

Monday week 1	
Dinner Sausage mash and beans ~ Greek yogurt	Tea Pizza ~ Fruit
Ingredients and allergy advice <u>Bare village butchers' pork sausages</u> Salt, Rusk (Wheat flour, salt, Raising Agent E503,) Emulsifier (E451i), Dextrose, Preservative (E221), Flavour Enhance (E621), Vegetable Oil, Antioxidant (E301), Ground White Pepper, Herb and Spice Extracts, (Pepper, Ginger, Marjoram, Coriander, Sage, Cayenne, Nutmeg), Colours: E120, E160c Richmond 8 Vegan Meat-Free Tasty Sausages Ingredients Water, Rehydrated Textured Soya and Wheat Protein (15%) (Water, Soya Protein, Wheat Protein, Salt, Soya Bean Oil, Natural Flavouring), Rusk (Wheat), Stabilisers: Sodium Alginate, Guar Gum, Methyl Cellulose, Coconut Oil, Soya Protein, Wheat Starch, Flavourings, Salt, Potato Fibre, Yeast Extract, Colouring Foods: Beetroot, Safflower, Herbs, Spices, Black Pepper Extract, Capsicum Extract, Coriander Extract, Ginger Extract, Mace Extract, Nutmeg Extract ASDA Flavourful Pork Sausages Ingredients Pork (72%), Water, Rice Flour, Chickpea Flour, Potato Starch, Salt, Stabiliser (Diphosphates), Cornflour, Parsley, Ginger Powder, Sage, Black Pepper, Nutmeg, Preservative (Sodium Metabisulphite), Dextrose, Flavouring, Mace, Antioxidant (Ascorbic Acid), Pimento, Sausage Casing [Calcium Alginate] <u>ASDA Light & Fluffy Maris Piper Potatoes</u> <u>ASDA Baked Beans</u> Ingredients Haricot Beans (49%), Tomatoes (36%), Water, Sugar, Modified Maize Starch, Salt, Paprika, Onion Powder, Paprika Extract, Flavourings <u>Wildlife Strawberry & Peach Fromage Frais</u> Ingredients	Ingredients and allergy advice <u>ASDA Large Stonebaked Margherita Pizza</u> Ingredients Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Tomatoes, Mozzarella Cheese (Milk) (12%), Extra Mature Cheddar Cheese (Milk) (12%), Water, Rapeseed Oil, Tomato Purée, Dextrose, Extra Virgin Olive Oil, Salt, Yeast, Cornflour, Basil, Red Wine Vinegar, Garlic Purée, Black Pepper <u>ASDA Large Stonebaked Pepperoni Pizza</u> Ingredients Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Tomatoes, Water, Pepperoni (8%) [Pork (83%), Pork Fat, Sea Salt, Salt, Dextrose, Paprika, Antioxidant (Sodium Ascorbate), Cayenne Pepper, Spice Extracts, Garlic, Preservative (Sodium Nitrite)], Mozzarella Cheese (Milk) (8%), Extra Mature Cheddar Cheese (Milk) (8%), Rapeseed Oil, Tomato Purée, Dextrose, Extra Virgin Olive Oil, Salt, Yeast, Cornflour, Basil, Red Wine Vinegar, Garlic Purée, Black Pepper ASDA Free From Margherita Pizza Ingredients Pizza Base [Gluten Free Wheat Starch, Water, Sunflower Oil, Dextrose, Maize Flour, Yeast, Salt, Psyllium Husk Powder, Sugar, Stabilisers (Guar Gum, Hydroxypropyl Methyl Cellulose), Emulsifier (Mono- and Diglycerides of Fatty Acids)], Seasoned Tomato Sauce (22%) [Tomato Paste, Water, Sugar, Maize Flour, Salt, Oregano, White Pepper], Mozzarella Cheese (Milk) (20%), Coloured Cheddar Cheese (7%) [Cheddar Cheese (Milk), Colour (Annatto Norbixin)] Dr. Oetker Ristorante Margherita Pomodori Vegan Pizza Ingredients Wheat Flour, Tomato Puree, Dairy Free Mozzarella Alternative (11%) (Water, Modified Potato Starch, Vegetable Oil (Coconut), Sea Salt, Colour (Carotenes), Antioxidant (Ascorbic Acid)), Cherry Tomatoes (11%), Water, Vegetable Oils (Rapeseed, Extra Virgin Olive Oil), Dried Marinated Tomato Pieces (6%) (Dried Tomatoes, Vegetable Oil

