty White Tin Bread Product code: **6902761**

Wildlife Variety Yogurt Choobs Product code: **6203603**

ASDA Apricot, Raspberry & Strawberry Fromage Frais12m+
Product code: **5792966**

Alpro Kids Strawberry Alternative to Fromage Frais Product code: 6585926

Free From: Soya.

Ingredients

Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative- Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin

Fresh Fruit

Product Codes & Supplier **ASDA**

ASDA Beef Ravioli in Tomato Sauce Product code: **392271**

ASDA Spaghetti in Tomato Sauce 4x395g Product code: **388203**

ASDA Macaroni Cheese Product code: 164357

Vitalite Dairy Free Spread Product code: 171250

ASDA Medium Wholemeal Bread Product code: **5718176**

Friday Week 1

Dinner Ratatouille Pasta & Cheese

~ Apple Crumble & Cream

Ingredients & Allergy Advice

ASDA Chopped Tomatoes in Tomato Juice

Ingredients Chopped Tomatoes (60%), Concentrated Tomato Juice, Acidity Regulator (Citric Acid)

ASDA Tomato Puree Ingredients Tomato Purée (99%), Acidity Regulator (Citric Acid)

ASDA Italian Tomato Passata Ingredients Tomatoes, Acidity Regulator (Citric Acid)

ASDA Mild Cheddar Cheese Allergy Advice

Contains: Milk. Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients Mild Cheddar Cheese (Pasteurised **Milk**)

Kallo Organic Vegetable Stock Gluten free. Organic. Suitable for Vegans. Suitable for Vegetarians.

Allergy Advice

Contains: Celery.

Additives

Free From: Added MSG, Artificial Colours, Artificial Flavours, Artificial Preservatives.

ASDA Fusilli Product code: Allergy Advice

Contains: Wheat. Ingredients **Durum Wheat Semolina**

For allergens, including Cereals containing Gluten,

ASDA Free From Fusilli

Gluten free. Suitable for Vegetarians.

Ingredients Yellow Cornflour, Rice Flour, White Cornflour, Emulsifier (Mono- and Diglycerides of Fatty Acids)

ASDA Farm Stores Mixed Peppers (Colour may vary)

ASDA Grower's Selection Brown Onions

ASDA Grower's Selection Courgettes

Apple Crumble & Cream

Vitalite Dairy Free Spread Gluten free. Suitable for Vegans. Allergy Advice

Free From: Soya.

Ingredients

Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative- Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin

Tea Fish Fingers Butties

~ Yoghurt or Fruit

Ingredients & Allergy Advice

ASDA 30 Omega 3 Fish Fingers Allergy Advice Contains: Fish, Wheat.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Alaska Pollock (Theragra Chalcogramma) (Fish) (64%), Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Water, Wheat Starch, Potato Starch, Salt, Yeast, Turmeric, Colours (Curcumin, Paprika Extract)

ASDA Medium Wholemeal Bread

Allergy Advice

Contains: Soya, Wheat.

Not suitable for Rye, Barley or Oats allergy sufferers

Ingredients

Wholemeal **Wheat** Flour, Water, **Wheat** Protein, Yeast, Vegetable Oils [Rapeseed Oil, Palm Oil], Salt, Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), Caramelised Sugar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)

Vitalite Dairy Free Spread Gluten free. Suitable for Vegans.

Allergy Advice

Free From: Soya.

Ingredients

Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative- Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin

ASDA Classic Tomato Ketchup Allergy Advice Contains: Celery.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Tomatoes (148g per 100g of Ketchup), Sugar, Spirit Vinegar, Salt, Flavourings (contains Celery), Cayenne Pepper, Garlic Powder

Fresh Fruit

Or

Wildlife Variety Yogurt Choobs Allergy Advice (2+ Years)

Contains: Milk.

Additives

Free From: Artificial Sweeteners, Colours.

ASDA Plain Flour Allergy Advice

Contains: Wheat. Ingredients
Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)]

Silver Spoon Caster Sugar

ASDA Fresh Double Cream Allergy Advice
Contains: Milk.IngredientsDouble Cream (**Milk**)

Alpro Vanilla Custard Allergy Advice **Contains: Soya.** Additives Free From: Colours, Preservatives.
Ingredients **Soya** Base (Water, Hulled **Soya** Beans (8.1%)), Sugar, Modified Starch, Chicory Root Fibre, Calcium (Tri-Calcium Phosphate), Flavourings, Sea Salt, Thickener (Carrageenan), Curcuma Extract, Vitamins (B2, B12, D2)

