

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
JNR - CARBOHYDRATE - Pasta Penne	39.655	0.055	Pasta, Penne (Durum <b>Wheat</b> Semolina); Pasta, Penne, Wholemeal (Durum <b>Wheat</b> Semolina).
JNR - CARBOHYDRATE - Pasta Penne Gluten Free	42.9	0.055	Pasta, Penne, Gluten Free (Cornflour (50,4%), Brown Rice Flour (22%), Rice Flour (21,4%), Potato Starch, Quinoa Flour (3%), Stabiliser: Mono and Diglycerides of Fatty Acids).
JNR - CARBOHYDRATE - Pasta Salad	40.78	0.07	Pasta, Penne (Durum <b>Wheat</b> Semolina); Pasta, Penne, Wholemeal (Durum <b>Wheat</b> Semolina); Cucumbers (CUCUMBER); Peppers, Red (RED PEPPER); Sweetcorn.
JNR - CARBOHYDRATE - Potatoes Chips	21	0.1	Chips, Fries, Medium Cut (Potato (96%),Palm Oil.).
JNR - CARBOHYDRATE - Potatoes Roasted No Oil	17.2	0.1	Potatoes, Whole, Peeled (Potato (100%), Sodium <b>metabisulphite</b> ).
JNR - CARBOHYDRATE - Potatoes Wedges	20	0.1	Potatoes, Frites, Plain, Skin on Wedges (Potato (96,5 %), SG palm oil (3,5 %)).
JNR - CARBOHYDRATE - Rice	30.76	0.04	Rice, Brown, White.
JNR - CARBOHYDRATE - Spaghetti	39.6	0.055	Pasta, Spaghetti (Durum <b>Wheat</b> Semolina (100%)).
JNR - DESSERT - COLD - Apple Crumble Slice	25.691	0.085	Apples, Solid Pack (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).); Flour, Wholemeal (Wholemeal Wheat Flour.); Cereal, Oatflakes (Oats (100%)); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Soft, Brown, Dark (Cane Sugar).
JNR - DESSERT - COLD - Apple Slices	2.32	0.02	Apples, Granny Smith (APPLE).
JNR - DESSERT - COLD - Brownie Chocolate	16.722	0.04	<b>Eggs</b> , Medium, Free Range (Egg.); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Sugar, Soft, Brown, Light (Cane Sugar); Cocoa, Arriba (Cocoa Powder (100%)); Flour, Plain ( <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin).); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.).

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JNR - DESSERT - COLD - Chocolate Brownie Gluten Free	20.89	0.039	Sugar, Caster (sugar); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Flour, Plain, Gluten Free (Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)); <b>Eggs</b> , Medium, Free Range (Egg.); Cocoa, Arriba (Cocoa Powder (100%).).
JNR - DESSERT - COLD - Chocolate Crackle Biscuits	18.267	0.031	Sugar, Granulated (Sugar); Flour, Plain ( <b>Wheat Flour</b> (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin).); <b>Eggs</b> , Medium, Free Range (Egg.); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Cocoa, Arriba (Cocoa Powder (100%).); Sugar, Icing (Sugar (97%), Maize Starch); Baking Powder ( <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate).); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.).
JNR - DESSERT - COLD - Chocolate Oaty Bake	17.633	0.033	Flour, Plain ( <b>Wheat Flour</b> (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Cereal, Oatflakes ( <b>Oats</b> (100%).); Cocoa, Arriba (Cocoa Powder (100%).); Baking Powder ( <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate).).
JNR - DESSERT - COLD - Cookie Chocolate (Vegan)	15.545	0.026	Flour, Plain ( <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Granulated (Sugar); Sugar, Soft, Brown, Light (Cane Sugar); Cocoa, Arriba (Cocoa Powder (100%).); Water, Tap.; Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Baking Powder ( <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate).); Salt, Table (Salt, Anti-caking Agent E535.).

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JNR - DESSERT - COLD - Cookie Fruity (Vegan)	19.171	0.028	Flour, Plain ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Granulated (Sugar); Sugar, Soft, Brown, Light (Cane Sugar); Sultanas (Sultanas (99.5%), Sunflower oil); Water, Tap.; Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Baking Powder ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate).); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - DESSERT - COLD - Cookie Oaty (Vegan)	17.226	0.026	Flour, Plain ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Granulated (Sugar); Sugar, Soft, Brown, Light (Cane Sugar); Cereal, Oatflakes ( <b>Oats</b> (100%)); Water, Tap.; Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Baking Powder ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate).); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - DESSERT - COLD - Cookie Vanilla (Vegan)	17.526	0.026	Flour, Plain ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Granulated (Sugar); Sugar, Soft, Brown, Light (Cane Sugar); Water, Tap.; Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Baking Powder ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate).); Salt, Cooking (Salt, Anti-caking Agent E535.).
JNR - DESSERT - COLD - Cookie Vanilla Gluten Free	22.09	0.034	Flour, Plain, Gluten Free (Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Sugar, Soft, Brown, Light (Cane Sugar); Eggs, Medium, Free Range (Egg.); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Bicarbonate of Soda (Sodium Bicarbonate); Salt, Table (Salt, Anti-caking Agent E535.).

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JNR - DESSERT - COLD - Flapjack Plain	20.964	0.039	Cereal, Oatflakes ( <b>Oats</b> (100%)); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Soft, Brown, Light (Cane Sugar); Syrup, Golden (Partially Inverted Refiners Syrup.); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.).
JNR - DESSERT - COLD - Flapjack Sultana	25.475	0.045	Cereal, Oatflakes ( <b>Oats</b> (100%)); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Soft, Brown, Light (Cane Sugar); Sultanas (Sultanas (99.5%), Sunflower oil); Syrup, Golden (Partially Inverted Refiners Syrup.); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.).
JNR - DESSERT - COLD - Fruit Cocktail	4.82	0.06	Fruit Cocktail, In Juice (Mixed fruit in variable proportions(Pear, Peach, Pineapple, Grapes, Cherries[Colour {Erythrosine}]), Water, Pear Juice from Concentrate, Acidity Regulator(Citric Acid).); Peaches, Slices, In Juice (Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).).
JNR - DESSERT - COLD - Fruit Flavoured Yoghurt	12.4	0.08	Yoghurt, Low Fat, Peach (Low Fat Yogurt ( <b>Milk</b> ), Peach (8%), Sugar, Peach Puree, Modified Maize Starch, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Natural Colour (Annatto Norbixin), Preservative (Potassium Sorbate). Contains : <b>Milk</b> ); Yoghurt, Strawberry (Low Fat Yogurt ( <b>Milk</b> ), Strawberry (8%), Sugar, Strawberry Puree (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate). Contains : <b>Milk</b> ).
JNR - DESSERT - COLD - Ice Lolly	5	0.03	Ice Lollies, Assorted, Fruit (Ingredients: Water, Sugar, Citric Acid, Flavourings: ( Blackcurrant, Orange, Lemon, Tutti-Frutti ), Stabiliser Guar Gum, Natural Colours Carotenes, Red Beet Concentrate, Anthocyanins, Riboflavin, Chlorophyll. Contains : None of the 14 Food Allergens).
JNR - DESSERT - COLD - Jaffa Cake Iced	34.978	0.069	Water, Tap.; Sugar, Caster (sugar); Flour, Plain ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin).); Oil, Rapeseed, Extended Life; Sugar, Icing (Sugar (97%), Maize Starch); Cocoa, Arriba (Cocoa Powder (100%)); Oranges, Large (ORANGE); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Bicarbonate of Soda (Sodium Bicarbonate).
JNR -DESSERT - COLD - Jelly Orange	1.95	0.077	Water, Tap.; Jelly, Crystals, Orange, Vegan (Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Flavourings, Colours (Beetroot Red, Annatto Norbixin).).

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JNR - DESSERT - COLD - Jelly Raspberry	1.925	0.077	Water, Tap.; Jelly, Crystals, Raspberry, Vegan (Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colour (Beetroot Red), Flavouring.).
JNR - DESSERT - COLD - Jelly Strawberry	1.925	0.077	Water, Tap.; Jelly, Crystals, Strawberry, Vegan (Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavourings.).
JNR - DESSERT - COLD - Rainbow Shortbread	13.54	0.022	Flour, Plain ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Sugar Strands (Sugar, modified maize starch, vegetable oil (coconut), colouring foods (concentrates from spirulina, safflower, lemon, sweet potato, radish), glucose syrup, anti-caking agent (talc), colour (copper complexes of chlorophylls and chlorophyllins).).
JNR - DESSERT - COLD - Shortbread Gluten Free	21.25	0.035	Flour, Plain, Gluten Free (Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Icing (Sugar (97%), Maize Starch); Sugar, Caster (sugar).
JNR - DESSERT - COLD - Shortbread Vanilla Custard	11.9	0.02	Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Custard, Powder (Maize Starch, Colour(Annatto Norbixin), Flavouring.); Flour, Plain ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin).); Sugar, Caster (sugar).
JNR - DESSERT - COLD - Vanilla Ice Cream	12	0.08	Ice Cream, Vanilla, Soft Scoop (Water, Sugar, Palm Oil, Butter <b>Milk</b> Powder, Whey Powder ( <b>Milk</b> ), Dextrose, Skimmed <b>Milk</b> Powder, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Carboxymethyl Cellulose, Locust Bean Gum), Flavouring, Colours(Curcumin, Annatto).).

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JNR - MAIN - FISH - Baguette Tuna Mayonnaise	33.36	0.133	Baguette, Malted <b>Wheat</b> , 10" ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Malted <b>Wheat</b> Flakes, Malted <b>Barley</b> , Salt, <b>Wheat</b> Bran, <b>Wheat</b> Gluten, <b>Wheat</b> Flour, Yeast, <b>Barley</b> Fibre, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid).); Tuna, Chunks, In Brine (Tuna ( <b>Fish</b> ), Water, Salt.); Mayonnaise, Light (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, <b>Egg</b> Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).).
JNR - MAIN - FISH - Breaded Fish Gluten Free	15	0.06	Pollock, Fillets, Breaded, Gluten Free (Ingredients: Alaska pollock (Theragra chalcogramma) (50%)( <b>Fish</b> ), Rice Flour, Maize Flour, Sunflower Oil, Modified Maize Starch, Maize Starch, Raising Agents (Sodium bicarbonate, Disodium Pyrophosphate), Stabilizer (Methylcellulose), Dextrose, Vegetable Fibre (Citrus, Bamboo), Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids) Contains : <b>Fish</b> ).
JNR - MAIN - FISH - Fish Fingers	15.75	0.075	<b>Fish</b> Fingers, Cod, Minced (Cod ( <b>Fish</b> ) (58%), <b>Wheat</b> flour ( <b>Wheat</b> flour, calcium carbonate, iron, niacin,thiamin), rapeseed oil, water, yeast, salt, colour (paprika extract, curcumin),turmeric.).
JNR - MAIN - FISH - Salmon Fish Fingers	12.75	0.075	<b>Fish</b> Fingers, Salmon (Pink Salmon ( <b>Fish</b> ) (58%), <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt(Salt, Sodium Ferrocyanide), Colour(Paprika Extract, Curcumin), Turmeric.).
JNR - MAIN - MEAT - Baguette Ham (Herts)	34.74	0.133	Baguette, Malted <b>Wheat</b> , 10" ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Malted <b>Wheat</b> Flakes, Malted <b>Barley</b> , Salt, <b>Wheat</b> Bran, <b>Wheat</b> Gluten, <b>Wheat</b> Flour, Yeast, <b>Barley</b> Fibre, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid).); Ham, Wafer Thin, Cooked (Pork (70%), Water, Salt, Potato Starch, Stabilisers (Carrageenan,Diphosphates, Triphosphates), Dextrose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).); Spread, Sunflower, Light (Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.).
JNR - MAIN - MEAT - Chicken Fillet Roasted	0.456	0.057	Chicken, Fillets, Breast.

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JNR - MAIN - MEAT - Chicken Paella	33.749	0.134	Chicken, Thigh, Diced, Plain (Chicken (100%)); Rice, Brown, White; Onions, Spanish (ONION); Peas, Value; Peppers, Red (RED PEPPER); Carrots (CARROTS); Oil, Rapeseed, Extended Life; Stock, Bouillon, Chicken, Paste (Potato Starch, Salt, Maltodextrin, Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Chicken Fat, Sugar, Yeast Extract, Flavouring, Herbs (Sage, Rosemary), Chicken Powder(Chicken, Antioxidant(Rosemary Extract)), Carrot Powder, Black Pepper, Antioxidant(Rosemary Extract), Colour(Curcumin.); Herbs, Parsley, Flat Leaf, Bunched (Flat Leaf Parsley); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Thyme, Bunch (Thyme); Paprika, Smoked (Smoked Paprika.); Spices, Turmeric, Ground (Ground Turmeric.); Paste, Tomato (Tomatoes.).
JNR - MAIN - MEAT - Pork Sausages Gluten Free (Brakes)	15.209	0.114	Sausages, Pork, 8's, Gluten Free (Pork (65%), Water, Gluten Free Crumb (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fibre, Salt, Glycerol Monostearate, Caramalised Sugar Syrup, Paprika Extract), Potato Starch, Salt, Rice Flour, Dextrose, Yeast Extract, Sugar, Stabiliser (Diphosphate), Preservative (Sodium <b>Sulphite</b> ), Spice Extracts, Herb Extracts. Filled into Pork Collagen Casings (Collagen, Water, Cellulose).).
JNR - MAIN - MEAT - Sweet Chilli Chicken	10.211	0.084	Chicken, Thigh, Diced, Plain (Chicken (100%)); Honey, Clear (Clear Honey (100%)); Sauce, Dipping, Sweet Chilli (Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).); Limes (LIME).
JNR - MAIN - VEGETARIAN - Baguette Cheese	32.825	0.098	Baguette, Malted <b>Wheat</b> , 10" ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Malted <b>Wheat</b> Flakes, Malted <b>Barley</b> , Salt, <b>Wheat</b> Bran, <b>Wheat</b> Gluten, <b>Wheat</b> Flour, Yeast, <b>Barley</b> Fibre, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid).); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Spread, Sunflower, Light (Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.).

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JNR - MAIN - VEGETARIAN - BBQ Bean Burrito	48.804	0.146	Bread, Wraps, Tortilla, Flour, 6" ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.); Beans, Red Kidney, In Water (Red Kidney Beans, Water, Firming Agent: Calcium chloride.); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Rice, Brown, White; Carrots (CARROTS); Onions, Red (RED ONION); Peppers, Mixed (-); Sauce, Tomato Ketchup (Water, Tomato Concentrate, Sugar, Modified Starch, Acid: Acetic acid, Salt, Preservative (Potassium sorbate), Colour (E150d), Rapeseed oil, Sweetener (Sodium Saccharin), Flavourings); Oil, Rapeseed, Extended Life; Sugar, Soft, Brown, Dark (Cane Sugar); Seasoning, Barbeque, Rub (SMOKED PAPRIKA, SALT, SUGAR, ORANGE PEEL, CORIANDER, CUMIN, FENNEL SEEDS, BLACK PEPPER, CHILLI, THYME, PARSLEY, GARLIC, ONION, ALL SPICE, CINNAMON, STAR ANISE, CLOVES.)
JNR - MAIN - VEGETARIAN - BBQ Bean Burrito DF	50.854	0.146	Bread, Wraps, Tortilla, Flour, 6" ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.); Beans, Red Kidney, In Water (Red Kidney Beans, Water, Firming Agent: Calcium chloride.); Cheese, Grated, Vegan (Food preparation with Palm Oil (Water, Modified Potato Starch, Palm Oil SG, Salt, Emulsifier: Tricalcium Phosphate, Colour (Beta Carotene)), Anti-caking Agent (Potato Starch).); Rice, Brown, White; Carrots (CARROTS); Onions, Red (RED ONION); Peppers, Mixed (-); Sauce, Tomato Ketchup (Water, Tomato Concentrate, Sugar, Modified Starch, Acid: Acetic acid, Salt, Preservative (Potassium sorbate), Colour (E150d), Rapeseed oil, Sweetener (Sodium Saccharin), Flavourings); Oil, Rapeseed, Extended Life; Sugar, Soft, Brown, Dark (Cane Sugar); Seasoning, Barbeque, Rub (SMOKED PAPRIKA, SALT, SUGAR, ORANGE PEEL, CORIANDER, CUMIN, FENNEL SEEDS, BLACK PEPPER, CHILLI, THYME, PARSLEY, GARLIC, ONION, ALL SPICE, CINNAMON, STAR ANISE, CLOVES.)
JNR - MAIN - VEGETARIAN - Cheese & Tomato Pizza	17.828	0.1	Pizza, Base, Thin & Crispy, 12" ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Extra Virgin Olive Oil, Salt, Sugar.); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Water, Tap.; Paste, Tomato (Tomatoes.); Carrots (CARROTS); Onions, Spanish (ONION); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
JNR - MAIN - VEGETARIAN - Cheese & Tomato Pizza Allergen Free	30.144	0.12	Pizza Base, Gluten Free, 10" (Flour Blend (Corn Starch, Inulin, Hypromellose, Guar Gum, Psyllium, Rice, Maize, Buckwheat, Potato Starch, Quinoa, Powder Sugar), Water, Extra Virgin Olive Oil, Salt, Yeast.); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Cheese, Grated, Vegan (Food preparation with Palm Oil (Water, Modified Potato Starch, Palm Oil SG, Salt, Emulsifier: Tricalcium Phosphate, Colour (Beta Carotene)), Anti-caking Agent (Potato Starch).); Water, Tap.; Paste, Tomato (Tomatoes.); Carrots (CARROTS); Onions, Spanish (ONION); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - Cheesy Pasta Twists	48.789	0.138	<b>Milk</b> , Semi-Skimmed (Cow's <b>Milk</b> .); Pasta, Macaroni (Durum <b>Wheat</b> Semolina); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Cornflour (Maize Starch.); Spices, Pepper, White, Ground (White Pepper.); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - MAIN - VEGETARIAN - Cheesy Pasta Twists GF	52.034	0.138	<b>Milk</b> , Semi-Skimmed (Cow's <b>Milk</b> .); Pasta, Penne, Gluten Free (Cornflour (50,4%), Brown Rice Flour (22%), Rice Flour (21,4%), Potato Starch, Quinoa Flour (3%), Stabiliser: Mono and Diglycerides of Fatty Acids); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Cornflour (Maize Starch.); Spices, Pepper, White, Ground (White Pepper.); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - MAIN - VEGETARIAN - Chilli Bean Loaded Wedges	31.669	0.243	Potatoes, Frites, Plain, Skin on Wedges (Potato (96,5 %), SG palm oil (3,5 %).); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Beans, Borlotti, Tinned (Borlotti Beans, Water, Antioxidant(Ascorbic Acid).); Beans, Butter (Butter Beans, Water. Firming Agent (Calcium Chloride)); Beans, Red Kidney, In Water (Red Kidney Beans, Water, Firming Agent: Calcium chloride.); Onions, Spanish (ONION); Peppers, Mixed (-); Sweetcorn (sweetcorn); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Spices, Paprika (Paprika); Spices, Chilli Powder, Mild (Paprika, Chilli Powder (20%).).
JNR - MAIN - VEGETARIAN - Jacket Potato Baked Beans	56.8	0.31	Potatoes, Jacket, 50's (POTATO); Beans, Baked, Reduced Salt & Sugar (Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Flavouring, Paprika Powder.).
JNR - MAIN - VEGETARIAN - Jacket Potato Cheese	49.425	0.275	Potatoes, Jacket, 50's (POTATO); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
JNR - MAIN - VEGETARIAN - Jacket Potato Cheese (Vegan)	54.55	0.275	Potatoes, Jacket, 50's (POTATO); Cheese, Grated, Vegan (Food preparation with Palm Oil (Water, Modified Potato Starch, Palm Oil SG, Salt, Emulsifier: Tricalcium Phosphate, Colour (Beta Carotene)), Anti-caking Agent (Potato Starch).).
JNR - MAIN - VEGETARIAN - Lentil & Vegetable Bolognese (vegan)	13.89	0.104	Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Lentils, Red; Courgette, Green (Green Courgettes BB); Carrots (CARROTS); Onions, Spanish (ONION); Herbs, Basil, Bunched (Basil); Oil, Rapeseed, Extended Life; Garlic, Peeled, Prepared (Garlic (100%)).; Herbs, Oregano (Dried Oregano.); Herbs, Rosemary, Needles (Dried Rosemary.); Herbs, Thyme, Rubbed (Dried Thyme.).
JNR - MAIN - VEGETARIAN - Roasted Vegetable & Mixed Bean Pasta	42.144	0.172	Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Pasta, Penne (Durum <b>Wheat</b> Semolina); Pasta, Penne, Wholemeal (Durum <b>Wheat</b> Semolina); Beans, Red Kidney, In Water (Red Kidney Beans, Water, Firming Agent: Calcium chloride.); Beans, Borlotti, Tinned (Borlotti Beans, Water, Antioxidant(Ascorbic Acid).); Beans, Cannellini, In Brine (Cannellini Beans, Water, Antioxidant(Ascorbic Acid).); Peppers, Mixed (-); Water, Tap.; Courgette, Green (Green Courgettes BB); Onions, Red (RED ONION); Carrots (CARROTS); Onions, Spanish (ONION); Oil, Rapeseed, Extended Life; Paste, Tomato (Tomatoes.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - Roasted Vegetable & Pesto Slice	13.703	0.115	Pastry, Puff, Sheet ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate).); Courgette, Green (Green Courgettes BB); Carrots (CARROTS); Onions, Red (RED ONION); Peppers, Red (RED PEPPER); Peppers, Yellow (YELLOW PEPPER); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Oil, Rapeseed, Extended Life; Oil, Rapeseed, Extended Life; Herbs, Basil, Bunched (Basil); Herbs, Mixed (Marjoram, Thyme, Parsley, Basil, Savory.); Lemons (LEMON); Salt, Cooking (Salt, Anti-caking Agent E535.); Seeds, Sunflower; Spices, Pepper, Black, Cracked (Black Pepper.).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
JNR - MAIN - VEGETARIAN - Sausage Roll Vegan	30.4	0.08	Sausage Roll, Vegetarian (Puff Pastry( <b>Wheat Flour</b> [ <b>Wheat Flour</b> , Calcium Carbonate, Niacin, Iron, Thiamin], Pastry Margarine[Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier(Mono- and Diglycerides of Fatty Acids)], Water), Filling(Water, <b>Soya</b> Protein Concentrate (13%), Sage and Onion Stuffing[ <b>Wheat Flour</b> { <b>Wheat Flour</b> , Calcium Carbonate, Niacin, Iron, Thiamin}, Onion, Salt, Sage, Water, Raising Agent(Ammonium Carbonate, Sodium Hydrogen Carbonate), Yeast, Parsley, <b>Barley</b> Malt], Rapeseed Oil, Modified Maize Starch, Stabiliser(Methyl Cellulose), Salt, Mushroom Stock[Mushroom Concentrate, Salt, Rapeseed Oil, Water, Porcini Mushroom Powder, Onion Concentrate, Sugar, Cornflour], Onion Powder, White Pepper, Sage, Nutmeg, Cayenne Pepper[Chilli, Paprika]), Glaze(Water, <b>Wheat</b> Protein, Natural Colour[Carotenes])).
JNR - MAIN - VEGETARIAN - Sweet Potato & Cheddar Pasty	16.479	0.071	Pastry, Puff, Sheet ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate.); Potatoes, Sweet (SWEET POTATO); <b>Eggs</b> , Medium, Free Range (Egg.); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch.); Onions, Red (RED ONION); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Seasoning, Cajun (Salt,Chilli (21%),Black Pepper (5%),Garlic (5%),Thyme (5%),Oregano (5%),Rosemary (5%),Onion,Paprika,Paprika Extract,Silicon Dioxide,Sage,Pimento.).
JNR - MAIN - VEGETARIAN - Sweet Potato & Chick Pea Pasty	19.679	0.091	Pastry, Puff, Sheet ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate.); Potatoes, Sweet (SWEET POTATO); Chick Peas, Tinned, Large (chick peas,water, antioxidant (ascorbic acid) Contains : None of the 14 Food Allergens); <b>Eggs</b> , Medium, Free Range (Egg.); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch.); Onions, Red (RED ONION); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Seasoning, Cajun (Salt,Chilli (21%),Black Pepper (5%),Garlic (5%),Thyme (5%),Oregano (5%),Rosemary (5%),Onion,Paprika,Paprika Extract,Silicon Dioxide,Sage,Pimento.).
JNR - MAIN - VEGETARIAN - Tomato & Basil Pasta	42.601	0.125	Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Pasta, Penne (Durum <b>Wheat</b> Semolina); Pasta, Penne, Wholemeal (Durum <b>Wheat</b> Semolina); Water, Tap.; Carrots (CARROTS); Onions, Spanish (ONION); Paste, Tomato (Tomatoes.); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
JNR - MAIN - VEGETARIAN - Tomato & Basil Penne Pasta Gluten Free	45.846	0.125	Pasta, Penne, Gluten Free (Cornflour (50,4%), Brown Rice Flour (22%), Rice Flour (21,4%), Potato Starch, Quinoa Flour (3%), Stabiliser: Mono and Diglycerides of Fatty Acids); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Water, Tap.; Carrots (CARROTS); Onions, Spanish (ONION); Paste, Tomato (Tomatoes.); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - Vegetable & Lentil Curry	12.48	0.119	Water, Tap.; Lentils, Red; Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Chick Peas, Tinned, Large (chick peas,water, antioxidant (ascorbic acid) Contains : None of the 14 Food Allergens); Carrots (CARROTS); Onions, Spanish (ONION); Courgette, Green (Green Courgettes BB); Peppers, Red (RED PEPPER); Potatoes, Sweet (SWEET POTATO); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Paste, Tomato (Tomatoes.); Stock, Bouillon, Vegetable, Paste (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.); Spices, Curry Powder, Madras (Coriander (40%),Turmeric (22%),Rice Flour,Fenugreek (5%),Ginger,Salt(Salt,Anticaking Agent(Sodium Ferrocyanide)),Cumin,Black Pepper,Paprika,Colour(Paprika Extract),Nutmeg,Fennel.); Spices, Garam Masala (Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove.); Spices, Turmeric, Ground (Ground Turmeric.); Salt, Cooking (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - Vegetable Fingers	18	0.075	Vegetable, Fingers, Crispy (Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs ( <b>Wheat</b> Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, <b>Wheat</b> Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.).
JNR - MAIN - VEGETARIAN - Vegetarian Chilli Con Carne	7.275	0.094	Mince, Vegan (Rehydrated Textured <b>Soya</b> Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].); Peppers, Mixed (-); Beans Tinned Red Kidney (Red Kidney Beans, water, calcium chloride.); Onions, Spanish (ONION); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Oil, Rapeseed, Extended Life; Water, Tap.; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Paprika (Ground Paprika.); Carrots (CARROTS); Spices, Chilli Powder, Mild (Paprika, Chilli Powder (20%).); Paste, Tomato (Tomatoes.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
JNR - MAIN - VEGETARIAN - Veggie Mince Pasta Bake topped with Cheese	51.898	0.189	Mince, Vegan (Rehydrated Textured <b>Soya</b> Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].); Pasta, Penne (Durum <b>Wheat</b> Semolina); Pasta, Penne, Wholemeal (Durum <b>Wheat</b> Semolina); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Carrots (CARROTS); Onions, Spanish (ONION); Water, Tap.; Lentils, Red; Peppers, Mixed (-); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Paste, Tomato (Tomatoes.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Oil, Rapeseed, Extended Life; Oil, Rapeseed, Extended Life; Stock, Bouillon, Beef, Paste (Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour (Plain Caramel), Beef Extract, Caramelised Sugar Syrup.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - MAIN - VEGETARIAN - Veggie Mince Sauce	12.158	0.129	Mince, Vegan (Rehydrated Textured <b>Soya</b> Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Carrots (CARROTS); Onions, Spanish (ONION); Water, Tap.; Lentils, Red; Peppers, Mixed (-); Paste, Tomato (Tomatoes.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Oil, Rapeseed, Extended Life; Oil, Rapeseed, Extended Life; Stock, Bouillon, Beef, Paste (Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour (Plain Caramel), Beef Extract, Caramelised Sugar Syrup.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
JNR - SALAD BAR - Beetroot	1.98	0.03	Beetroot, Sliced, In Water (Beetroot, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).).
JNR - SALAD BAR - Beetroot & Apple Salad	2.86	0.035	Beetroot, Cooked (Beetroot); Apples, Red (APPLE).
JNR - SALAD BAR - Bread Carrot & Cumin	18.445	0.05	Flour, Wholemeal (Wholemeal <b>Wheat</b> Flour.); Water, Tap.; Flour, Strong ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), <b>Wheat</b> Gluten, Amylase.); Carrots (CARROTS); Oil, Rapeseed, Extended Life; Sugar, Granulated (Sugar); Yeast (Yeast, Water, emulsifier sorbitan mono-stearate E491); Salt, Table (Salt, Anti-caking Agent E535.); Spice, Cumin, Seeds (Whole Cumin Seeds).