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/pesky/halal alternative

Strawberry: Fromage Frais (Milk), Water, Sugar 6.8%, Strawberry Purée from Concentrate 5%, Modified Maize Starch, Natural Flavouring, Colours: Anthocyanins, Carotenes, Stabiliser: 1 Guar Gum, Calcium Phosphate, Vitamin D, Peach: Fromage Frais (Milk), Water, Water, Sugar 6.7%, Peach Purée from Concentrate 5%, Modified Maize Starch, Lemon Juice from Concentrate, Calcium Phosphate, Stabiliser: Guar Gum, Colours: Carotenes, Natural Flavourings, Vitamin D <u>ASDA Creamy Greek Style Yogurt</u> Ingredients Greek Style Natural Yogurt (Milk), Live Bacterial Cultures [Bifidobacterium, Lactobacillus Bulgaricus, Streptococcus Thermophilus] <u>Plant Based by ASDA Plant Based Plain Soya Yogurt Alternative</u> Ingredients Water, Soya Beans (9%), Tricalcium Phosphate, Bacterial Cultures [Bifidus, Lactobacillus Acidophilus], Potassium Iodate, Vitamin D, Vitamin B12	(Sunflower), Salt, Garlic, Herbs, Acid (Citric Acid)), Basil, Yeast, Salt, Sugar, Parsley, Garlic, Oregano, Onions, Pepper, Roasted Onions, Paprika, Lemon Juice <u>ASDA Zingy & Crisp Braeburn Apples</u> <u>ASDA Tart & Juicy Granny Smith Apples</u> <u>ASDA Sweet & Juicy Medium Oranges</u> <u>ASDA Garden Gang Super Easy Peelers</u> <u>ASDA Garden Gang 7 Brilliant Bananas</u> <u>ASDA 6 Sweet & Creamy Bananas</u> <u>ASDA Sweet & Delicate Conference Pears</u> <u>ASDA Garden Gang Incredible Pears</u>
Tuesday week 1	
Dinner Chicken lasagne with salad ~ Fruit	Tea Tomato and basil pasta ~ Greek yogurt
Ingredients and allergy advice <u>ASDA Vegetable Oil</u> <u>ASDA 3 Crunchy & Fragrant Brown Onions</u> <u>ASDA Tender Chicken Breast Fillets</u> <u>Quorn Vegan Chicken Pieces</u> Ingredients Mycoprotein (89%), Potato Protein, Pea Protein, Firming Agents: Calcium Chloride, Calcium Acetate, Natural Flavouring, Wheat Gluten, Pea Fibre, Stabilisers: Carrageenan, Sodium Alginate	Ingredients and allergy advice <u>ASDA Vegetable Oil</u> <u>ASDA 3 Crunchy & Fragrant Brown Onions</u> <u>ASDA Fusilli</u> Ingredients Durum Wheat Semolina <u>ASDA Free From Penne</u> Ingredients Yellow Cornflour, Rice Flour, White Cornflour, Emulsifier (Mono- and Diglycerides of Fatty Acids)
Dairy free/vegan alternative	Gluten free alternative Vegan/Vegetarian/pesky/halal alternative

ASDA Fresh Egg Lasagne Sheets

Ingredients

Wheat Flour, Pasteurised Whole Egg (20%), Durum Wheat Semolina, Water

ASDA Free From Lasagne Sheets

Ingredients

Yellow Cornflour, Rice Flour, White Cornflour, Emulsifier (Mono- and Diglycerides of Fatty Acids)

British Milk Semi SkimmedAlpro Soya Growing Up Long Life Drink

Ingredients

Soya Base (90.5%) [Water, Hulled Soya Beans (6.6%)], Maltodextrin, Raw Cane Sugar, Fructose, Sunflower Oil, Calcium [Calcium Carbonate], Acidity Regulator [Potassium Phosphates], Flavourings, Emulsifier [Lecithins (Sunflower)], Stabiliser [Gellan Gum], Iron Pyrophosphate, Potassium Iodide, Vitamins B2, B12, C, D2

Vitalite Dairy Free Spread

Ingredients

Vegetable Oils in varying proportions (Rapeseed, Sustainable Palm), Water, Salt, Emulsifier - Lecithins, Flavourings, Colours - Annatto Bixin, Curcumin

ASDA British Mild Cheddar

Ingredients

Mild Cheddar Cheese (Pasteurised Milk)

Violife Original Grated

Ingredients

Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Rowanberry Extract, Flavourings, Acidity Regulator (Citric Acid), Olive Extract, Colour (Beta-carotene), Vitamin B12

BAKE by ASDA Plain Flour

Ingredients

Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)]

ASDA Free From Gluten Free Plain Flour

Ingredients

Rice Flour, Potato Starch, Maize Flour

Dairy free/vegan alternative

Gluten free alternative

ASDA Chopped Tomatoes in Tomato Juice

Ingredients

Tomatoes (65%), Concentrated Tomato Juice, Acidity Regulator (Citric Acid)

ASDA Passata

Ingredients

Tomatoes, Acidity Regulator (Citric Acid)

ASDA Tomato Purée Double Concentrate

Ingredients

Tomato Purée (99%), Acidity Regulator (Citric Acid)

ASDA Chopped Garlic

Ingredients

100% Garlic with no added Preservatives

COOK by ASDA Basil

Dried basil

Knorr Stock Pot Vegetable

Ingredients

Concentrated vegetable stock (65%) (water, leek (1.2%)†, carrots (1%)†, CELERY†, red pepper †, onion†, CELERIAC†), salt, yeast extract, palm fat, sugar, potassium chloride, gelling agents (xanthan gum, locust bean gum), flavourings, spices (CELERY seeds†, lovage root†, nutmeg, pepper), parsley†, maltodextrin, caramel syrup. † Sustainably grown

Kallo Organic Vegetable Stock Cubes

Ingredients

Sea Salt, Potato Starch*, Sustainable Palm Oil*, Sugar*, Vegetables* 6.8% (Celery*, Onion*, Carrot*, Parsnip*, Tomato*), Sunflower Oil*, Yeast Extract, Caramelised Sugar*, Herbs* and Spices* (Lovage*, Turmeric*, Parsley*, Black Pepper*), *Organic ingredients

ASDA Creamy Greek Style Yogurt

Ingredients

Greek Style Natural Yogurt (Milk), Live Bacterial Cultures [Bifidobacterium, Lactobacillus Bulgaricus, Streptococcus Thermophilus]

Vegan/Vegetarian/pesky/halal alternative

<u>ASDA Chopped Tomatoes in Tomato Juice</u> Ingredients Tomatoes (65%), Concentrated Tomato Juice, Acidity Regulator (Citric Acid) <u>ASDA Passata</u> Ingredients Tomatoes, Acidity Regulator (Citric Acid) <u>ASDA Tomato Purée Double Concentrate</u> Ingredients Tomato Purée (99%), Acidity Regulator (Citric Acid) <u>Knorr Stock Pot Chicken</u> Ingredients Concentrated chicken stock (63%) (water, chicken), salt, flavourings, sugar, yeast extract, chicken fat (2%), potassium chloride, palm fat, gelling agents (xanthan gum, locust bean gum), garlic, carrots†, leek†, caramel syrup, maltodextrin, parsley†, colour (carotenes), carrot juice powder <u>Kallo Organic Chicken Stock Cubes</u> Ingredients Sea Salt, Potato Starch*, Sustainable Palm Fat*, Sugar*, Chicken Fat* (3.5%), Yeast Extract*, Natural Chicken Flavour, Chicken Powder* (1%), Spices* and Herbs* (Turmeric*, Black Pepper*, Parsley*, Rosemary*), Onion*, *Organic ingredients <u>Oxo Meat Free Vegan Chicken Flavour Stock Cubes</u> Ingredients Wheat Flour (with Added Calcium, Iron, Niacin, Thiamin), Dried Glucose Syrup, Salt, Flavour Enhancer (Monosodium Glutamate), Yeast Extract, Palm Oil, Sugar, Potato Starch, Flavouring, Onion Extract, Colour (Ammonia Caramel), Dried Parsley, White Pepper <u>ASDA Chopped Garlic</u> Ingredients 100% Garlic with no added Preservatives <u>COOK by ASDA Mixed Herbs</u> Ingredients Thyme (41%), Marjoram (19%), Oregano, Parsley, Sage, Basil	<u>Plant Based by ASDA Plant Based Plain Soya Yogurt Alternative</u> Ingredients Water, Soya Beans (9%), Tricalcium Phosphate, Bacterial Cultures [Bifidus, Lactobacillus Acidophilus], Potassium Iodate, Vitamin D, Vitamin B12
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Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/pesky/halal alternative