ASDA Apple Slices 385g – Ingredients Apple Slices

Product Codes & Supplier **ASDA**

ASDA Chopped Tomatoes in Tomato Juice Product code: **5611431**

ASDA Tomato Puree Product code: **2878185**

ASDA Italian Tomato Passata 500g Product code: **226958**

Kallo Organic Vegetable Stock Product code: **4360488**

ASDA Mild Cheddar Cheese Product code: **6793870**

ASDA Fusilli Product code: **977756**

ASDA Free From Fusilli Product code: 2513576

ASDA Farm Stores Mixed Peppers (Colour may vary) Product code: **5844634**

ASDA Grower's Selection Courgettes Product code: **6566770**

ASDA Fresh Double Cream Product code: **2208262**

Alpro Vanilla Custard Product code: **6481606**

Silver Spoon Caster Sugar Product code: **5314978**

Vitalite Dairy Free Spread Product code: 171250

ASDA Plain Flour Product code: **11120**

ASDA Apple Slices 385g Product code: **218040**

Ingredients

Skimmed Milk, Sugar 7.2%, Cream (Milk), Skimmed Milk Powder, Modified Manioc and Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures (Milk), Vitamin D

ASDA Apricot, Raspberry & Strawberry Fromage Frais12m+

Allergy Advice **Contains: Milk.**
Additives Free From: Artificial Colours, Artificial Flavourings.

Strawberry Flavour Ingredients
Fromage Frais (**Milk**), Strawberry Purée (10%), Sugar, Cream (**Milk**), Calcium Citrate, Cornflour, Acidity Regulators (Citric Acid, Sodium Citrates), Concentrated Black Carrot Juice, Flavourings, Vitamin D

Alpro Kids Strawberry Alternative to Fromage Allergy Advice
Free From: Dairy, Gluten, Lactose. May Contain: Nuts. Contains: Soya.

May contain traces of Nuts (no Peanuts)

Additives

Free From: Artificial Colours, Preservatives, Sweeteners.

Product Codes & Supplier **ASDA**

Wildlife Variety Yogurt Choobs Product code: **6203603**

ASDA Apricot, Raspberry & Strawberry Fromage Frais12m+
Product code: **5792966**

Alpro Kids Strawberry Alternative to Fromage Frais Product code: 6585926

Vitalite Dairy Free Spread Product code: 171250

ASDA Medium Wholemeal Bread Product code: **5718176**

ASDA 30 Omega 3 Fish Fingers Product code: **5211358**

ASDA Classic Tomato Ketchup Product code: **6688292**

Meat Free Products (Substitutes)

<p>ASDA Plant Based Vegan Meat Free Mince Product code: 5728966</p>	<p>Life Style - Suitable for Vegans. Allergy Advice Contains: Barley, Soya. Additives - Free From: Artificial Colours, Artificial Flavours. Ingredients Rehydrated Textured Soya Protein (96%), Rapeseed Oil, Yeast Extract, Malted Barley Extract, Onion Powder, Garlic Powder, Cornflour, Dextrose, Salt, White Pepper</p>
<p>Quorn Meat Free Mince 300g Product code: 633775</p>	<p>Life Style - Gluten free. Halal. Suitable for Vegetarians. Allergy Advice Free From: Soya. Contains: Barley, Eggs. There have been rare cases of allergic reactions to Quorn® products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people. Ingredients - Mycoprotein (88%), Rehydrated Free Range Egg White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate, Gluten Free Barley Malt Extract</p>
<p>Quorn Meat Free Pieces 300g Product code: 521540</p>	<p>Life Style - Gluten free. Halal. Suitable for Vegetarians. Allergy Advice - Free From: Soya. Contains: Eggs. There have been rare cases of allergic reactions to Quorn® products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people. Ingredients - Mycoprotein (95%), Rehydrated Free Range Egg White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate</p>
<p>ASDA Plant Based Meat-Free Sausages 270g Product code: 6593309</p>	<p>Life Style - Suitable for Vegans. Allergy Advice Free From: Gluten. Additives Free From: Artificial Colours, Artificial Flavours. Ingredients White Mushrooms (34%), Water, Roasted Red Onions, Oyster Mushrooms (8%), Vegetable Suet [Palm Oil, Rice Flour, Sunflower Oil], Pea Protein, Red Peppers, Sunflower Oil, Potato Fibre, Rice Flour, Stabiliser (Methyl Cellulose), Chickpea Flour, Sea Salt, Flavourings, Corn Starch, Cracked Black Pepper, Salt, Cornflour, Dextrose, Sausage Casing [Calcium Alginate]</p>
<p>Quorn Vegetarian Best of British Sausages - 240g Product code: 6860139</p>	<p>Life Style- Suitable for Vegetarians. Allergy Advice - Contains: Barley, Eggs, Milk, Wheat. There have been rare cases of allergic reactions to Quorn™ products, which contain Mycoprotein™ Mycoprotein™ is made with a member of the fungi/mould family Mycoprotein™ is high in protein and fibre which may cause intolerance in some people Ingredients - Mycoprotein™ (36%), Textured Wheat Protein (Wheat Flour, Stabiliser: Sodium Alginate), Rehydrated Free Range Egg White, Rapeseed Oil, Rusk (Wheat Flour, Yeast, Salt), Onion, Seasoning [Salt, Yeast Extract, Dextrose, Wheat Flour (contains added Calcium, Iron, Niacin & Thiamine), Spice Extracts (Pepper, Coriander, Nutmeg), Antioxidant: Ascorbic Acid], Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch), Natural Flavouring, Milk Proteins, Firming Agents: Calcium Chloride, Calcium Acetate, Roasted Barley Malt Extract</p>

Breakfast Cereals

Full Fat and Semi Skimmed Milk

Alpro Soya Growing Up Long Life Drink Product code: 3855217 Allergy Advice **Contains: Soya.**

Additives Free From: Colours, Preservatives.

