

Monday week 3	
Dinner Sausage and tomato pasta bake with garlic bread ~ Greek yogurt	Tea Chicken goujon wraps with dips and cucumber sticks ~ Fruit
<u>Ingredients and allergy advice</u> <u>ASDA Vegetable Oil</u> <u>ASDA 3 Crunchy & Fragrant Brown Onions</u> <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 <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 Flavourful Pork Sausages</u> 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>Ingredients and allergy advice</u> <u>ASDA Delicious Breaded Chicken Goujons</u> Ingredients Chicken Breast (57%), Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Vegetable Oils [Rapeseed, Extra Virgin Olive, Sunflower], Water, Pea Fibre, Wheat Starch, Salt, Wheat Gluten, Yeast, Cider Vinegar, Yeast Extract, Sugar, Spirit Vinegar Powder, Onion Powder, Spices, Garlic Powder, Sage, Powdered Lemon Juice, Thyme Extract, Pepper Extract, Cumin Extract <u>Free From by Asda 20 Chicken Nuggets</u> Ingredients Chicken Breast (70%), Water, Sunflower Oil, Rice Flour, Maize Flour, Gram Flour, Maize Starch, Potato Starch, Salt, Raising Agents (Sodium Carbonates, Diphosphates), Stabiliser (Xanthan Gum), Dextrose <u>Quorn Roarsomes Vegan Dinosaurs</u> Ingredients Mycoprotein (51%), Wheat Flour (Wheat Flour, Calcium, Iron, Niacin & Thiamine), Water, