

Product Name	Legal Name	Weight	Ingredients	Allergens - including cereals containing gluten, see ingredients in bold.	Name & Address	Other	Nutrition -Typical Values per 100g.								
				Please note: Please refer to product packaging for the latest product information, including allergens, as recipes may change.			Energy KJ	Energy kcal	Fat (g)	of which Saturates (g)	Carbohydrates (g)	of which sugars (g)	Fibre	Protein	Salt
Alpen Light - Chocolate and Fudge	Mixed cereal bar with fudge pieces, plain chocolate and a plain chocolate drizzle	95g e (5 bars)	Cereals (46%) (Whole Oats , Rice, Whole Wheat), Oligofructose Syrup (27%), Fudge Pieces (9%), (sugar, Glucose Syrup, Condensed Milk , Palm Oil, Milk Butter Fat , Humectant: Glycerol, Emulsifier: Mono and Di-Glycerides of Fatty Acids, Salt) Plain Chocolate (8%) Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin , Flavouring), Cereal Flours (Rice, Wheat) Glucose Syrup, Grape Extract, Humectant:Glycerol, Vegetable Oils (sunflower, Rapeseed) Sugar, Flavouring, Dextrose, Salt, Emulsifier: Soya Lecithin .	Allergens - see ingredients in bold. Also not suitable for nut allergy sufferers	Weetabox Consumer Services, P O Box 5, Kettering NN15 5JR	Suitable for Vegetarians	1480	353	6.7	2.7	57	16	21	5.6	0.13
Alpen Light - Summer Fruits	Mixed cereal bar with apple, sweetened cranberry, raspberry and strawberry juice and a yogurt flavour drizzle.	95g e (5 bars)	Cereals (46%) (Whole Oats , Rice, Whole Wheat) Oligofructose Syrup (26%), Dried Apple Pieces (6%), (with preservative Sulphur Dioxide), Cereal Flours (Rice, Wheat) Humectant: Glycerol, Dextrose, Sugar, Grape Extract, Glucose Syrup, Sweetened Cranberries (2%) (Cranberries, Sugar), Vegetable Oils (Palm Kernel, Sunflower, Rapeseed) Fruit Juice Concentrates, (Strawberry (0.6%), Raspberry (0.4%), Maize Starch, Milk Lactose , Milk Yogurt Powder , Flavourings, Citric Acid, Elderberry Juice Extract, Salt, Acidity Regulator: Malic Acid; Emulsifier: Soya Lecithin)	Allergens - see ingredients in bold. Also not suitable for nut allergy sufferers	Weetabox Consumer Services, P O Box 5, Kettering NN15 5JR	Suitable for Vegetarians	1429	341	4.3	1.5	60	18	20	5.3	0.15
Foxes 8 Rocky chocolate bars	Biscuit bar fully coated in milk chocolate	8 bars	Milk Chocolate (45%) (Sugar, Cocoa Butter, Dried Skimmed Milk , Cocoa Mass, Dried Whey (Milk), Butter Oil (Milk), Vegetable Fats (Palm, Shea, Sal, Mango in varying proportions) Emulsifier: Soya Lecithin , Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Sugar, Oatmeal , Glucose Syrup, Desiccated Coconut, Raising Agents:Disodium Diphosphate, Sodium Bicarbonate, Molasses, Salt, Emulsifier: Soya Lecithin , Flavouring. Milk Chocolate Contains Cocoa solids 25% minimum, Milk Solids 14% minimum.	Allergens - see ingredients in bold. May also contain nuts	Foxes Biscuits, Batley, West Yorkshire, WF17 5JE	Suitable for Vegetarians	2057	491	24	13	60	36	2.6	6.3	1.1
McVities Tasties Shorties	Golden Shotcake Biscuits	300g e	Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin) Vegetable Oil (Palm), Sugar, Oatmeal , Dried Whey (Milk), Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate) Salt, Natural Flavourings.	Allergens - see ingredients in bold	McVities Consumer Services, Freepost RTLL UESX BHUB, Ashby De La Zouch, Leicestershire LE65 1PF	Suitable for Vegetarians	2042	487	21.8	10.3	65.3	22.8	2.5	6.1	0.87
Skinny Whip - Double choc snack bar	5 chocolate flavoured nougat bars with crisped cereal, coated in milk chocolate	5 x 25g e	Milk Chocolate (33%), (Sugar, Cocoa Butter, Cocoa Mass, Skimmed Milk Powder , Milk Sugar , Whey Powder (Milk), Anhydrous Milk Fat , Emulsifiers (Soya Lecithin , Polyglycerol Polyricinoleate) Natural Vanilla Flavouring), Water, Glucose Syrup, Bulking Agent (Polydextrose) Cocoa Crisped Cereal (8%), (Rice Flour, Sugar, Cocoa Powder, Salt, Rapeseed Oil, Emulsifier: Soya Lecithin) Fat Reduced Cocoa Powder, Egg Albumen , Natural Chocolate Flavouring with other Natural Flavourings, Stabiliser (Cellulose). Milk chocolate contains cocoa solids 25% minimum, milk solids 14% minimum.	Allergens - see ingredients in bold. May contain traces of peanuts, nuts and gluten.	Skinny bars.co.uk Queensway, Newport, NP19 4XA	Suitable for Vegetarians	1618	385	9.3	5.7	64	41	15	3.7	0.16

