



TERM 1, WEEK 5 FEBRUARY 28th –MARCH 4th

MONDAY FEBRUARY 28th:

Standard Lunch: Bean & Pulled Pork Nachos

Corn chips with chilli bean, capsicum and corn salad with BBQ pulled pork, carrot and cheese and sour cream/yoghurt dressing.

V, VE: *Chilli bean* nachos. DF, VE: Vegan cheese & coconut yoghurt dressing. H, NP, SF: Bean & *chicken* nachos.

Snack: Cookie

GF, SF - Cracker

Year 9+: Seasonal Fruit

LUNCH CONTAINS DAIRY, SOY

Vegetarian Lunch: Corn Chips with *chilli bean*, capsicum and corn salad, carrot and cheese. Sour cream/yoghurt dressing.

Snack: *Cookie* Year 9+: +Seasonal Fruit

Gluten Free Lunch: Corn Chips with chilli bean, capsicum and corn salad with BBQ pulled pork, carrot and cheese. Sour cream/yoghurt dressing. Snack: *Cracker* Year 9+: + Seasonal Fruit

Dairy Free Lunch: Corn Chips with chilli bean, capsicum and corn salad with BBQ pulled pork, carrot and *vegan cheese*. *Coconut yoghurt* dressing. Snack: *Cookie* Year 9+: + Seasonal Fruit

Egg Free Lunch: *Standard meal*

Halal Lunch: Corn Chips with chilli bean, capsicum and corn salad with *roast chicken*, carrot and cheese. Sour cream/yoghurt dressing. Snack: *Cookie* Year 9+: Seasonal Fruit

No Beef Lunch: *Standard meal*

No Pork Lunch: Corn Chips with chilli bean, capsicum and corn salad with *roast chicken*, carrot and cheese. Sour cream/yoghurt dressing. Snack: *Cookie* Year 9+: Seasonal Fruit

Vegan Lunch: Corn Chips with *chilli bean*, capsicum and corn salad, carrot and *vegan cheese*. *Coconut yoghurt dressing*. Snack: *Cookie* Year 9+: +Seasonal Fruit

Soy Free Lunch: Corn Chips with four bean mix, capsicum and corn salad with *roast chicken*, carrot and cheese. Sour cream/yoghurt dressing. Snack: *Cracker* Year 9+:+Seasonal Fruit

Romiros Corn Chips Natural

Ingredients: Stone Ground Corn, vegetable oil (protected with antioxidant (319), water, mineral salt (529)

Hellers Pulled Pork BBQ

Ingredients: Pork (49%), BBQ Sauce (Tomato Pulp, Sugar, Maltodextrin, White Vinegar, vegetable Powder, Yeast extract, Hydrolysed Vegetable Protein (maize), TI Regulators (326, 262), Salt, Maltodextrin, Mineral Salt (451,450), Hydrolysed Yeast Extract, Spice Extract, Preservative (223), Flavouring, Vegetable Oil **Contains: Sulphites**

Craigs Chilli Beans

Ingredients: Chilli Sauce [Tomatoes, Sugar, Onion, Maize Thickener (1422), Salt, Mustard Seeds, Spice & Herb Blend including Chilli (Contains Traces of Wheat & Sesame), Food Acid (Acetic Acid)], Red Kidney Beans (Contain Traces of Soy) (47%)

May contain traces of soy and sesame

Contains: Soy, Sulphites

Gilmours Baked Beans

Ingredients:

Tomato sauce (tomatoes, water, sugar, salt, maize flour, maize thickener (1412), stabilisers (412, 466), food acids (acetic acid, citric acid), flavours, garlic, spices, acidity regulator (sodium bicarbonate)), navy beans (48%) **(contain soy)**. **Contains Soy**

GKCC Bakery Blend Cheese

Ingredients: Pasteurised Milk, Salt, Cultures, Enzymes (Non Animal Rennet), Anticaking Agent (460), Preservative (200, 235).