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JNR - SALAD BAR - Bread Raisin & Cinnamon	27.102	0.061	Flour, Wholemeal (Wholemeal <b>Wheat</b> Flour.); Water, Tap.; Flour, Strong ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), <b>Wheat</b> Gluten, Amylase.); Raisins, Seedless (Raisins (99.5%), Sunflower Oil.); Oil, Rapeseed, Extended Life; Spices, Cinnamon, Ground (Ground Cinnamon (Cassia)); Sugar, Granulated (Sugar); Yeast (Yeast, Water, emulsifier sorbitan mono-stearate E491); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - SALAD BAR - Bread Rosemary & Garlic Foccacia	18.2	0.056	Flour, Wholemeal (Wholemeal <b>Wheat</b> Flour.); Water, Tap.; Flour, Strong ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), <b>Wheat</b> Gluten, Amylase.); Oil, Rapeseed, Extended Life; Oil, Rapeseed, Extra Virgin; Sugar, Granulated (Sugar); Herbs, Rosemary, Needles (Dried Rosemary.); Garlic, Peeled, Prepared (Garlic (100%)); Yeast (Yeast, Water, emulsifier sorbitan mono-stearate E491); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - SALAD BAR - Bread Wholemeal Bread	22.452	0.053	Flour, Wholemeal (Wholemeal <b>Wheat</b> Flour.); Water, Tap.; Flour, Strong ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), <b>Wheat</b> Gluten, Amylase.); Oil, Rapeseed, Extended Life; Sugar, Granulated (Sugar); Yeast (Yeast, Water, emulsifier sorbitan mono-stearate E491); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - SALAD BAR - Carrot Raisin & Orange Salad	4.185	0.043	Carrots (CARROTS); Oranges, Large (ORANGE); Raisins (Raisins, Sunflower Oil).
JNR - SALAD BAR - Carrots	1.8	0.03	Carrots (CARROTS).
JNR - SALAD BAR - Coleslaw	2.49	0.045	Cabbage, White (WHITE CABBAGE); Mayonnaise, Light (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, <b>Egg</b> Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).); Carrots (CARROTS); Onions, Spanish (ONION).
JNR - SALAD BAR - Cucumber	0.36	0.03	Cucumbers (CUCUMBER).
JNR - SALAD BAR - Lettuce	0.17	0.01	Lettuce, Iceberg (ICEBERG LETTUCE).
JNR - SALAD BAR - Macaroni Cheese Salad	15	0.033	Pasta, Macaroni (Durum <b>Wheat</b> Semolina); Mayonnaise, Light (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, <b>Egg</b> Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Onions, Spring Onions (SPRING ONION).
JNR - SALAD BAR - Orange Cous Cous Salad	15.019	0.044	Cous Cous (Durum <b>Wheat</b> Semolina.); Oranges, Large (ORANGE); Cucumbers (CUCUMBER); Onions, Red (RED ONION); Raisins, Seedless (Raisins (99.5%), Sunflower Oil.); Herbs, Mint, Bunch, Large (Mint); Herbs, Parsley, Flat Leaf, Bunched (Flat Leaf Parsley); Spices, Pepper, Black, Ground (Ground Black Pepper.).

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JNR - SALAD BAR - Peppers Mixed	1.41	0.03	Peppers, Mixed (-).
JNR - SALAD BAR - Pesto Pasta	14.42	0.021	Pasta, Penne (Durum <b>Wheat</b> Semolina); Oil, Rapeseed, Extended Life; Herbs, Basil, Bunched (Basil); Lemons (LEMON); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Seeds, Sunflower.
JNR - SALAD BAR - Potato Salad	7.352	0.045	Potatoes, New (POTATO); Mayonnaise, Light (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, <b>Egg</b> Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids.); Onions, Spring Onions (SPRING ONION); Yoghurt, Low Fat, Natural (Low Fat Natural Yogurt ( <b>Milk</b> )); Spices, Pepper, Black, Cracked (Black Pepper.); Salt, Table (Salt, Anti-caking Agent E535.).
JNR - SALAD BAR - Rainbow Rice Salad	12.934	0.036	Rice, Brown, White; Onions, Red (RED ONION); Carrots (CARROTS); Peppers, Mixed (-); Sweetcorn (sweetcorn); Spinach, Prepared, Baby Leaves (Spinach Leaf (100%).).
JNR - SALAD BAR - Singapore Noodles	16.268	0.033	Noodles, <b>Egg</b> , Medium ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), <b>Egg</b> (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid).); Peppers, Red (RED PEPPER); Oil, Rapeseed, Extended Life; Onions, Red (RED ONION); Onions, Spring Onions (SPRING ONION); Sauce, <b>Soy</b> , Tamari, Gluten Free (Water, <b>Soybeans</b> , Salt, Spirit vinegar); Ginger (Ginger); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Spices, Chinese Five Spice (Fennel (38%), Cassia (30%), Aniseed (16%), Black Pepper (8%), Clove (8%).); Spices, Curry Powder (Coriander, Turmeric (26%), Cumin Powder (8%), Salt (Salt, Anticaking agent (Sodium Ferrocyanide)), Rice Flour, Fenugreek (8%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace.).