<u>ASDA Whole Cucumber</u> <u>JUST ESSENTIALS by ASDA Cherry Tomatoes</u> <u>ASDA Zingy & Crisp Braeburn Apple</u> <u>ASDA Tart & Juicy Granny Smith Apples</u> <u>ASDA Sweet & Juicy Medium Oranges</u> <u>ASDA Garden Gang Super Easy Peelers</u> <u>ASDA Garden Gang 7 Brilliant Bananas</u> <u>ASDA 6 Sweet & Creamy Bananas</u> <u>ASDA Sweet & Delicate Conference Pears</u> <u>ASDA Garden Gang Incredible Pears</u>	
Wednesday week 1	
Dinner Five bean chilli with rice ~ Greek yogurt	Tea Tuna and cheese crustless sandwiches ~ Fruit

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/pesky/halal alternative

Ingredients and allergy advice <u>ASDA Vegetable Oil</u> <u>ASDA 3 Crunchy & Fragrant Brown Onions</u> <u>Bare butcher Beef Mince</u> <u>Plant Based by ASDA Meat-Free Mince</u> Ingredients Rehydrated Textured Soya Protein (96%), Rapeseed Oil, Yeast Extract, Malted Barley Extract, Onion Powder, Garlic Powder, Cornflour, Dextrose, Salt, White Pepper <u>ASDA Long Grain White Rice</u> Ingredients Parboiled Long Grain Rice <u>ASDA Chopped Tomatoes in Tomato Juice</u> Ingredients Tomatoes (65%), Concentrated Tomato Juice, Acidity Regulator (Citric Acid) <u>ASDA Passata</u> Ingredients Tomatoes, Acidity Regulator (Citric Acid) <u>ASDA Tomato Purée Double Concentrate</u> Ingredients Tomato Purée (99%), Acidity Regulator (Citric Acid) <u>Heinz Five Mixed Beans</u> Ingredients Mixed Beans in variable proportions (52%, Haricot, Pinto, Cannellini, Borlotti, Red Kidney), Tomatoes (37%), Water, Sugar, Modified Cornflour, Spirit Vinegar, Salt, Spice Extracts, Herb Extract <u>ASDA Chopped Garlic</u> Ingredients 100% Garlic with no added Preservatives	Ingredients and allergy advice <u>ASDA Skipjack Tuna Chunks in Brine</u> Ingredients Tuna (Katsuwonus pelamis) (Fish), Water, Salt <u>Loma Linda Spring Water Tuno</u> Ingredients Ingredients Textured Soya Protein (60%), Spring Water, Sea Salt, Yeast Extract, Seaweed Powder, Potassium Chloride, Dha Algal Oil <u>ASDA Real Mayonnaise</u> Ingredients Rapeseed Oil, Water, Pasteurised Free Range Whole Egg (6%), Spirit Vinegar, Pasteurised Free Range Egg Yolk, Sugar, Salt, Concentrated Lemon Juice, Stabiliser (Xanthan Gum), Antioxidant (Extracts of Rosemary), Flavours (contains Mustard) <u>ASDA Free From Classic Mayo</u> Ingredients Rapeseed Oil (57%), Water, Sugar, Spirit Vinegar, Salt, Rice Starch, Pea Protein, Tapioca Starch, Flaxseed Fibre, Rice Flour, Flavouring <u>Vitalite Dairy Free Spread</u> Ingredients Vegetable Oils in varying proportions (Rapeseed, Sustainable Palm), Water, Salt, Emulsifier - Lecithins, Flavours, Colours - Annatto Bixin, Curcumin <u>ASDA British Mild Cheddar</u> Ingredients Mild Cheddar Cheese (Pasteurised Milk) <u>Violife Original Grated</u> Ingredients Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Rowanberry Extract, Flavours, Acidity Regulator (Citric Acid), Olive Extract, Colour (Beta-carotene), Vitamin B12 <u>Kingsmill Medium Tasty Wholemeal Bread</u> Ingredients
Dairy free/vegan alternative	Gluten free alternative
	Vegan/Vegetarian/pesky/halal alternative

Knorr Stock Pot Beef

Ingredients

Water, salt, flavourings, beef fat (beef fat, antioxidant (extracts of rosemary)) (5.2%), yeast extract, beef stock powder (2%), potassium chloride, gelling agents (xanthan gum, locust bean gum), caramel syrup, maltodextrin, sugar, carrots †, lovage root †, sunflower oil, beef powder (0.1%), leek †, parsley †

Knorr Zero Salt Stock Cubes Beef

Ingredients

Glucose syrup, vegetable fat (shea), flavourings, toasted onion powder (8%), potato starch, sugar, beef fat (beef fat, antioxidant (rosemary extracts))(3%), beef powder (2.5%), spices (pepper, nutmeg, lovage roots, clove), herbs (parsley, rosemary), red pepper, carrots

Oxo Vegan Beef Flavoured Stock Cubes

Ingredients

Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Salt, Maize Starch, Yeast Extract, Flavour Enhancers (Monosodium Glutamate, Disodium Guanylate), Colour (Ammonia Caramel), Palm Oil, Autolysed Yeast Extract, Flavourings, Sugar, Acidity Regulator (Lactic Acid), Onion Extract, Onion Powder, Potassium Chloride

COOK by ASDA Mild Chilli Powder

Ingredients

Chilli Powder (82%), Cumin Powder, Salt, Garlic, Oregano

COOK by ASDA Mixed Herbs

Ingredients

Thyme (41%), Marjoram (19%), Oregano, Parsley, Sage, Basil

ASDA Creamy Greek Style Yogurt

Ingredients

Greek Style Natural Yogurt (Milk), Live Bacterial Cultures [Bifidobacterium, Lactobacillus Bulgaricus, Streptococcus Thermophilus]

Plant Based by ASDA Plant Based Plain Soya Yogurt Alternative

Ingredients

Water, Soya Beans (9%), Tricalcium Phosphate, Bacterial Cultures [Bifidus, Lactobacillus Acidophilus], Potassium Iodate, Vitamin D, Vitamin B12

Wholemeal Wheat Flour, Water, Kibbled Malted Wheat (3.5%), Wheat Protein, Sugar, Yeast, Salt, Malted Barley Flour, Vegetable Oils (Rapeseed, Sustainable Palm), Vinegar, Emulsifier: E472e, Sustainable Soya Flour, Preservative: Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C), With 62% Wholegrain (Wholemeal Wheat Flour, Kibbled Malted Wheat, Malted Barley Flour)

ASDA Free From Brown Sliced Loaf

Ingredients

Water, Tapioca Starch, Rice Flour, Rapeseed Oil, Psyllium Husk Powder, Potato Flakes, Humectant (Glycerol), Treacle, Stabiliser (Hydroxypropyl Methyl Cellulose), Yeast, Maize Flour, Sugar, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Bamboo Fibre, Salt, Sugar Beet Fibre, Fermented Rice, Fat-Reduced Cocoa Powder

ASDA Zingy & Crisp Braeburn ApplesASDA Tart & Juicy Granny Smith ApplesASDA Sweet & Juicy Medium OrangesASDA Garden Gang Super Easy PeelersASDA Garden Gang 7 Brilliant BananasASDA 6 Sweet & Creamy BananasASDA Sweet & Delicate Conference PearsASDA Garden Gang Incredible Pears