Contains: dairy

Anchor Sour Cream

Ingredients: cream, skim milk, thickener (1422), halal gelatine, milk solids, emulsifier (339), culture.

Contains: milk

Gopala Natural Yoghurt

Ingredients: Cow's milk > Milk Solids. > Live Yogurt Culture

Tegel Shredded Chicken Classic Roast HSR 4.0

Ingredients: Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d), spice extracts

Contains: Sulphites

Libelle Group makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies.

This information is provided in good faith and is believed to be accurate.

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Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative

Ingredients: Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

Barkers Red Pepper Breadshot

Ingredients: Red pepper (68%), Sugar, Roast Garlic (10%),(garlic, canola oil), Vinegar,(White), Thickener (1442), Sea Salt, garlic, Preservative (202), Spice, Smoke Extract, Chilli

Zenzo Coconut Yoghurt

Ingredients: Coconut Cream, live probiotic cultures including L. acidophilus and B. Bifidus.

Anzac Cookies (Mrs Higgins)

Ingredients: Wheat & Wholemeal Flour, Sugar, Oats, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and di-glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Desiccated Coconut, Golden Syrup, Water, Treacle, Raising Agent (sodium bicarbonate).

Contains: gluten/wheat, soy

TUESDAY MARCH 1st:

Standard Lunch: Chicken & Cheese Salad Wrap - Wholemeal Wrap with chicken, cheese & mixed salad

V, VE- Falafel

GF – Gf wrap

DF, VE– vegan cheese

EF, VE – vegan mayo

Snack: Corn Chips

Year 9+: Seasonal Fruit

LUNCH CONTAINS GLUTEN, DAIRY,

Vegetarian Lunch: Wholemeal Wrap with *falafel*, cheese & mixed salad **Snack:** Corn Chips **Year 9+:**+Seasonal Fruit

Gluten Free Lunch: *Gluten Free Wrap* with chicken, cheese & mixed salad **Snack:** Corn Chips **Year 9+:** +Seasonal Fruit

Dairy Free Lunch: Wholemeal Wrap with chicken, *vegan cheese* & mixed salad and *falafel* **Snack:** Corn Chips **Year 9+:** +Seasonal Fruit

Egg Free Lunch: Wholemeal Wrap with chicken, cheese & mixed salad (*vegan mayo*) **Snack:** Corn Year 9+:

+Seasonal Fruit **Halal Lunch:** Standard Meal

No Beef Lunch: Standard Meal

No Pork Lunch: Standard Meal

Vegan Lunch: Wholemeal Wrap with *falafel*, *vegan cheese* & mixed salad (*vegan mayo*) **Snack:** Corn Chips **Year 9+:** +Seasonal Fruit **Soy Free Lunch:** Standard Meal

Farrahs Wraps **Ingredients:** Wholemeal **Wheat** Flour (27%) (**Wheat** Flour, **Wheat** Bran, **Wheat** Germ), **Wheat** Flour, Water, Vegetable Oil (Antioxidant (307)), Rice Flour, Salt, Emulsifier (471), Raising Agents (500, 450, 341), Preservatives (282, 200), Acidity Regulator (297), Dextrose, Stabilisers (466, 415), Enzymes This product is manufactured on equipment that also produces products containing Soy and Sesame Seeds **Contains: Gluten**

Cottage Lane GF Wraps **Ingredients:** Tortilla premix [modified tapioca starch (1442), starches (tapioca, potato), **soy** protein concentrate, rice flour, vegetable gums (464, 466, 415), **soy** flour, dextrose, emulsifier (471), salt, mineral salt (170), sea salt, canola oil, acidity regulator (263), enzyme], water, canola oil, glutinous rice flour, baking powder [raising agents (501, 450), free flow agent (170, 551, 470)], white vinegar, pea protein, preservative (282). **Contains: soy**

Tegel Shredded Chicken Classic Roast **Ingredients:** Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d) , spice extracts **Contains: Sulphites**

GKCC Bakery Blend Cheese

Ingredients: Pasteurised Milk, Salt, Cultures, Enzymes (Non Animal Rennet), Anticaking Agent (460), Preservative (200, 235).

