

Monday Week 2

Dinner Lasagne & Garlic Bread

~ Banana & Custard

Ingredients & Allergy Advice

FW Burrow Butchers Minced Beef

ASDA Grower's Selection Brown Onions

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 Mild Cheddar Cheese Allergy Advice

Contains: Milk. Additives

Free From: Artificial Colours, Artificial Flavourings.

Ingredients Mild Cheddar Cheese (Pasteurised **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

Semi Skimmed Milk

ASDA Plain Flour Allergy Advice

Contains: Wheat. Ingredients

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

ASDA Free From Grated Cheddar Alternative

Gluten free. Suitable for Vegans.

Allergy Advice

Free From: Milk, Soya. Contains: Oats.

Ingredients

Tea Jacket Potatoes & Cheese

~ Yoghurt or Fruit

Ingredients & Allergy Advice

ASDA Farm Stores White Potatoes

ASDA Mild Cheddar Cheese Allergy Advice

Contains: Milk. Additives

Free From: Artificial Colours, Artificial Flavourings.

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

ASDA Free From Grated Cheddar Alternative

Gluten free. Suitable for Vegans.

Allergy Advice

Free From: Milk, Soya. Contains: Oats.

Ingredients

Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Yeast Extract, Calcium Citrate, Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Carotenes)

For allergens, see ingredients in bold.

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.

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.

Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Yeast Extract, Calcium Citrate, Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Carotenes)
For allergens, see ingredients in bold.

ASDA Italian Fresh Egg Lasagne Sheets

Allergy Advice

Contains: Eggs, Wheat.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Wheat Flour, Pasteurised Whole Egg (20%), Durum Wheat Semolina

For allergens, including Cereals containing Gluten, see ingredients in bold.

ASDA 10 Garlic Baguette Slices

Suitable for Vegetarians. Allergy Advice

May Contain: Sesame. Contains: Wheat.

May also contain traces of Sesame Seeds

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients - Bread [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid)], Margarine (19%) [Rapeseed Oil, Palm Oil, Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Beta Carotene)], Garlic Purée (3.1%), Parsley

Birds Custard Powder Allergy Advice May Contain: Milk.

May contain Milk.

Additives

Free From: Artificial Colours.

Ingredients

Maize Starch, Salt, Flavouring, Colour (Annatto)

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)

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 Mild Cheddar Cheese Product code: **6793870**

ASDA Free From Grated Cheddar Alternative Product code: 6038212

ASDA Plain Flour Product code: **11120**

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

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 Mild Cheddar Cheese Product code: **6793870**

ASDA Free From Grated Cheddar Alternative Product code: 6038212

Vitalite Dairy Free Spread Product code: 171250

Vitalite Dairy Free Spread Product code: 171250

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

Semi Skimmed Milk

Birds Custard Powder Product code: **5878616**

Alpro Vanilla Custard Product code: 6481606

ASDA Grower's Selection 7 Bananas 7PK Product code: 6638977

Tuesday Week 2

Dinner
Hunter Chicken Bake, Chips & Corn on Cob

~
Homemade Lemon Drizzle Cake

Ingredients & Allergy Advice

ASDA Butcher's Selection Chicken Breast Fillets

ASDA Butcher's Selection Unsmoked Lean Diced Bacon Free From: Artificial Colours, Artificial Flavours. Ingredients Pork (88%), Water, Salt, Stabiliser (Triphosphates), Dextrose, Preservatives (Sodium Nitrite, Potassium Nitrate), Antioxidant (Sodium Ascorbate)

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

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

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

ASDA Brown Sauce Product Allergy Advice Contains: Barley. Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients Water, Tomato Paste, Barley Malt Vinegar, Cane Molasses, Glucose-Fructose Syrup, Date Paste, Modified Maize Starch, Spirit Vinegar, Salt, Spices [Clove Powder, Garlic Powder, Black Pepper, Ginger Powder, Cayenne Pepper], Flavouring

ASDA Worcester Sauce Product 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

ASDA Red Wine Vinegar Allergy Advice Contains: Sulphur Dioxide/Sulphites.

Ingredients

Red Wine Vinegar [Red Wine Vinegar, Preservative (**Potassium Metabisulphite**)]

ASDA Mild Cheddar Cheese Allergy Advice

Contains: Milk. Additives

Free From: Artificial Colours, Artificial Flavours.

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

Vitalite Dairy Free Spread Gluten free. Suitable for Vegans.

Allergy Advice

Free From: Soya.

