

Week
1

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch

FISHCAKES, MASHED POTATO, PEAS

INGREDIENTS:

FISHCAKES - Omega 3 MSC **FISHCAKES** – (Minced **WHITEFISH (FISH)** (43%), Water, **WHEAT** Flour (Calcium Carbonates, Iron, Niacin, Thiamin), Dried Potato, Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Stabiliser (Methyl Cellulose), Onion Powder, Yeast, Parsley, Sugar, Turmeric, Black Pepper Extract, Colour (Paprika Extract), Parsley Extract).

MASHED POTATO - Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour).

PEAS - Peas.

ALLERGENS: FISH, GLUTEN: WHEAT

MINTED LAMB HOTPOT

INGREDIENTS: Minced Lamb, Diced Onion, Diced Sweet potato, Broccoli, Diced Carrots, Cauliflower, Diced Potato (Potato, Palm Oil), Bisto Gravy(Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract.), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory.), Mint Sauce (Water, Rehydrated Mint (29%), Sugar, Acidity Regulator (Acetic Acid), Modified Potato Starch, Salt, Colour (Water, Polysorbate 80, Copper Complexes of Chlorophyllins, Propylene Glycol, Potassium Hydroxide, Flavouring),Sunflower oil.

ALLERGENS: NONE

CHICKEN BOLOGNAISE

INGREDIENTS: Chicken Mince, Diced Onion, Garlic Puree (Garlic, Acidity Regulator: Citric Acid), Mixed Peppers (Red And Green Peppers), Tomato Paste, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Chicken Stock (Chicken Stock (Water, Chicken Stock), Flavouring, Glucose Syrup, Salt, Yeast Extracts, Sugar), Penne Pasta (Durum **WHEAT** Semolina), Basil, Water, Sunflower Oil.

ALLERGENS: GLUTEN: WHEAT

CHEESY BEAN PIE

INGREDIENTS: Mash Potato (Potato (95%), Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Cheese (**MILK**, Water, Palm Oil, Potato Starch, **MILK** Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch)), Baked Beans(Haricot Beans, Tomatoes, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring) Chives, Grated Carrots.

ALLERGENS: MILK

BBQ CHICKEN SERVED WITH RICE

INGREDIENTS:

BBQ CHICKEN - Diced Chicken, BBQ Sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose - Fructose Syrup, Modified Maize Starch, Concentrated Apple Juice, Salt, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper), Vegetable Bouillon 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), Courgettes, Mixed Peppers (Red And Green Peppers).

RICE - Long Grain Rice.

ALLERGENS: NONE

FROZEN RASPBERRY YOGHURT

INGREDIENTS: Water, Sugar, Palm Oil, Whey Solids (**MILK**), Whey Powder (**MILK**), Yogurt Powder (**MILK**), Dextrose, Skimmed **MILK** Powder, **BUTTERMILK** Powder, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum), Flavouring, Colour (Beetroot Red).

ALLERGENS: MILK

POACHED PEARS WITH CUSTARD

INGREDIENTS : Pear Halves – (Water, Pear, Pear Juice from Concentrate, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Orange Juice, Cinnamon, **Custard** – (Reconstituted Skimmed **MILK**, Reconstituted Buttermilk (**MILK**), Water, Sugar, Modified Maize Starch, Vegetable oils (Palm Oil, Coconut Oil), **MILK** Proteins, Flavouring, Colour (Beta-carotene, Paprika Extract)).

ALLERGENS: MILK

STRAWBERRY RIPPLE ICE CREAM ROLL

INGREDIENTS: Water, Plain Sponge (23%)(**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Dextrose, **EGG**, **SOYA** Flour, **EGG** White, Raising Agents(Disodium Diphosphate, Sodium Carbonate), Skimmed **MILK** Powder, Emulsifiers(Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids)), Sugar, Palm Oil, Whey Solids (**Milk**), Whey Powder (**MILK**), Skimmed **MILK** Powder, **Buttermilk** Powder, Glucose, Stabilisers(Guar Gum, Xanthan Gum, Locust Bean Gum, Carboxymethyl Cellulose, Pectin), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Colour(Beetroot Red), Flavouring, Acidity Regulator(Citric Acid), Preservative(Potassium Sorbate).

ALLERGENS: SOYA, EGG, MILK, GLUTEN: WHEAT

PINEAPPLE SPONGE

INGREDIENTS: Pineapple, Water, Sugar, Acidity Regulator: Citric Acid, Sponge Mix-(Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Sparkling Water.

ALLERGENS: NONE

CHOCOLATE CORNFLAKE CAKE

INGREDIENTS : Cornflakes (Maize, Sugar, Salt, **BARLEY** Malt Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12.), Veg Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- And Di-Glycerides Of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D.), Golden Syrup(Partially Inverted Refiners Syrup), Milk Chocolate(Sugar, Vegetable Oil (Palm), Whey Powder (**MILK**), **WHEAT** Flour (With Calcium, Iron, Thiamin (B1), Niacin (B3)), Fat Reduced Cocoa Powder (6%), Emulsifiers (**SOYA** Lecithins, Polyglycerol Polyricinoleate), Flavouring).

ALLERGENS: SOYA, MILK, GLUTEN: WHEAT, BARLEY

Dessert

Week 2 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**

Lunch

BEEF CHILLI SERVED WITH HALF JACKET POTATO

INGREDIENTS:
BEEF CHILLI - Minced Beef, Sunflower Oil. Onions, Chilli Sauce – (Tomato Passata, Tomato, Red Kidney Beans, Onion, Red Pepper, Tomato Paste, Sugar, Garlic Puree, Water, Roasted Cumin Powder, Lemon Juice, Vegetable Oil, Salt, Paprika, Coriander Leaf, Parsley, Roasted Coriander Powder, Oregano, Chilli Powder, Ground Roasted Black Pepper), Baked Beans – (Haricot Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring).

JACKET POTATO - Jacket Potato.

ALLERGENS: NONE

PORK MEATBALL RAGU SERVED WITH RICE

INGREDIENTS:
PORK MEATBALL RAGU - Pork Meat Balls - (Pork (70%), Breadcrumbs (WHEAT Flour, Water, Salt, Yeast), Onion, EGG, Salt, Dried Onion, Rapeseed Oil, White Pepper, Nutmeg.), Ratatouille Mix - Courgette, Tomato, Green Pepper, Red Pepper, Onion, Aubergine, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Tomato Paste (Tomato Paste and Acidity Regulator), Veg Bouillon – (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.), Garlic Paste(Garlic, Acidity Regulator: Citric Acid).

RICE - Long Grain Rice.

ALLERGENS: EGG, GLUTEN: WHEAT

KATSU CHICKEN CURRY SERVED WITH NAAN BREAD

INGREDIENTS:
KATSU CURRY - Diced Chicken, Katsu Curry Sauce – (Water, Tomato Purée from concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Purée, SOY Sauce - (Water, Sugar, Rice Vinegar, SOYA BEAN, WHEAT, Salt), Garlic Purée, Turmeric, Ground Coriander, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Black Pepper, Garlic Powder, Stabiliser (Xanthan Gum), Ground Cassia, Cumin Seed, Ground Fennel, Ground Cloves), Broccoli, Carrot, Cauliflower. Chicken Stock (Water, Chicken Stock), Flavouring, Glucose Syrup, Salt, Yeast Extracts, Sugar.

NAAN BREAD – WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raising Agent (Monocalcium Phosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose.

ALLERGENS: SOYA, GLUTEN: WHEAT

FISH GOUJONS, POTATO WEDGES AND MUSHY PEAS

INGREDIENTS:
FISH GOUJONS - Pollock (Theragra Chalcogramma) (60%) (FISH); Breadcrumb [WHEAT Flour, Water, Yeast, Salt, Spice, Rapeseed Oil, Paprika], Water, Rapeseed oil, Batter [WHEAT Flour, WHEAT Starch, Maize Flour, Salt, Raising Agents (Sodium Bicarbonates and Disodium Diphosphates)], Seasoning [Maltodextrine, Dextrose, WHEAT Gluten, Citrus Fibre, Stabiliser (Methylcellulose), Potassium Chloride, Salt, Onion Powder, White Pepper, Tomato Powder, Garlic Powder, Dried Dill], Colour (Burnt Sugar), Vegetable Fibre, WHEAT Protein, Colour (Paprika Extract), Lemon Juice, Emulsifier (Polyglycerol Polyricinoleate).

POTATO WEDGES - Potato, Sunflower Oil.

MUSHY PEAS - Rehydrated Processed Peas (95%), Water, Sugar, Salt, Colours (Carotenes, Copper complexes of Chlorophyllins).

ALLERGENS: GLUTEN: WHEAT

VEGGIE SAUSAGE AND BEAN HOTPOT SERVED WITH MASHED POTATO

INGREDIENTS:
VEGGIE SAUSAGE AND BEAN HOTPOT - Vegetarian Sausage- (Rehydrated Textured SOYA Protein (70%), Water, Rapeseed Oil, SOYA Protein Concentrate, Seasoning (SULPHITES), (Dextrose, Salt, Flavouring, Onion Powder, Yeast Extract, Colour (Red Iron Oxide)), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Bamboo Fibre, Stabiliser (Methyl Cellulose), Tomato Purée, Salt, Raising Agent (Ammonium Carbonates), Baked Beans in Tomato Sauce (Haricot-Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika), Borlotti Beans (Borlotti Beans, Water, Antioxidant(Ascorbic Acid)), Cannellini Beans (Cannellini Beans, Water, Antioxidant(Ascorbic Acid)), Butter Beans (Butter Beans, Water, Firming Agent (Calcium Chloride), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Sugar, Salt, Colours (Carotenes, Copper complexes of Chlorophyllins).

MASHED POTATO - Mashed Potato (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour).

ALLERGENS: SULPHITES, SOYA GLUTEN: WHEAT

Dessert

JAM AND COCONUT SPONGE

INGREDIENTS: Jam - ((Sugar, Apple, Raspberries, Rhubarb, Plum, Gelling Agent (Pectin), Colour (Anthocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Preservative (SULPHUR-DIOXIDE)), Sponge Mix((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Desiccated Coconut-((Coconut, Preservative (SODIUM METABISULPHITE)), Vegetable Margarine - Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Sparkling Water.

ALLERGENS: SULPHITES

CRANBERRY FLAPJACK

INGREDIENTS: Flapjack Mix - (Gluten Free OAT Flakes (50%), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Glucose, Dextrose, Natural Flavouring, Salt, Flavouring)), Cranberries- (Cranberries, Sugar, Sunflower Oil).

ALLERGENS: NONE

STRAWBERRY AND VANILLA MOUSSE

INGREDIENTS: Water, Sugar, Palm Oil, Whey Solids (MILK), Whey Powder (MILK), Dextrose, SKIMMED MILK POWDER, BUTTERMILK Powder, Emulsifier - (Mono and Diglycerides Of Fatty Acids, Stabilisers (Guar Gum, Locust Bean Gum, Sodium Alginate), Flavouring, Colours (Beetroot Red, Beta Carotene).

ALLERGENS: MILK

MIXED FRUIT SPONGE

INGREDIENTS: Gluten Free Sponge Mix ((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Veg Margarine (Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator (Citric Acid), Flavouring, Colour (Beta-Carotene), Vitamin A, Vitamin D), Mixed Fruits (Sultanas, Cranberries, Raisins, Sunflower Oil, Sugar), Sparkling Water.

ALLERGENS: NONE

CHOC CHIP MUFFIN

INGREDIENTS: Sponge Mix - (Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum Vegetable Margarine - Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Chocolate Chips (Sugar, Vegetable Oil (Palm), Fat-Reduced Cocoa Powder, Emulsifiers (SOYA Lecithin, Sorbitan Tristearate), Natural Flavouring, MILK), Sparkling Water.

ALLERGENS: MILK, SOYA

Week
3

Lunch

Dessert

Monday

SWEET AND SOUR CHICKEN SERVED WITH RICE

INGREDIENTS:

SWEET AND SOUR CHICKEN - Diced Chicken, Sweet and Sour Sauce (Water, Tomato Purée from Concentrate, Onion, Sugar, Carrot, Pineapple Juice from Concentrate, Pineapple, Green Pepper, Spirit Vinegar, Modified Maize Starch, Red Pepper, Bamboo Shoot, Salt, Ginger Puree, Garlic Puree, Colours (Paprika Extract, Anthocyanins), Flavouring).

