

W3 TUESDAY

CREAMY HUMMUS WITH PITTA BREAD AND VEGETABLE STICKS
RED VELVET MUFFIN, FRUIT POT



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WRAP TUNA & SWEETCORN LIGHT MAYO
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HUMMUS: chickpeas, water, unprocessed tahini, **SESAME SEEDS**, (titanium dioxide), sunflower oil, salt, acidity regulator (citric acid), (guar gum, xanthan gum), spices, (sorbic acid).

PITTA BREAD: **WHEAT** Flour, water, salt, yeast, propionate calcium.

RED VELVET MUFFIN: Sugar, flour (**WHEAT**), modified starch. Diagnostically: diacid, sodium pyrophosphate, sodium bicarbonate, cottonseed oil, cocoa powder. citric acid, iron oxide, b-carotene, azorubine, **MILK**, Baking Powder, salt, aromatic substances, **EGGS**, sunflower oil (**SOYA**).

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Wrap Tuna: **SOYBEAN** oil, water, **EGG YOLK**, **MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, guar gum, xanthan gum, calcium disodium **EDTA**, sorbic acid, Tuna chunks (**FISH**), sweetcorn, **WHEAT FLOUR**, palm oil, glucose, E450, E500, emulsifier: E471, flour treatment agent: E920.

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