Ingredients

Tea
Homemade Sausage Danish & Beans

~
Yoghurt or Fruit

Ingredients & Allergy Advice

FW Burrow Butchers Sausage Meat

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 Baked Beans in Tomato Sauce ingredients

Haricot Beans (49%), Tomatoes (36%), Water, Sugar, Modified Maize Starch, Salt, Paprika, Onion Powder, Paprika Extract, Flavourings

Fresh Fruit Or

Wildlife Variety Yogurt 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 Frais 12m+

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.

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 Straight Cut Chips

Additives Free From: Artificial Colours, Artificial Flavours.

Ingredients

Potatoes, Sunflower Oil (4%), Dextrose

ASDA Frozen for Freshness Mini Corn Cobs

Homemade Lemon Drizzle Cake

Vitalite Dairy Free Spread Product 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

Silver Spoon Caster Sugar 1kg

ASDA 12 Medium Free Range Eggs 12pk

ASDA Self Raising Flour 1.5kg-Allergy Advice

Contains: Wheat.

Ingredients

Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Raising Agents (Calcium Phosphate, Sodium Carbonates)

ASDA Grower's Selection Lemons

Product Codes & Supplier ASDA

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

ASDA Butcher's Selection Unsmoked Lean Diced Bacon Product code: **6381057**

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

ASDA Tomato Puree Product code: **2878185**

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

ASDA Classic Tomato Ketchup Product code: **6688290**

ASDA Brown Sauce Product code: **6688284**

ASDA Worcester Sauce Product code: **6112747**

ASDA Red Wine Vinegar Product code: **2569209**

Product Codes & Supplier ASDA

FW Burrow & Son Sausage Meat

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

ASDA Baked Beans in Tomato Sauce Product code: **21897**

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 Mild Cheddar Cheese Product code: **6793870**

ASDA Free From Grated Cheddar Alternative Product code: 6038212

ASDA Straight Cut Chips Product code: **6312380**

ASDA Frozen for Freshness Mini Corn Cobs Product code: **498538**

Silver Spoon Caster Sugar 1kg-Product Code: **5314978**

ASDA 12 Medium Free Range Eggs 12pk Product code: **1058519**

ASDA Self Raising Flour 1.5kg-Product Code: **11118**

ASDA Grower's Selection Lemons -Product Code: 6762195

Vitalite Dairy Free Spread Product code: 171250

Wednesday Week 2

Dinner
Tuna Pasta Bake with a Cheesy Top
 ~
Eaton Mess

Tea
Bread Roll Sandwiches
Cheese, Ham & Jam
 ~
Yoghurt or Fruit

Ingredients & Allergy Advice

ASDA Grower's Selection Brown Onions

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)

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

John West Tuna Chunks in Brine Allergy Advice Contains: Fish. Ingredients Tuna, Water, Salt

ASDA Mild Cheddar Cheese Allergy Advice

Contains: Milk.Additives

Free From: Artificial Colours, Artificial Flavours.

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

ASDA Free From Grated Cheddar Alternative

Gluten free. Suitable for Vegans.

Allergy Advice

Free From: Milk, Soya. Contains: Oats.

Ingredients

Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Yeast Extract, Calcium Citrate, Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Carotenes)

For allergens, see ingredients in bold.

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

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 Free From Grated Cheddar Alternative

Gluten free. Suitable for Vegans.

Allergy Advice

Free From: Milk, Soya. Contains: Oats.

Ingredients

Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Yeast Extract, Calcium Citrate, Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Carotenes)

For allergens, see ingredients in bold.

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 Wafer Thin Cooked Ham Ingredients

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

ASDA Seedless Strawberry Jam Ingredients

Glucose-Fructose Syrup, Strawberry, Sugar, Acidity Regulators (Citric Acid, Sodium Citrates), Gelling Agent (Pectins), Prepared with 45g of Fruit per 100g, Total Sugar content: 63g per 100g

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 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)

Eaton Mess

ASDA 20 Mini Meringue Shells Allergy Advice
Contains: Eggs. Additives
Free From: Artificial Colours, Artificial Flavours.
Ingredients Sugar, Pasteurised Egg White

Or

ASDA 8 Meringue Nests

ASDA Grower's Selection Strawberries

ASDA Reduced Fat Squirry Cream Allergy Advice - Contains: Milk. Ingredients - Cream (*from Milk*) (91%) , Sugar (5.0%) , Dried Glucose Syrup , Emulsifiers (Mono- and Diglycerides of Fatty Acids, Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids) , Stabiliser (Carrageenan) , Propellant Gas (Nitrous Oxide) .