Contains: dairy

Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative **Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

Romiros Corn Chips Natural

Ingredients: Stone Ground Corn, vegetable oil (protected with antioxidant (319), water, mineral salt (529)

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Hellmanns Real Mayo

Ingredients: Ingredients: Canola oil (76%), pasteurised free range egg yolks (7.5%), water, vinegar, sugar, salt, lemon juice concentrate, natural mustard flavour, antioxidant (385). **Contains egg.**

Hellmann's Vegan Mayonnaise

Ingredients: Canola oil (71%), water, sugar, vinegar, salt, emulsifier (1450), thickener (1442), lemon juice concentrate, natural mustard flavour, antioxidant (385), colour (160c), natural flavour.

TCG Falafel

Ingredients: Chickpeas (57%), onion, seasoning (rice flour, dehydrated vegetables, spices, salt, herb, soy protein, maltodextrin (maize), yeast extract, maize flour, dextrose (tapioca, maize) vegetable oils (canola, olive), mineral salts (450,500), herb extract, flavour), water, vegetable fibre (pea), vegetable oil, corn starch, modified food starch (E1412), red bell peppers **Contains: soy**

WEDNESDAY MARCH 2nd:

Standard Lunch: Ham Pizza - Wholemeal Mini Pizza with ham & cheese, veg sticks, cracker with hummus

V, VE : mushroom chickpea super sausage

GF- Gf pizza base

DF, VE – vegan cheese

H, NP, SF - chicken

Snack: Fruit Yoghurt

Year 9+: +Seasonal Fruit

DF, VE – trail mix

LUNCH CONTAINS DAIRY, GLUTEN, SESAME, SOY

Vegetarian Lunch: Wholemeal Mini Pizza with *mushroom, chickpea* & cheese, veg sticks, cracker with hummus

Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit

Gluten Free Lunch: *GF Pizza base* with ham & cheese, veg sticks, cracker with hummus Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit

Dairy Free Lunch: Wholemeal Mini Pizza with ham & *vegan cheese*, veg sticks, cracker with hummus Snack: *Trail Mix*
Year 9+: +Seasonal Fruit

Egg Free Lunch: Standard Meal

Halal Lunch: Wholemeal Mini Pizza with *chicken* & cheese, veg sticks, cracker with hummus Snack: Fruit
Yoghurt Year 9+: +Seasonal Fruit

No Beef Lunch: Standard Meal

No Pork Lunch: Wholemeal Mini Pizza with *chicken* & cheese, veg sticks, cracker with hummus Snack: Fruit
Yoghurt Year 9+: +Seasonal Fruit

Vegan Lunch: Wholemeal Mini Pizza with *mushroom, chickpea* & *vegan cheese*, veg sticks, cracker with hummus

Snack: *Trail Mix* Year 9+: +Seasonal Fruit

Soy Free Lunch: Wholemeal Mini Pizza with *chicken* & cheese, veg sticks, cracker with hummus Snack: Fruit
Yoghurt Year 9+: +Seasonal Fruit

French Bakery Mini Wholemeal Pizza

Ingredients: Wholemeal Pizza Mini Ingredients: Water, Wholemeal Wheat **Flour**, Wheat **Flour**, Wheat Gluten, Texture Improver (sugar, vegetable oil, emulsifier (472e, 481)), Yeast, Salt, Citrus Fibre, Bread Improver (flour treatment agent (300), enzymes)

Hellers Pizza Ham

Ingredients: Pork (51%), Water, Potato Starch, Salt, Sugar, Thickeners (1442,407a, 415), Soy Protein, Mineral Salt (451), Antioxidant (316), Preservative (250), Rice Flour, Flavouring, (Soy, Smoke), Maple Syrup **Contains: Soy**

GKCC Bakery Blend Cheese

Ingredients: Pasteurised Milk, Salt, Cultures, Enzymes (Non Animal Rennet), Anticaking Agent (460), Preservative (200, 235).