RICE - Long Grain Rice.

ALLERGENS: NONE

APPLE CRUMBLE

INGREDIENTS: Apple Filling- (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Crumble Mix- (Rice Flour, Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Tapioca Starch, Potato Starch, Maize Starch, Dextrose, Buckwheat Flour, Vegetable Fibre, Salt, Paprika Extract).

ALLERGENS: NONE

Tuesday

COTTAGE PIE

INGREDIENTS: Minced Beef, Diced Onion, Garlic (Garlic, Citric Acid), Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Mash Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Carrot, Swede, Vegetable Gravy (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract), Sunflower Oil.

ALLERGENS: NONE

CHOCOLATE FUDGE BROWNIE

INGREDIENTS: Sponge Mix- (Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - Vegetable Oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives (Potassium Sorbate), Acidity Regulator (Citric Acid), Flavouring, Colour (Beta-Carotene), Vitamin A, Vitamin D), Sparkling Water, Cocoa Powder (Fat Reduced Cocoa Powder, Cocoa Butter Minimum Content 10%).

ALLERGENS: NONE

Wednesday

TUNA PASTA BAKE

INGREDIENTS: Tuna (Skipjack Tuna (FISH), Water, Salt, Stabiliser (Xanthan Gum)), Tri Colour Pasta (Durum WHEAT Semolina, Tomato Powder, Spinach Powder.), Sweetcorn, Oregano, Black Pepper, Mixed Peppers (Red And Green Pepper), Garlic (Garlic, Acidity Regulator: Citric Acid.), Tomato Paste, Chopped Tomato (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).), Veg Bouillon (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.), Cheese (MILK, Water, Palm Oil, Potato Starch, MILK Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch)).

ALLERGENS: FISH, MILK, GLUTEN: WHEAT

CARROT CAKE WITH CINNAMON

INGREDIENTS: Grated Carrots, Sponge Mix- (Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Veg Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives (Potassium Sorbate), Acidity Regulator (Citric Acid), Flavouring, Colour (Beta-Carotene), Vitamin A, Vitamin D), Cinnamon, Sparkling Water.

ALLERGENS: NONE

Thursday

VEGETABLE FINGERS, SWEET POTATO FRIES AND BAKED BEANS

INGREDIENTS:

VEGETABLE FINGERS - Vegetable Fingers (Vegetable Mix (41% (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (WHEAT Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, WHEAT Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric).

SWEET POTATO FRIES - Sweet Potato Fries (Sweet Potato (87%), Sunflower Oil, Modified Potato Starch, Potato Starch, Rice Flour, Dextrin, Salt, Thickener (Xanthan Gum), Spice Extract (Paprika Extract), Raising Agent (Sodium Bicarbonate, Disodium Diphosphate)).

BAKED BEANS - Baked Beans - (Haricot Beans, Tomatoes, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring).

ALLERGENS: GLUTEN: WHEAT

ORANGE AND MANGO SMOOTHIE

INGREDIENTS: Water, Mango Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Acidity Regulator (Citric Acid), Dextrose, Flavouring.

ALLERGENS: NONE

Friday

ROAST CHICKEN SERVED WITH MASHED POTATOES, CARROTS AND PEAS

INGREDIENTS:

ROAST CHICKEN - Chicken Breast, Rice Starch, Salt, Dextrose, D-Xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate, Sodium Citrates), Vegetable Gravy - (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract).

MASHED POTATO - Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour).

CARROTS AND PEAS - Carrots, Peas.

ALLERGENS: NONE

RICE PUDDING WITH FRUIT JAM

INGREDIENTS: Skimmed MILK (87%), Rice (9%), Sugar, Acidity Regulator: Sodium-Bicarbonates, Sunflower Oil, Mixed Fruit Jam – (Sugar, Apple, Raspberries, Rhubarb, Plum, Gelling Agent (Pectin), Colour (Anthocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Preservative (SULPHUR DIOXIDE).

ALLERGENS: MILK, SULPHITES