Alpro Soya Long Life Alternative to Single Cream

Allergy Advice **Contains: Soya.**
Ingredients **Soya** Base (Water, Hulled **Soya** Beans (5.5%)), Sunflower Oil, Sugar, Emulsifier (Sucrose Esters of Fatty Acids), Stabilisers (Xanthan Gum, Carrageenan, Guar Gum), Sea Salt, Flavouring

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 Chicken Stock Cubes Product code: **4360484**

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

ASDA Free From Grated Cheddar Alternative Product code: 6038212

Vitalite Dairy Free Spread Product code: 171250

John West Tuna Chunks in Brine Product code: **6041041**

Fruit

or

Wildlife Variety Yogurt 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

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 Seedless Strawberry Jam Product code: **6722863**

Vitalite Dairy Free Spread Product code: 171250

ASDA Fusilli Product code: **977756**

ASDA Free From Fusilli Product code: 2513576

ASDA 20 Mini Meringue Shells Product code: **952366**

ASDA 8 Meringue Nests Product code: 952370

ASDA Grower's Selection Strawberries - 600g Product Code: **5669997**

ASDA Reduced Fat Squirty Cream 250g Product Code: **4273111**

Alpro Soya Long Life Alternative to Single Cream Product code: 1025874

Thursday Week 2

Spanish Chicken & White Rice

~ Jam Tarts

Ingredients & Allergy Advice

ASDA Butcher's Selection Chicken Breast Fillets

ASDA Easy Cook Long Grain White Rice 4kg

ASDA Farm Stores Mixed Peppers

ASDA Grower's Selection Brown Onions

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)

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 Oregano

ASDA Assorted Jam Tarts 6pk

Allergy Advice

May Contain: Nuts. Contains: Sulphur Dioxide/Sulphites, Wheat.

May also contain traces of Nuts

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

2 Blackcurrant and Apple Flavoured Jam Tarts [Blackcurrant and Apple Flavoured Jam (50%)

[Glucose-Fructose Syrup, Blackcurrant Purée, Apple. Citric Acid, Colour (Anthocyanins), Gelling

Agent (Pectins), Acidity Regulator (Sodium Citrates), Preservatives (Potassium Sorbate,

Sodium **Metabisulphite**), Flavouring], Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron,

Niacin (B3), Thiamin (B1)], Palm Oil, Rapeseed Oil, Glucose Syrup, Dextrose, Raising Agents

(Diphosphates, Sodium Carbonates), Preservative (Potassium Sorbate)], 2 Apricot Flavoured Jam

Tarts [Apricot Flavoured Jam (50%) [Glucose-Fructose Syrup, Apricot Purée, Citric Acid, Gelling

Agent (Pectins), Acidity Regulator (Sodium Citrates), Preservative (Potassium Sorbate), Colour

(Annatto), Flavouring], Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3),

Thiamin (B1)], Palm Oil, Rapeseed Oil, Glucose Syrup, Dextrose, Raising Agents (Diphosphates,

Sodium Carbonates), Preservative (Potassium Sorbate)], 2 Strawberry Flavoured Jam Tarts

[Strawberry Flavoured Jam (50%) [Glucose-Fructose Syrup, Strawberries, Sugar, Citric Acid, Gelling

Agent (Pectins), Flavouring, Acidity Regulator (Sodium Citrates), Colour (Anthocyanins),

Tea Butchers Posh Hot Dogs

~ Fruit

Ingredients & Allergy Advice

FW Burrow Butchers Sausage, Wheat, Sulphur Dioxide

Gluten

DEPENDENT ON STOCK FINGER ROLLS MAY VARY

ASDA White Finger Rolls - Allergy Advice

Contains: Soya, Wheat.

Not suitable for Egg, Milk, Rye, Barley, Oats or Spelt allergy sufferers

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

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

(B1)], Water, Sugar, Yeast, Rapeseed Oil, Salt, Wheat Gluten, Spirit Vinegar, Soya Flour, Preservative

(Calcium Propionate), Palm Oil, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Flour Treatment Agent (Ascorbic Acid)

ASDA Baker's Selection White Finger Rolls

Allergy Advice

May Contain: Barley, Celery, Eggs, Milk, Mustard, Nuts, Oats, Peanuts, Rye, Sesame, Sulphur

Dioxide/Sulphites. Contains: Soya, Wheat.

Due to the way we prepare our in-store products, they may contain additional allergens including Peanuts, Nuts, Sesame Seeds, Milk, Eggs, Soya, Wheat, Rye, Barley, Oats, Spelt, Kamut, Mustard, Celery and Sulphites.