Contains: dairy

Bella Pizza Sauce

Ingredients: tomatoes, sugar, salt, herbs, garlic, onion powder, vinegar, olive oil, corn starch

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Tegel Shredded Chicken Classic Roast Ingredients Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d) , spice extracts

Contains: Sulphites

Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative Ingredients: Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

Original Foods Hidden Veg Raspberry Mud Muffin

Ingredients: Pumpkin (32%), Wheat Flour, Sugar, Vegetable Oil, Egg, Raspberries (7%), Wholemeal Wheat Flour, Brown Sugar, Cocoa (2.5%), Raising Agents (450, 500), Free Flow Agent (170), Maltodextrin, Salt, Natural Flavour. Contains: Gluten and Egg. May be Present: Milk, Soy, Peanuts and Tree Nuts.

Contains: Gluten and Egg

Yoghurt (Fresh n Fruity)

Ingredients: Skim milk, sugar, berries (4.0%) (boysenberry (1.5%), strawberry (1.0%), blackberry (1.0%), raspberry (reconstituted)(0.5%), cream, thickener (1442), gelatine, natural flavour, acidity regulator (330), live cultures (including *acidophilus* and *bifidus*), preservative (202).

Contains: Milk

Barkers Basil Savoury Filling

Ingredients Water, Chickpea (Chickpea (60%), Water, Salt), Basil (10%) (Puree, Dried), Lemon Juice (Reconstituted), Canola Oil , Thickener (1442, 415), Sugar, Onion, Garlic (2%), Sea Salt, Preservative (202), Spice, Acidity Regulator (330), Natural Colour (100, Plant Extract)

Food Nation Mushroom and grain super sausies

Dairy Free, Soy Free, Vegan

Ingredients: Vegetables (51%) (Mushroom, Chickpeas, Onion, Garlic), Water, Grains (8%) (Sunflower Seeds, Kiwi Quinoa, Buckwheat), Vegetable Oil, Vegetable Protein (Faba Bean, Pea), Vegetable Gums (Methylcellulose, Xanthan, Locust Bean, Guar), Rice Flour, Wholegrain Mustard, Modified Starch (1412), Pea Fibre, Salt, Herbs, Spices

THURSDAY March 3rd:

Standard Lunch: Egg, Cheese & Salad Filled Roll - Wholemeal long roll filled with egg mayo, cheese and spinach, with coleslaw and corn cob

EF, VE – chickpea smash with vegan mayo

GF – GF roll

DF, VE – vegan cheese, falafel

Snack: Hidden Vege Raspberry Mud Muffin

Year 9+: +Seasonal Fruit

EF, VE – Anzac Cookie

GF – Rice Cracker

LUNCH CONTAINS GLUTEN, EGG, DAIRY, SOY

Vegetarian Lunch: Standard Meal

Gluten Free Lunch: GF roll filled with egg mayo, cheese and spinach, with coleslaw and corn cob **Snack:** Wholegrain Rice Cracker **Year 9+:** +Seasonal Fruit

Dairy Free Lunch: Wholemeal long roll filled with egg mayo, *vegan cheese* and spinach, with coleslaw, *falafel* and corn cob
Snack: DF Cookie **Year 9+:** +Seasonal Fruit

Egg Free Lunch: Wholemeal long roll filled with *smashed chickpea mayo*, cheese and spinach, with coleslaw and corn cob
Snack: Cookie **Year 9+:** +Seasonal Fruit

Halal Lunch: Standard Meal

No Beef Lunch: Standard Meal

No Pork Lunch: Standard Meal

Vegan Lunch: Wholemeal long roll filled with *smashed chickpea mayo*, vegan cheese and spinach, with coleslaw, falafel and corn cob **Snack:** Cookie **Year 9+:** +Seasonal Fruit

