Wraparound Care Food Menus

Food from the following selection will be served each day:

Breakfast Club

Food	Ingredients
white bread (toasted)	Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Water, Yeast, **Wheat** Fibre, Salt, Fermented **Wheat** Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid).
crumpets	**Wheat** Flour [with Calcium, Niacin (B3), Iron, Folic Acid and Thiamin (B1)], Water, Yeast, Raising Agents: E450, E500, E501, Salt, Sugar, Preservative: Calcium Propionate
fruit loaf	Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Mixed Fruits (26%) [Raisins, Sultanas], Water, Rapeseed Oil, Mixed Peel (2%) [Orange Peel, Lemon Peel], **Wheat** Gluten, Invert Sugar Syrup, Yeast, Dextrose, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Salt, Palm Fat, **Soya** Flour, Maize Starch, Flour Treatment Agent (Ascorbic Acid).
plain bagels	**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, Spirit Vinegar, Preservative (Calcium Propionate), Maize, Malted **Barley** Flour, Flour Treatment Agent (Ascorbic Acid), Cultured Dextrose
cinnamon and raisin bagels	**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, Raisins (10%), Yeast, Cinnamon (1.5%), **Wheat** Gluten, Rapeseed Oil, Salt, Preservative (Calcium Propionate), Malted **Barley** Flour, Maize, Natural Flavouring, Flour Treatment Agent (Ascorbic Acid)
strawberry jam	Sugar, Strawberry, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Trisodium Citrate)
raspberry jam	Sugar, Raspberry, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Trisodium Citrate)
Clover spread	Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), Buttermilk (**Milk**) (20%), Water, Salt, Natural Flavouring, Colour (Carotenes)
gluten-free bread	Water, Tapioca Starch, Potato Starch, Rapeseed Oil, Maize Starch, **Egg** White Powder, Stabiliser: E464, Yeast, Sugar, Vegetable Fibre (Psyllium), Fruit Extract (Carob and Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine, Preservative: Calcium Propionate, Cornflour, Natural Flavouring

After School Club

Food	Ingredients
plain tortilla wrap (served warm)	Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Rapeseed Oil, Humectant (Glycerol), **Wheat** Gluten, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Acid (Malic Acid), Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Stabiliser (Sodium Carboxy Methyl Cellulose)
pitta bread	Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Water, Yeast, **Wheat** Fibre, Spirit Vinegar, Fermented **Wheat** Flour, Salt, **Wheat** Starch
mild cheddar slices	contains **milk**
Soreen Banana	**Wheat** Flour, Calcium Carbonate, Niacin (B3), Iron, Folic Acid (B9), Thiamin (B1)), Water, Banana Pieces (8%) (Sugar, Banana Puree from Concentrate, Lemon juice

Lunchbox Loaves	from concentrate, Gelling Agent: Pectin, Natural Flavour), Sugar, Maize Starch, Banana Purée (5%), Golden Syrup, Malted **Barley** Flour, Vegetable Fats (Rapeseed, Palm), Natural Flavourings, Salt, Preservative: Calcium Propionate, Colour: Lutein, Yeast
Soreen Apple Lunchbox Loaves	Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin (B3), Iron, Folic Acid (B9), Thiamin (B1)), Water, Apple Pieces (8%) (Sugar, Apple Puree from Concentrate, Lemon Juice from Concentrate, Gelling Agent: Pectin, Natural Flavour, Tripotassic Citrate), Sugar, Maize Starch, Apple Puree (5%), Golden Syrup, Vegetable Fats (Rapeseed, Palm), Malted **Barley** Flour, Natural Flavourings, Salt, Preservative: Calcium Propionate, Yeast
Soreen Malt Lunchbox Loaves	**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin (B3), Iron, Folic Acid (B9), Thiamin (B1)), Water, Raisins (13%), Partially inverted Sugar Syrup (Partially inverted Sugar Syrup, Plain Caramel), Malted **Barley** Flour (5%), **Barley** Malt Extract (4%), Maize Starch, Rice Starch, Vegetable Fats (Rapeseed, Palm), Salt, Natural Flavour, Preservative: Calcium Propionate, Yeast
Soreen Lunchbox Loaves - Strawberry	**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin (B3), Iron, Folic Acid (B9), Thiamin (B1)), Water, Strawberry Pieces (8%) (Sugar, Strawberry Purée from Concentrate, Lemon Juice from Concentrate, Gelling Agent: Pectin, Natural Flavour, Carrot and Aronia Concentrate), Sugar, Maize Starch, Strawberry Purée (5%), Golden Syrup, Malted **Barley** Flour, Vegetable Fats (Rapeseed, Palm), Natural Flavourings, Salt, Preservative: Calcium Propionate, Yeast
raisins	Raisins, Sunflower Oil
wafer thin ham	Pork (86%), Water, Honey (4.5%), Salt, Dextrose, Stabilisers (Pentapotassium Triphosphate, Tetrapotassium Diphosphate, Pentasodium Triphosphate), Mineral Sea Salt, Brown Sugar, Antioxidant (Sodium Ascorbate), Sugar, Gluten Free Breadcrumbs [Rice Flour, Cornflour, Rapeseed Oil, Turmeric, Paprika Extract, Dextrose], Preservatives (Sodium Nitrite, Sodium Nitrate), Demerara Sugar, Pork Gelatine, Colour (Plain Caramel), Caramelised Sugar Syrup.
Violife original slices (vegan cheese alternative)	Water, Modified Starch, Coconut Oil (23%), Sea Salt, Rowanberry Extract, Flavourings, Acidity Regulator (Citric Acid), Olive Extract, Colour (Beta-carotene), Vitamin B12
Nairns gluten free biscuits	Gluten Free Wholegrain **Oats** (68%), Sustainable Palm Fruit Oil, Sugar, Partially Inverted Refiners Syrup, Lyle's Golden Syrup, Tapioca Starch, Raising Agent: Sodium Bicarbonate, Sea Salt
salted rice cakes	Brown Rice, Sea Salt
caramel rice cakes	Wholegrain Rice (35%), Maize (with germ removed), Sugar, Oligofructose, Caramel Flavouring [Caramelized Sugar, Flavourings], Salt, Sunflower Oil, Emulsifier (**Soya** Lecithin), Colour (Annatto Norbixin)
tinned peaches in juice	Peaches, Clarified Pineapple Juice from Concentrate, Acidity Regulator: Citric Acid
tinned pineapple in juice	Pineapple, Pineapple Juice, Acidity Regulator (Citric Acid)
tinned fruit cocktail	Fruit in variable proportions (Peaches, Pears, Pineapple, Grapes, Cherries with Colour E127), Clarified Pineapple Juice from Concentrate, Acidity Regulator: Citric Acid
A selection of fresh fruit and vegetables – for example: red peppers, apples, pears, oranges, grapes, sweetcorn, green olives, carrots	