

Monday week 2	
Dinner Pasta bolognaise bake with garlic bread ~ Greek yogurt	Tea Spaghetti loops on wholemeal triangles ~ Fruit
Ingredients and allergy advice <u>ASDA Vegetable Oil</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 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) <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)	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> 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

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal/pesky alternative

<u>ASDA Chopped Garlic</u> Ingredients 100% Garlic with no added Preservatives <u>Knorr Stock Pot Beef</u> 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 † <u>Knorr Zero Salt Stock Cubes Beef</u> 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 <u>Oxo Vegan Beef Flavoured Stock Cubes</u> 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 <u>COOK by ASDA Mixed Herbs</u> Ingredients Thyme (41%), Marjoram (19%), Oregano, Parsley, Sage, Basil <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, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono-and Diglycerides of Fatty Acids), Wheat Flour, Flavouring, Colour (Carotenes)	<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>
---	--

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal/pesky alternative

<u>ASDA Free From Garlic Baguette</u> 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 <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 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	
Tuesday week 2	
Dinner Chicken korma, rice, sweetcorn and Nann bread ~ Fruit	Tea Crumpets and cheese ~ Greek yogurt
Ingredients and allergy advice <u>ASDA Vegetable Oil</u> <u>ASDA 3 Crunchy & Fragrant Brown Onions</u>	Ingredients and allergy advice <u>The BAKERY at ASDA Crumpets</u> Ingredients

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal/pesky alternative

<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 <u>ASDA Long Grain White Rice</u> Ingredients Parboiled Long Grain Rice <u>ASDA Chopped Garlic</u> Ingredients 100% Garlic with no added Preservatives <u>COOK by ASDA Mild Curry Powder</u> Ingredients Coriander Seeds (26%), Rice Flour, Onion Powder, Cumin Seeds, Garlic Powder (8%), Paprika (8%), Turmeric, Ginger, Salt, Cardamom, Black Pepper, Cinnamon (3%), Cloves, Chilli Powder <u>Alpro No Sugars Coco 1L</u> Ingredients Water, Coconut Milk [14.1%] [Water, Coconut Cream [5.3%], Coconut Water [2.6%]], Calcium [Tri-Calcium Phosphate], Natural Coconut Flavour, Stabilisers [Guar Gum, Xanthan Gum, Gellan Gum], Sea Salt, Vitamins B12, D2 <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>	Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Sugar, Yeast, Raising Agents (Diphosphates, Sodium Carbonates), Spirit Vinegar, Salt, Preservative (Potassium Sorbate) <u>Genius Gluten Free Crumpets</u> Ingredients Water, Starches (Maize, Potato), Rice Flour, Rapeseed Oil, Dried Egg White, Sugar, Yellow Maize Flour, Yeast, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Dextrose, Dried Egg, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Salt, Stabilisers (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Preservative (Potassium Sorbate), Xanthan Gum, Acidity Regulator: Citric Acid <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>Vitalite Dairy Free Spread</u> Ingredients Vegetable Oils in varying proportions (Rapeseed, Sustainable Palm), Water, Salt, Emulsifier - Lecithins, Flavourings, Colours - Annatto Bixin, Curcumin <u>Wildlife Strawberry & Peach Fromage Frais</u> <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
--	--

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal/pesky alternative

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

Oxo Meat Free Vegan Chicken Flavour Stock CubesIngredients

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

ASDA Sweetcorn in WaterIngredients

Sweetcorn, Water

The BAKERY at ASDA 6 Plain Mini NaansIngredients

Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Rapeseed Oil, Yeast, Spirit Vinegar, Raising Agents (Diphosphates, Sodium Carbonates, Calcium Phosphates), Sugar, Preservatives (Calcium Propionate, Potassium Sorbate), Cumin, Kalonji Seeds, Salt, Wheat Starch, Wheat Flour

ASDA Free From 2 Plain NaansIngredients

Water, Rice Flour, Tapioca Starch, Potato Starch, Rapeseed Oil, Stabilisers (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Humectants (Glycerol, Sorbitol), Yeast, Sugar, Maize Flour, Psyllium Husk Powder, Potato Flakes, Salt, Raising Agents (Diphosphates, Sodium Carbonates), Vitamins and Minerals [Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Fermented Rice, Kalonji Seeds, Bamboo Fibre, Acidity Regulator (Citric Acid)

ASDA Zingy & Crisp Braeburn ApplesASDA Tart & Juicy Granny Smith ApplesASDA Sweet & Juicy Medium OrangesASDA Garden Gang Super Easy PeelersASDA Garden Gang 7 Brilliant Bananas

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal/pesky alternative

<u>ASDA 6 Sweet & Creamy Bananas</u> <u>ASDA Sweet & Delicate Conference Pears</u> <u>ASDA Garden Gang Incredible Pears</u>	
Wednesday week 2	
Dinner Sausage Danish, mash, peas and gravy ~ Greek yogurt	Tea Pizza ~ Fruit
Ingredients and allergy advice <u>Bare village butchers sausage meat</u> <u>Richmond 8 Vegan Meat-Free Tasty Sausages</u> 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 <u>ASDA Ready Rolled Light Puff Pastry</u> Ingredients Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Rapeseed Oil, Concentrated Lemon Juice, Salt, Preservative (Potassium Sorbate), Inactive Dried Yeast, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes), Flour Treatment Agent (Ascorbic Acid), Citric Acid <u>Jus-Rol Gluten Free Ready Rolled Puff Pastry Sheet</u> Ingredients Water, Corn Starch, Vegetable Oils and Fats (Palm, Rapeseed), Rice Flour, Pea Flour, Vegetable Fiber (Potatoes, Rice Pea, Plantain, Psyllium), Thickener (Xanthan Gum, Hydroxypropyl Methylcellulose), Alcohol, Salt, Buckwheat Flour, Natural Flavouring, Flour Treatment Agent (Transglutaminase), Acidity Regulator (Citric Acid) <u>ASDA Light & Fluffy Maris Piper Potatoes</u>	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 <u>ASDA Free From Margherita Pizza</u> 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)] <u>Dr. Oetker Ristorante Margherita Pomodori Vegan Pizza</u>

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal/pesky alternative

<u>ASDA Frozen for Freshness Garden Peas</u> <u>Bisto Reduced Salt Gravy Granules</u> Ingredients Potato Starch, Maltodextrin, Palm Fat, Salt, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Flavourings, Sugar, Emulsifier (Soya Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil <u>ASDA Free From Gravy Granules</u> Ingredients Potato Starch, Palm Oil, Salt, Maltodextrin, Colour (Ammonia Caramel), Hydrolysed Maize Protein, Flavouring, Onion Powder, Lactic Acid, Emulsifier (Lecithins) <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	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 (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>
Thursday Week 2	
Dinner Beef lasagne with salad ~ Fruit	Tea Homemade soup with bread ~ Greek yogurt
Ingredients and allergy advice. <u>ASDA Vegetable Oil</u> <u>ASDA 3 Crunchy & Fragrant Brown Onions</u>	Ingredients and allergy advice <u>ASDA Vegetable Oil</u> <u>ASDA 3 Crunchy & Fragrant Brown Onions</u>

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal/pesky alternative

Bare village butchers beef mincePlant Based by ASDA Meat-Free Mince

Ingredients

Rehydrated Textured Soya Protein (96%), Rapeseed Oil, Yeast Extract, Malted Barley Extract, Onion Powder, Garlic Powder, Cornflour, Dextrose, Salt, White Pepper

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

ASDA Red PepperASDA Light & Fluffy Maris Piper PotatoesASDA Chopped Tomatoes in Tomato Juice

Ingredients

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

ASDA Tomato Purée Double Concentrate

Ingredients

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

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

COOK by ASDA Basil

Dried basil

Vitalite Dairy Free Spread

Ingredients

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

Kingsmill Medium Tasty Wholemeal Bread

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

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal/pesky alternative

Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Rowanberry Extract, Flavourings, Acidity Regulator (Citric Acid), Olive Extract, Colour (Beta-carotene), Vitamin B12 <u>BAKE by ASDA Plain Flour</u> Ingredients Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)] <u>ASDA Free From Gluten Free Plain Flour</u> Ingredients Rice Flour, Potato Starch, Maize Flour <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>ASDA Chopped Garlic</u> Ingredients 100% Garlic with no added Preservatives <u>Knorr Stock Pot Beef</u> 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 † <u>Knorr Zero Salt Stock Cubes Beef</u> Ingredients Glucose syrup, vegetable fat (shea), flavourings, toasted onion powder (8%), potato starch, sugar, beef fat (beef fat, antioxidant (rosemary extracts))(3%), beef powder	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 [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
--	--