Soy Free Lunch: Standard Meal

TipTop Supersoft Rolls

Ingredients: Wheat Flour, Water, Oats (13%), Wheat Gluten, Sugar, Canola Oil , Iodised Salt, Baker's Yeast, Emulsifiers (481, 472e, 471), Preservatives (282), Soy Flour, Barley Malt Flour, Vegetable Gum (415), Wheat Starch, Vitamins (Niacin, Thiamin, Riboflavin) May be present: Sesame Seeds and Milk,

Contains: Gluten Cereals and Soy

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Zeagold Chilled Egg Spread

Ingredients: Egg, Mayonnaise (water, canola oil, sugar, thickener (1442), egg yolk, salt, spices, acidity regulator (260), lemon juice), acidity regulator (330, 325), preservative (202, 234) **Contains: Egg**

GKCC Bakery Blend Cheese

Ingredients: Pasteurised Milk, Salt, Cultures, Enzymes (Non Animal Rennet), Anticaking Agent (460), Preservative (200, 235). **Contains: dairy**

Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative **Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

TCG Falafel

Ingredients: Chickpeas (57%), onion, seasoning (rice flour, dehydrated vegetables, spices, salt, herb, soy protein, maltodextrin (maize), yeast extract, maize flour, dextrose (tapioca, maize) vegetable oils (canola, olive), mineral salts (450,500), herb extract, flavour), water, vegetable fibre (pea), vegetable oil, corn starch, modified food starch (E1412), red bell peppers **Contains: soy**

Allergy Wise GF White Rolls

Ingredients: Water, Starch (Maize, Potato), Sunflower Oil, Sugar, Psyllium Husk, Rice Flour, Thickener (1442), Salt, Yeast, Vegetable Gums (464, 412), Cider Vinegar, Humectant (422)

Original Foods Hidden Veg Raspberry Mud Muffin

Ingredients: Pumpkin (32%), Wheat Flour, Sugar, Vegetable Oil, Egg, Raspberries (7%), Wholemeal Wheat Flour, Brown Sugar, Cocoa (2.5%), Raising Agents (450, 500), Free Flow Agent (170), Maltodextrin, Salt, Natural Flavour. **Contains: Gluten and Egg. May be Present: Milk, Soy, Peanuts and Tree Nuts.**

Contains: Gluten and Egg

Anzac Cookies (Mrs Higgins)

Ingredients: Wheat & Wholemeal Flour, Sugar, Oats, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and di-glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Desiccated Coconut, Golden Syrup, Water, Treacle, Raising Agent (sodium bicarbonate).

Contains: gluten/wheat, soy

FRIDAY March 4th:

Standard Lunch: Cheeseburger (wholemeal bun, beef burger patty, cheese, lettuce, tomato sauce) and mixed salad

V, GF, VE, SF, H, NB – Black Bean Burger Patty

GF – Gf burger bun

DF, VE- Vegan Cheese

Snack: Seasonal Fruit

Year 9+: +Cookie

GF, VE Coconut Blissballs

LUNCH CONTAINS GLUTEN, DAIRY, EGG, SOY

Vegetarian Lunch: *BlackbeanBurger* (wholemeal bun, *black bean burger patty*, cheese, lettuce, tomato sauce) and mixed salad **Snack:** Seasonal Fruit **Year 9+:** +Cookie

Gluten Free Lunch: Cheeseburger (*GF bun*, beef burger patty, cheese, lettuce, tomato sauce) and mixed salad **Snack:** Seasonal Fruit **Year 9+:** +Coconut Blissballs

Dairy Free Lunch: Cheeseburger (Wholemeal bun, beef burger patty, *vegan cheese*, lettuce, tomato sauce) and mixed salad **Snack:** Seasonal Fruit **Year 9+:** +DFCookie

Egg Free Lunch: Cheeseburger (Wholemeal bun, beef burger patty, cheese, lettuce, tomato sauce) and mixed salad **Snack:** Seasonal Fruit **Year 9+:** +EFCookie

