

W3 THURSDAY
TURKEY HAM WITH HUMMOUS COLESLOW SANDWICH
CEREAL BAR, FRUIT POT



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Sandwich Turkey Ham: potato starch, salt, sugar, **MILK** protein, carrageenan, spices, (polyphosphates), (sodium erythorbate, sodium citrate), (monosodium glutamate), preservatives (nitrite and nitrate sodium). **WHEAT FLOUR**, water, **MALT**, **GLUTEN**, ascorbic acid, vegetable oil (sunflower oil), salt, yeast, **BARLEY**, calcium propionate, emulsifiers: single and diglycerides of fatty acids(E471) and E472e and mono - and diacetyl tartaric acid ester, dextrose, **LACTOSE**, chickpeas, water, unprocessed tahini, **SESAME SEEDS**, (titanium dioxide)), sunflower oil, (citric acid), (guar gum, xanthan gum), spices, (sorbic acid).

CEREAL BAR: Toasted maize cereal (Maize, sugar, **BARLEY** malt, salt, niacin, iron, vitamin B6, B2 (riboflavin), vitamin B1 (thiamine), folic acid, vitamin D, vitamin B12), sweetened condensed skimmed **MILK**. glucose syrup, vegetable oils (palm, palm kernel, coconut) in varying proportions, invert sugar syrup, starch, sugar, fructose, humectants (glycerol, sorbitol), oligofructose, calcium carbonate, antioxidants (ascorbic palmitate, alpha tocopherol), emulsifier (**SOY** lecithin).

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QUICHE BACON AND GARDEN PEAS, CEREAL BAR, FRUIT POT

QUICHE BACON: Flour (**WHEAT**), shortening, **EGG**, baking powder, salt, water, **CREAM**, (**MILK**), corn flour (**SOYA**), bacon, peas, edam cheese (**MILK**).

CEREAL BAR: Toasted maize cereal (Maize, sugar, **BARLEY** malt, salt, niacin, iron, vitamin B6, B2 (riboflavin), vitamin B1 (thiamine), folic acid, vitamin D, vitamin B12), sweetened condensed skimmed **MILK**. glucose syrup, vegetable oils (palm, palm kernel, coconut) in varying proportions, invert sugar syrup, starch, sugar, fructose, humectants (glycerol, sorbitol), oligofructose, calcium carbonate, antioxidants (ascorbic palmitate, alpha tocopherol), emulsifier (**SOY** lecithin).