Ingredients

Fortified Wheat Flour [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 Gluten, Soya Flour, Dextrose, Wheat Flour, Palm

Oil, Pregelatinised Wheat Flour, Stabiliser (Guar Gum), Rapeseed Oil, Flour Treatment Agents (Ascorbic

Acid, L-Cysteine)

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

Preservative (Potassium Sorbate)], Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Palm Oil, Rapeseed Oil, Glucose Syrup, Dextrose, Raising Agents (Diphosphates, Sodium Carbonates), Preservative (Potassium Sorbate)]
For allergens, including Cereals containing Gluten, see ingredients in bold

ASDA Free From 6 Assorted Jam Tart Cakes Product code: 3553341

Gluten free. Suitable for Vegetarians.

Allergy Advice

Free From: Milk. May Contain: Nuts, Peanuts. Contains: Eggs.

May also contain traces of Nuts and Peanuts.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Palm Oil, Raspberry Jam (12%) [Glucose-Fructose Syrup, Sugar, Water, Raspberry Purée Concentrate, Acidity Regulators (Citric Acid, Sodium Citrates), Gelling Agent (Pectins), Colour (Anthocyanins), Flavouring, Preservative (Potassium Sorbate)], Apricot Jam (12%) [Glucose-Fructose Syrup, Sugar, Apricot Purée from Concentrate, Water, Acidity Regulators (Citric Acid, Sodium Citrates), Gelling Agent (Pectins), Flavouring, Preservative (Potassium Sorbate), Colour (Curcumin)], Blackcurrant Jam (12%) [Glucose-Fructose Syrup, Sugar, Water, Apple Concentrate, Blackcurrant Purée, Colours (Anthocyanins, Curcumin), Acidity Regulators (Citric Acid, Sodium Citrates), Apple Purée, Gelling Agent (Pectins), Flavouring, Preservative (Potassium Sorbate)], Rice Flour, Maize Starch, Potato Starch, Water, Sugar, Dextrose, Maize Flour, Egg, Sugar Beet Fibre, Stabiliser (Xanthan Gum), Raising Agents (Diphosphates, Potassium Carbonates), Preservative (Potassium Sorbate), Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Acidity Regulators (Stearic Acid, Potassium Hydroxide)

Product Codes & Supplier **ASDA**

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

ASDA Easy Cook Long Grain White Rice 4kg Product code: **2883150**

ASDA Farm Stores Mixed Peppers (Colour may vary) 3pk Product code: **5844634**

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 Oregano Product code: **544332**

ASDA Assorted Jam Tarts 6pk-Product code: **5781620**

ASDA Free From 6 Assorted Jam Tart Cakes Product code: 3553341

Fruit or

Wildlife Variety Yogurt 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**

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 White Finger Rolls Product code: **3146725**

ASDA Baker's Selection White Finger Rolls Product code: **2836147**

ASDA Classic Tomato Ketchup Product code: **6688290**

Friday Week 2

Dinner Fish Cakes New Potatoes & Peas

~
Yoghurt

Ingredients & Allergy Advice

Young's Omega 3 12 Fishcakes

Allergy Advice

Contains: Fish, Mustard, Wheat.

Additives

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

Ingredients

Minced Alaska Pollock (38%) (**Fish**), Water, **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Dried Potato, Minced Salmon (7%) (**Fish**), Sunflower Oil, Rapeseed Oil, Palm Oil, Cornflour, Salt, Yeast, Water, Sea Salt, Seasoning [Salt, Parsley, Black Pepper Extract, Parsley Extract], Olive Oil, **Mustard** Flour, Parsley, Yeast Extract

For allergens, including Cereals containing Gluten, see ingredients in bold.

ASDA Frozen for Freshness Garden Peas

ASDA Grower's Selection Baby Potatoes

Wildlife Variety Yogurt 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 Frais 12m+

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.

Tea Cheese & Tomato Pizza

~
Fruit

Ingredients & Allergy Advice

ASDA Cheese & Tomato Pizza 268g

Suitable for Vegetarians.

Allergy Advice

May Contain: Barley, Rye. Contains: Milk, Wheat.

May also contain traces of Rye, Barley and Spelt.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Tomato Sauce (22%) [Tomatoes, Tomato Purée, Cornflour, Sugar, Acidity Regulator (Citric Acid), Oregano, Black Pepper], Water, Mozzarella Cheese (Milk) (16%), Mild Cheddar Cheese (Milk) (8%), Rapeseed Oil, Dextrose, Yeast, Salt

Fruit

Product Codes & Supplier ASDA

Young's Omega 3 12 Fishcakes Product code: **3367928**

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

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

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

ASDA Apricot, Raspberry & Strawberry Fromage Frais 12m+
Product code: **5792966**

Alpro Kids Strawberry Alternative to Fromage Frais Product code: 6585926

Product Codes & Supplier ASDA

ASDA Cheese & Tomato Pizza 268g Product code: 6743130

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