Halal Lunch: *BlackbeanBurger* (wholemeal bun, *black bean burger patty*, cheese, lettuce, tomato sauce) and mixed salad **Snack:** Cookie **Year 9+:** +Seasonal Fruit

No Beef Lunch: *BlackbeanBurger* (wholemeal bun, *black bean burger patty*, cheese, lettuce, tomato sauce) and mixed salad **Snack:** Seasonal Fruit **Year 9+:** +Cookie

No Pork Lunch: Standard Meal

Vegan Lunch: *BlackbeanBurger* (Wholemeal bun, *black bean burger patty*, *vegan cheese*, lettuce, tomato sauce) and mixed salad **Snack:** Seasonal Fruit **Year 9+:** +Coconut Blissballs

Soy Free Lunch: *BlackbeanBurger* (*SF bun*, *black bean burger patty*, cheese, lettuce, tomato sauce) and mixed salad **Snack:** Seasonal Fruit **Year 9+:** +Coconut Blissballs

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Leader Fast Cook Burger Pattie

Ingredients: Meat (72%) (Beef, Chicken, Lamb), Onion, Seasoning [Wheat Flour, Salt, Tapioca Starch, Emulsifier (451), Soy Protein, Garlic, Spice, Spice Extract, Yeast Extract], Breadcrumbs [Wheat Flour, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))] **Soy** Protein Isolate, Colour (150c) **Contains:** *Gluten (Wheat), Soy*

TipTop Oatlicious Burger Buns

Ingredients: Wheat Flour, Water, Oats (13%), Wheat Gluten, Wheat Fibre, Sugar, Canola Oil, Iodised Salt, Baker's Yeast, Preservative (282), Emulsifiers (481, 472e, 471, 481), Soy Flour, Wheat Starch, Barley Malt Flour, Vitamins (Niacin, Thiamin, Riboflavin). **Contains:** *Gluten Cereals and Soy.*

Alpine Natural Cheese Edam Slices

Ingredients: pasteurised milk, salt, enzymes (microbial), cultures. No added colours or flavours. Suitable for vegetarians. Gluten free.

Contains: *dairy*

Wild Chef Black Bean Patties **Ingredients:** Black beans (39%), chickpeas (39%), onion, tapioca starch, jalapenos, potato flake, smoked paprika, salt, baking powder, cumin, pepper.

Loft Tomato Ketchup

Ingredients: Tomato Paste (37%), Water, Vinegar, Apple Juice Concentrate, Carrot, Beetroot, Salt, Monk Fruit Juice Concentrate, Preservative (Potassium Sorbate), Thickener (Xanthan Gum), Spices, Garlic

Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative

Ingredients: Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims** *Dairy Free, Gluten Free, Soy Free, Lactose Free*

Anzac Cookies (Mrs Higgins)

Ingredients: Wheat & Wholemeal Flour, Sugar, Oats, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and di-glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Desiccated Coconut, Golden Syrup, Water, Treacle, Raising Agent (sodium bicarbonate).

Contains: *gluten/wheat, soy*

Gingernut Cookies (Mrs Higgins)

Ingredients: Wheat Flour, Sugar, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono and di glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Egg, Golden Syrup, Glucose Syrup, Spice (ginger powder, cinnamon), Raising Agent (Sodium Bicarbonate), Salt

Contains: *gluten/wheat, soy, egg*

Cranberry Coconut Bliss bites (Mrs Higgins)

Ingredients: Dates, Desiccated Coconut (37%), Water, Dried Cranberries (4.5%), Cocoa Powder, Natural Cranberry Flavour May be present: Tree Nuts

Allergy Wise GF White Rolls

Ingredients: Water, Starch (Maize, Potato), Sunflower Oil, Sugar, Psyllium Husk, Rice Flour, Thickener (1442), Salt, Yeast, Vegetable Gums (464, 412), Cider Vinegar, Humectant (422)