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/pesky/halal alternative

Thursday week 1	
Dinner Tuna pasta bake with garlic bread ~ Fruit	Tea Spaghetti loops with wholemeal triangles ~ Greek yogurt
Ingredients and allergy advice <u>ASDA Vegetable Oil</u> <u>ASDA 3 Crunchy & Fragrant Brown Onions</u> <u>ASDA Fusilli</u> Ingredients Durum Wheat Semolina <u>ASDA Free From Penne</u> Ingredients Yellow Cornflour, Rice Flour, White Cornflour, Emulsifier (Mono- and Diglycerides of Fatty Acids) <u>ASDA Chopped Tomatoes in Tomato Juice</u> Ingredients Tomatoes (65%), Concentrated Tomato Juice, Acidity Regulator (Citric Acid)	Ingredients and allergy advice <u>ASDA Spaghetti Loops in a Rich Tomato Sauce</u> Ingredients Tomatoes (49%), Cooked Spaghetti Pasta Loops (43%) [Water, Durum Wheat Semolina], Sugar, Water, Modified Maize Starch, Onion Powder, Salt, Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Acidity Regulator (Citric Acid), Paprika, Rapeseed Oil, Paprika Extract, Yeast Extract, Flavourings <u>ASDA Baked Beans in a Rich Tomato Sauce</u> Ingredients Haricot Beans (49%), Tomatoes (36%), Water, Sugar, Modified Maize Starch, Salt, Paprika, Onion Powder, Flavourings, Paprika Extract <u>Vitalite Dairy Free Spread</u> Ingredients Vegetable Oils in varying proportions (Rapeseed, Sustainable Palm), Water, Salt, Emulsifier - Lecithins, Flavourings, Colours - Annatto Bixin, Curcumin <u>Kingsmill Medium Tasty Wholemeal Bread</u>
Dairy free/vegan alternative	Gluten free alternative Vegan/Vegetarian/pesky/halal alternative

<u>ASDA Passata</u> Ingredients Tomatoes, Acidity Regulator (Citric Acid) <u>ASDA Tomato Purée Double Concentrate</u> Ingredients Tomato Purée (99%), Acidity Regulator (Citric Acid) <u>ASDA Chopped Garlic</u> Ingredients 100% Garlic with no added Preservatives <u>COOK by ASDA Mixed Herbs</u> Ingredients Thyme (41%), Marjoram (19%), Oregano, Parsley, Sage, Basil <u>ASDA Skipjack Tuna Chunks in Brine</u> Ingredients Tuna (<i>Katsuwonus pelamis</i>) (Fish), Water, Salt <u>Loma Linda Spring Water Tuno</u> Ingredients Textured Soya Protein (60%), Spring Water, Sea Salt, Yeast Extract, Seaweed Powder, Potassium Chloride, Dha Algal Oil <u>ASDA British Mild Cheddar</u> Ingredients Mild Cheddar Cheese (Pasteurised Milk) <u>Violife Original Grated</u> Ingredients Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Rowanberry Extract, Flavourings, Acidity Regulator (Citric Acid), Olive Extract, Colour (Beta-carotene), Vitamin B12 <u>ASDA 10 Garlic Baguette Slices</u> Ingredients Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Rapeseed Oil, Garlic Purée (3%), Yeast, Parsley, Salt, Wheat Gluten,	Ingredients Wholemeal Wheat Flour, Water, Kibbled Malted Wheat (3.5%), Wheat Protein, Sugar, Yeast, Salt, Malted Barley Flour, Vegetable Oils (Rapeseed, Sustainable Palm), Vinegar, Emulsifier: E472e, Sustainable Soya Flour, Preservative: Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C), With 62% Wholegrain (Wholemeal Wheat Flour, Kibbled Malted Wheat, Malted Barley Flour) <u>ASDA Free From Brown Sliced Loaf</u> Ingredients Water, Tapioca Starch, Rice Flour, Rapeseed Oil, Psyllium Husk Powder, Potato Flakes, Humectant (Glycerol), Treacle, Stabiliser (Hydroxypropyl Methyl Cellulose), Yeast, Maize Flour, Sugar, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Bamboo Fibre, Salt, Sugar Beet Fibre, Fermented Rice, Fat-Reduced Cocoa Powder <u>ASDA Creamy Greek Style Yogurt</u> Ingredients Greek Style Natural Yogurt (Milk), Live Bacterial Cultures [<i>Bifidobacterium</i>, <i>Lactobacillus Bulgaricus</i>, <i>Streptococcus Thermophilus</i>] <u>Plant Based by ASDA Plant Based Plain Soya Yogurt Alternative</u> Ingredients Water, Soya Beans (9%), Tricalcium Phosphate, Bacterial Cultures [<i>Bifidus</i>, <i>Lactobacillus Acidophilus</i>], Potassium Iodate, Vitamin D, Vitamin B12
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Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/pesky/halal alternative

Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono-and Diglycerides of Fatty Acids), Wheat Flour, Flavouring, Colour (Carotenes) ASDA Free From Garlic Baguette Ingredients Water, Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Rice Flour, Tapioca Starch, Cornflour, Rapeseed Oil, Garlic Purée (3%), Psyllium Husk Powder, Humectant (Glycerol), Yeast, Parsley, Salt, Sugar, Pea Protein, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Buck Wheat Flour, Lemon Juice from Concentrate Knorr Stock Pot Vegetable Ingredients Concentrated vegetable stock (65%) (water, leek (1.2%)†, carrots (1%)†, CELERY†, red pepper †, onion†, CELERIAC†), salt, yeast extract, palm fat, sugar, potassium chloride, gelling agents (xanthan gum, locust bean gum), flavourings, spices (CELERY seeds†, lovage root†, nutmeg, pepper), parsley†, maltodextrin, caramel syrup. † Sustainably grown Kallo Organic Vegetable Stock Cubes Ingredients Sea Salt, Potato Starch*, Sustainable Palm Oil*, Sugar*, Vegetables* 6.8% (Celery*, Onion*, Carrot*, Parsnip*, Tomato*), Sunflower Oil*, Yeast Extract, Caramelised Sugar*, Herbs* and Spices* (Lovage*, Turmeric*, Parsley*, Black Pepper*), *Organic ingredients	
Friday week 1	
Dinner Homemade chicken and leek pie and potatoes ~ Greek yogurt	Tea Cream cheese and ham wraps with cucumber sticks ~ Fruit
Ingredients and allergy advice ASDA Vegetable Oil ASDA Tender Chicken Breast Fillets Quorn Vegan Chicken Pieces Ingredients	Ingredients and allergy advice The BAKERY at ASDA 8 White Wraps Ingredients Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Humectant (Glycerol), Raising Agents (Diphosphates, Sodium Carbonates), Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator
Dairy free/vegan alternative	Gluten free alternative Vegan/Vegetarian/pesky/halal alternative