Tuc Cheese Flavour	Crackers with cheese flavour	e 100g	Wheat Flour, Sunflower Oil, Malted Barley Extract, Glucose Syrup, Raising Agents (Ammonium Carbonates, Sodium Carbonates) Salt, Whey Powder (Milk) Flavouring, Flavour Enhancers (E621,E627, E631), Cheese Powder (Milk) 0.1%, Flour Treatment Agents (Sodium Metabisulphite), Acids (Citric Acid, Calcium Lactate), Egg.	Allergens - see ingredients in bold. May contain traces of soya and sesame seeds.	Mondelez International														
Chewy Fruit Wine Gums	Fruit Flavour Jelly Sweets	300g e	Glucose Syrup, Sugar, Modified Maize Starch, Beef Gelatine, Acidity Regulators: Citric Acid, Malic Acid, Acetic Acid; Flavourings, Colours:Curcumin, Chlorophyll, Paprika Extract, Anthocyanins, Glazing Agents (coconut Oil, Carnauba Wax)		Big Bear Confectionary, Braunstone, Leicester LE3 1UE		1515	356	0.1	0	84	48	0.4	4.8	0.03				
Indi Grand Butter chicken curry sauce	Butter chicken cooking sauce made with cream, onions, butter, aromatic spices and herbs	375g e	Water, Single Cream (Milk) (18%), Onion (18%), Tomato Paste, Rapeseed Oil, Sugar, Butter (Milk) (3%), Modified Maize Starch, Salt, Fried Onion, Spice Blend (Turmeric, Cumin, Paprika, Corinader, Green Cardomom, Cassia, Clove, Salt, Fenugreek Leaf, Coriander Leaf, Chilli Powder), Garlic Puree, Ginger Puree, Colour (Paprika Extract), Acidity Regulator (Citric Acid, Lactic Acid).	Allergens - see ingredients in bold. May be produced in a factory that handles nuts, peanuts and sesame	Panesar Foods Lts, Ocker Hill, Tipton, DY4 0PZ	Suitable for Vegetarians	662	158	12	4.2	12	7.1	1.2	1.5	1.1				
Dolmio Stir In Pasta Sauce - Smoked Bacon and Tomato	A rich tomato sauce with smoky bacon and onions	150g e	Tomatoes (58%), onion (12%), smoked bacon (10%) (pork belly, salt, smoke flavouring, stabilisers (triphosphate), diphosphates, preservative (sodium nitrite)), tomato paste (9.6%), modified maizes starch, sunflower oil, parsley, (1.5%), olive oil, salt, sugar, garlic, spices.		Mars Foods UK 08009521234		397	95	5.5	1.6	5.7	3.2	1.2	5	1.3				
Food Hall Pineapple Slices in Natural Juices	Pinepple Choice Slices in Natural Juice	Net Weight 227g e Drained Weight 140g	Pineapple, Pineapple Juice, Citric Acid.		Siam Food Products Public Co. Ltd, Bangkok, Thailand.	Suitable for Vegetarians	256	60	0	0	14.7	11.7	0.7	0	0				
Bella Ricetta Red Kidney Beans	Red Kidney Beans in Brine	net weight 400g e, drained weight 240g e	Red Kidney Beans, Water, Salt		Della Peruta Vincenzo Spa, Scafati 84018, Salerno Italy,	Suitable for Vegetarians	460	109	0.7	0	16	0	6.7	6.4	0.5				
Bella Ricetta Chopped Tomatoes	Chopped Tomatoes in Tomato Juice	net weight 400g e, drained weight 240g e	Tomatoes (60%), Tomato Juice (40%), Acidity Regulator (Citric Acid).		De Clemente conserve SPA, via Nuova Consortile, 9 84084 Fisciano (SA) Italy	Suitable for Vegetarians	97	23	0.5	0	3	3	0.9	1.2	0.08				
Harry Ramsden's Chip Shop Mushy Peas	Mushy Processed Peas	300g e	Rehydrated Processed Peas (95%), Water, Sugar, Salt, Colours (Riboflavin, Brilliant Blue).	Harry Ramsdens word mark and logo are registered trademarks of Harry Ramsden's (Restaurant) Ltd and are used by Princes Limited under license.	Princes Ltd, Liverpool L3 1NX		308	73	0.3	0.1	11.5	1.8	2.9	4.6	0.52				
Heinz Baked Beans		3 x 200g e	Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extracts.		Heinz Foods UK Ltd, London, SE1 9SG	Suitable for Vegetarians & Vegans	329	78	0.2	<0.1	12.5	4.7	3.7	4.7	0.6				
Heinz Sweet Corn	Sweetcorn, sterilised	net weight 400g e, drained weight 220g e	Sweetcorn, Water, Sugar, Salt		Distributor: George Borg Ltd, Triw L- Imprendituri, Mriehel BKR 3000 Malta 2142177/8		220	52	1	0.2	8.1	5.2		1.6	0.78				
Foodhall Cream of Tomato Soup		e 400g	Tomato Puree (73%), Water, Sugar, Rapeseed Oil, Modified Maize Starch, Salt, Skimmed Milk Powder, Acidity Regulator (Citric Acid), Double Cream (Milk), Paprika, Basil Extract, Rice Flour, Flavouring.	Allergens - see ingredients in bold	TJ Morris, Liverpool, L11 0JA	Suitable for Vegetarians	510	122	2	5.6	0.4	15	12	1.6	0.36				

