

Thursday week 3 - Ingredients Subject to change Checked 15/4/24

Chilli

Mince

Lentils Dried Red Lentils

May Contain: Cereals containing Gluten

Onion

Peppers

Carrots

Garlic

Chilli

Cummin

Paprika

Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)

Tomato Puree

Kidney Beans Rehydrated Red Kidney Beans, Water, Salt.

Mexican Bean Wrap

Onion

Red Pepper

Cheese

Garlic

Chilli

Tomato Puree

Rich n Rustic Sun Ripened Tomatoes (48.5%), Puree Of Sun Ripened Tomatoes (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herbs And Spices (Black Pepper, Basil, Oregano), Garlic, Acid (Citric Acid), Firming Agent (Calcium Chloride).

Kidney Beans Rehydrated Red Kidney Beans, Water, Salt.

Tortilla Wraps Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin(B3), Thiamin(B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Raising Agents (Sodium Carbonates (E500), Diphosphates(E450)), Acidity Regulator (Malic Acid (E296)), Stabiliser (Sodium Carboxymethyl Cellulose (E466), Cellulose Gum), Salt.

Contains: Cereals containing Gluten

Rice

Green Beans

Pancakes WHEAT Flour, Water, Whole EGG, Sugar, Vegetable Oil (Rapeseed), Full Cream MILK Powder, Buttermilk Powder (MILK) (1.1%), WHEAT Starch, Baking Powder (Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), WHEAT Flour), Salt, Flavouring.

Contains: Cereals containing Gluten, Milk, Eggs

Syrup Partially Inverted Refiners Syrup; Golden Syrup; Sugarcane Syrup

Sugar