Mycoprotein (89%), Potato Protein, Pea Protein, Firming Agents: Calcium Chloride, Calcium Acetate, Natural Flavouring, Wheat Gluten, Pea Fibre, Stabilisers: Carrageenan, Sodium Alginate <u>ASDA Ready Rolled Shortcrust Pastry</u> Ingredients Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Rapeseed Oil, Salt, Concentrated Lemon Juice, Preservative (Potassium Sorbate), Inactive Dried Yeast, Flavouring, Emulsifier (Mono- and Diglycerides of Fatty Acids), Colour (Carotenes), Flour Treatment Agent (Ascorbic Acid), Citric Acid <u>Genius Free From Frozen Shortcrust Pastry</u> Ingredients Maize Starch, Margarine: Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids, Water, Dextrose, Dried Egg, Potato Starch, Stabilisers: Guar Gum, Xanthan Gum, Raising Agents: Disodium Diphosphate, Potassium Hydrogen Carbonate, Salt, Sugar, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids <u>ASDA Mild & Sweet Trimmed Leeks</u> <u>Knorr Stock Pot Chicken</u> Ingredients Concentrated chicken stock (63%) (water, chicken), salt, flavourings, sugar, yeast extract, chicken fat (2%), potassium chloride, palm fat, gelling agents (xanthan gum, locust bean gum), garlic, carrots†, leek†, caramel syrup, maltodextrin, parsley†, colour (carotenes), carrot juice powder <u>Kallo Organic Chicken Stock Cubes</u> Ingredients Sea Salt, Potato Starch*, Sustainable Palm Fat*, Sugar*, Chicken Fat* (3.5%), Yeast Extract*, Natural Chicken Flavour, Chicken Powder* (1%), Spices* and Herbs* (Turmeric*, Black Pepper*, Parsley*, Rosemary*), Onion*, *Organic ingredients <u>Oxo Meat Free Vegan Chicken Flavour Stock Cubes</u> Ingredients Wheat Flour (with Added Calcium, Iron, Niacin, Thiamin), Dried Glucose Syrup, Salt, Flavour Enhancer (Monosodium Glutamate), Yeast Extract, Palm Oil, Sugar, Potato Starch, Flavouring, Onion Extract, Colour (Ammonia Caramel), Dried Parsley, White Pepper <u>ASDA Light & Fluffy Maris Piper Potatoes</u>	(Citric Acid), Salt, Preservatives (Calcium Propionate), Wheat Starch, Flour Treatment Agent (L-Cysteine) <u>Warburtons Gluten Free 4 White Wraps</u> Ingredients Water, Rice Flour, Tapioca Starch, Maize Starch, Fruit Extract (Carob and Apple), Stabilisers: Xanthan Gum, E464, Rapeseed Oil, Humectant: Vegetable Glycerine, Pea Protein, Vegetable Fibre (Psyllium), Emulsifiers: E471, E481, Preservatives: Calcium Propionate, Potassium Sorbate, Salt, Natural Flavouring, Flour Treatment Agent: E920 (Vegetarian) <u>ASDA Wafer Thin Cooked Ham</u> Ingredients Pork (79%), Water, Salt, Dextrose, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite) <u>Quorn Vegan Smoky Ham Free Slices</u> Ingredients <u>Mycoprotein (78%), Water, Flavourings (contain Smoke Flavourings, Colour: Iron Oxide), Gelling Agents: Agar, Locust Bean Gum, Potato Protein, Salt, Pea Fibre, Preservative: Potassium Sorbate</u> <u>ASDA Creamy Original Soft Cheese</u> Ingredients Full Fat Soft Cheese (Pasteurised Milk) <u>Violife Creamy Original Soft Cheese Alternative</u> Ingredients Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12 <u>ASDA Whole Cucumber</u> <u>ASDA Zingy & Crisp Braeburn Apples</u> <u>ASDA Tart & Juicy Granny Smith Apples</u> <u>ASDA Sweet & Juicy Medium Oranges</u>
Dairy free/vegan alternative	Gluten free alternative
	Vegan/Vegetarian/pesky/halal alternative

<u>Vitalite Dairy Free Spread</u> Ingredients Vegetable Oils in varying proportions (Rapeseed, Sustainable Palm), Water, Salt, Emulsifier - Lecithins, Flavourings, Colours - Annatto Bixin, Curcumin <u>ASDA Creamy Greek Style Yogurt</u> Ingredients Greek Style Natural Yogurt (Milk), Live Bacterial Cultures [Bifidobacterium, Lactobacillus Bulgaricus, Streptococcus Thermophilus] <u>Plant Based by ASDA Plant Based Plain Soya Yogurt Alternative</u> Ingredients Water, Soya Beans (9%), Tricalcium Phosphate, Bacterial Cultures [Bifidus, Lactobacillus Acidophilus], Potassium Iodate, Vitamin D, Vitamin B12	<u>ASDA Garden Gang Super Easy Peelers</u> <u>ASDA Garden Gang 7 Brilliant Bananas</u> <u>ASDA 6 Sweet & Creamy Bananas</u> <u>ASDA Sweet & Delicate Conference Pears</u> <u>ASDA Garden Gang Incredible Pears</u>
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