JNR - SALAD BAR - Sweetcorn	2.43	0.03	Sweetcorn (sweetcorn).
JNR - SALAD BAR - Tomatoes	0.9	0.03	Tomatoes, MM (TOMATO).
JNR - SALAD BAR - TOPPER - Crispy Croutons	0.117	0.001	Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Mixed (Marjoram, Thyme, Parsley, Basil, Savory.); Bread, Loaf, Brown, Thick, Sliced ( <b>Wheat</b> Flour (with added calcium, iron, niacin and thiamine), Water, <b>Wheat</b> Bran, Yeast, Salt, Emulsifier: E472e. Preservative: E282. Rapeseed Oil, Flour Treatment Agent: E300.).
JNR - SALAD BAR - Yoghurt Mint Cucumber & Pea Salad	5.261	0.051	Peas, Value; Cucumbers (CUCUMBER); Herbs, Mint, Bunch, Large (Mint); Yoghurt, Low Fat, Natural (Low Fat Natural Yogurt ( <b>Milk</b> )).
JNR - SAUCE - Gravy	0.188	0.054	Water, Tap.; Gravy, Gluten Free (Maltodextrin, potato starch, natural flavouring, sugar, onion powder, vegetable oil (palm, sunflower, coconut, rapeseed), salt, stabilizer; guar gum. colour; plain caramel. chilean salt, tomato powder, anti-caking agent; silicon dioxide and vitamin D. Contains : None of the 14 Food Allergens).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
JNR - VEGETABLE - Baked Beans	6.5	0.05	Beans, Baked, Reduced Salt & Sugar (Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Flavouring, Paprika Powder.).
JNR - VEGETABLE - Broccoli	0.96	0.03	Broccoli (BROCCOLI).
JNR - VEGETABLE - Cabbage White	1.056	0.022	Cabbage, White (WHITE CABBAGE).
JNR - VEGETABLE - Carrots	1.8	0.03	Carrots (CARROTS).
JNR - VEGETABLE - Cauliflower	1.05	0.03	Cauliflower, Florets.
JNR - VEGETABLE - Green Beans	0.96	0.03	Beans, Green (green beans).
JNR - VEGETABLE - Peas	3.3	0.03	Peas, Value.
JNR - VEGETABLE - Sweetcorn	2.43	0.03	Sweetcorn (sweetcorn).
SLC/TCS - CARBOHYDRATE - Yorkshire Pudding 2"	7.8	0.02	Yorkshire Pudding, Fully Baked, 2" ( <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), <b>Egg</b> White, Water, Rapeseed Oil, Whole <b>Egg</b> , Skimmed <b>Milk</b> Powder, Salt.).
SLC/TCS - MAIN - MEAT - Battered Chicken Bites	9.6	0.06	Chicken, Nuggets, Battered, Cooked (Chicken meat (44%), water, vegetable oils (cottonseed and; or sunflower and; or rice), fortified <b>Wheat</b> flour with iron and folic acid, maize flour, starch, potassium chloride (E508), rasing agents (E450i, E500ii), salt, pepper, dextrose.).
SLC/TCS - MAIN - MEAT - Beef Bolognese	4.725	0.139	Beef, Mince (BEEF); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Water, Tap.; Carrots (-); Onions (Cooking Onions); Peppers, Mixed (-); Carrots (Carrots); Onions, Diced (Onion (100%).); Oil, Vegetable, Extended Life (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).); Paste, Tomato (Tomatoes.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Stock, Bouillon, Vegetable, Paste (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.); Herbs, Basil, Dried (Dried Basil); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
SLC/TCS - MAIN - MEAT - Beef Chilli	5.442	0.145	Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Beef, Mince (BEEF); Peppers, Mixed (-); Beans, Red Kidney, In Water (Red Kidney Beans, Water, Firming Agent: Calcium chloride.); Onions, Spanish (ONION); Oil, Rapeseed, Extended Life; Water, Tap.; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Paprika (Ground Paprika.); Carrots (CARROTS); Spices, Chilli Powder, Mild (Paprika, Chilli Powder (20%).); Paste, Tomato (Tomatoes.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).

SS2026	Carbohydrate	Portion Or Pack Size (kg or l)	Ingredients - Allergens shown and highlighted for Recipes Items <u>only</u> .
SLC/TCS - MAIN - MEAT - Savoury Beef Mince & Gravy	6.445	0.118	Beef, Mince (Minced Beef); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Paste, Tomato (Tomatoes.); Onions, Diced (Onions); Carrots (-); Sweetcorn; Gravy, Gluten Free (Maltodextrin, potato starch, natural flavouring, sugar, onion powder, vegetable oil (palm, sunflower, coconut, rapeseed), salt, stabilizer; guar gum. colour; plain caramel. chilean salt, tomato powder, anti-caking agent; silicon dioxide and vitamin D. Contains : None of the 14 Food Allergens); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.).