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal/pesky alternative

(2.5%), spices (pepper, nutmeg, lovage roots, clove), herbs (parsley, rosemary), red pepper, carrots <u>Oxo Vegan Beef Flavoured Stock Cubes</u> 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 <u>COOK by ASDA Mixed Herbs</u> Ingredients Thyme (41%), Marjoram (19%), Oregano, Parsley, Sage, Basil <u>ASDA Whole Cucumber</u> <u>JUST ESSENTIALS by ASDA Cherry Tomatoes</u> <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>	
Friday week 2	
Dinner Fish cakes with a cheesy vegetable bake ~ Greek yogurt	Tea: Tuna and cheese crustless sandwiches ~ Fruit

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal/pesky alternative

Ingredients and allergy advice <u>Young's Omega 3 12 Fishcakes</u> Ingredients Minced White Fish (42%) (Fish), Partially Reconstituted Dried Potato, Wheat Flour, [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Wheat Starch, Water, Yeast, Seasoning [Salt, Parsley, Rapeseed Oil, Black Pepper Extract, Parsley Oil], Parsley, Mustard Flour, Black Pepper <u>ASDA Free From 2 Cod Fishcakes</u> Ingredients Cod (Gadus morhua) (Fish) (43%), Water, White Onions (9%), Potatoes (8%), Potato Flakes [Potatoes, Emulsifier (Mono- And Diglycerides of Fatty Acids), Stabiliser (Diphosphates), Acidity Regulator (Citric Acid)], Sunflower Oil, Rice Flour, Maize Flour, Gram Flour, Maize Starch, Potato Starch, Lemon Concentrate, Parsley, Salt, Raising Agents (Sodium Carbonates, Diphosphates), Stabiliser (Xanthan Gum), Dextrose, Black Pepper, Preservative (Potassium Sorbate) <u>Plant Based by ASDA Veggie Fingers</u> Ingredients Vegetables (51%) [Carrots, Sweetcorn, Peas, Onions, Potatoes], Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Rapeseed Oil, Potato Flakes, Maize Starch, Wheat Gluten, Salt, Rye Flour, Sugar, Yeast Extract, Pea Fibre, Garlic Powder, Onion Powder, Yeast, White Pepper, Tomato Powder, Red Pepper Powder, Parsley, Flavouring, Sage, Black Pepper Extract, Sage Extract <u>ASDA Frozen for Freshness Mixed Vegetables</u> Ingredients Diced Carrots (45%), Garden Peas (35%), Cut Green Beans (10%), Sweetcorn (10%) <u>British Milk Semi Skimmed</u> <u>Alpro Soya Growing Up Long Life Drink</u> 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 <u>Vitalite Dairy Free Spread</u>	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 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), Flavourings (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, Flavourings, 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, Flavourings, 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/halal/pesky alternative

<u>Ingredients</u> Vegetable Oils in varying proportions (Rapeseed, Sustainable Palm), Water, Salt, Emulsifier - Lecithins, Flavourings, Colours - Annatto Bixin, Curcumin <u>ASDA British Mild Cheddar</u> <u>Ingredients</u> Mild Cheddar Cheese (Pasteurised Milk) <u>Violife Original Grated</u> <u>Ingredients</u> Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Rowanberry Extract, Flavourings, Acidity Regulator (Citric Acid), Olive Extract, Colour (Beta-carotene), Vitamin B12 <u>BAKE by ASDA Plain Flour</u> <u>Ingredients</u> Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)] <u>ASDA Free From Gluten Free Plain Flour</u> <u>Ingredients</u> Rice Flour, Potato Starch, Maize Flour <u>ASDA Creamy Greek Style Yogurt</u> <u>Ingredients</u> 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> <u>Ingredients</u> 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) <u>ASDA Free From Brown Sliced Loaf</u> <u>Ingredients</u> 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 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>
--	--

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal/pesky alternative