Ingredients **Soya** Base (Water, Hulled **Soya** Beans (6.6%)), Maltodextrin, Raw Cane Sugar, Fructose, Sunflower Oil, Calcium (Calcium Carbonate), Acidity Regulator (Potassium Phosphates), Flavourings, Emulsifier (Lecithins (Sunflower)), Stabiliser (Gellan Gum), Iron Pyrophosphate, Potassium Iodide, Vitamins (B2, B12, C, D2)

ASDA Medium Wholemeal Bread

Allergy Advice

Contains: Soya, Wheat.

Not suitable for Rye, Barley or Oats allergy sufferers

Ingredients

Wholemeal **Wheat** Flour, Water, **Wheat** Protein, Yeast, Vegetable Oils [Rapeseed Oil, Palm Oil], Salt, Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), Caramelised Sugar, Emulsifier (Mono- and Diacetyl

Vitalite Dairy Free Spread Gluten free. Suitable for Vegans.

Allergy Advice

Free From: Soya.

Ingredients

Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative- Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin

Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)

ASDA Rice Snaps Product code: **6611040** Allergy Advice **Contains: Barley.** Additives

Free From: Artificial Colours, Artificial Flavourings.

Ingredients

Rice, Sugar, Salt, Malted **Barley** Extract, Vitamin and Mineral Mix [Iron, Niacin (B3), Pantothenic Acid (B5), Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid (B9), Vitamin D, Vitamin B12]

ASDA Wheat Bisks Cereal Product code: **217410** Allergy Advice

Contains: Barley, Wheat.

Additives

Free From: Artificial Colours, Artificial Flavourings.

Ingredients

Whole **Wheat** (95%), Malted **Barley** Extract, Sugar, Salt, Vitamin and Mineral Mix [Niacin (B3), Iron, Riboflavin (B2), Thiamin (B1), Folic Acid (B9)]

ASDA Malted Wheaties Cereal Product code: **556418** Allergy Advice

Contains: Barley, Wheat.

Additives

Free From: Artificial Colours, Artificial Flavourings.

Ingredients

Whole **Wheat** (98%), Sugar, Malted **Barley** Extract, Partially Inverted Sugar Syrup, Salt, Vitamin and Mineral Mix [Niacin (B3), Iron, Pantothenic Acid (B5), Thiamin (B1), Riboflavin (B2), Vitamin B6, Folic Acid (B9), Vitamin B12]

ASDA Corn Flakes Cereal Product code: **5683924** Allergy Advice **Contains: Barley.**

Additives

Free From: Artificial Colours, Artificial Flavourings.

Ingredients Maize, Sugar, Salt, Malted **Barley** Extract, Vitamin and Mineral Mix [Iron, Niacin (B3), Pantothenic Acid (B5), Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid (B9), Vitamin D, Vitamin B12]

ASDA Medium Wholemeal Bread

Allergy Advice

Contains: Soya, Wheat.

Not suitable for Rye, Barley or Oats allergy sufferers

Ingredients

Wholemeal **Wheat** Flour, Water, **Wheat** Protein, Yeast, Vegetable Oils [Rapeseed Oil, Palm Oil], Salt, Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), Caramelised Sugar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)

Cow & Gate Creamy Porridge Baby Cereal 4-6 Months 125g Product code: **6524013** Allergy Advice

Free From: Gluten. Contains: Milk, Soya.

Additives Free From: Artificial Colours, Artificial Flavours, Artificial Preservatives.

Ingredients Milled Corn (27%), Skimmed **Milk** Powder (26%), Milled Rice (18%), Demineralised Whey Powder (from **Milk**), Vegetable Fat (Palm Oil, Rapeseed Oil, Coconut Oil, High Oleic Sunflower Oil, Emulsifier (**Soy** Lecithin)), Minerals (Calcium, Iron, Iodine), Vitamins (Vitamin C, Vitamin E, Vitamin A, Vitamin D3, Biotin, Vitamin B1, Vitamin B6), Natural Vanilla Flavour

Breakfast, Dinners & Teas

Cow & Gate Apple & Pear 100% Fruit Pots 4+ Months 4x100g Product code: **1586544** Allergy Advice

Free From: Gluten. Additives

Free From: Artificial Colours, Artificial Flavours, Artificial Preservatives.

Ingredients Apple Purée (65%), Pear Purée (35%), Vitamin C, Concentrated Lemon Juice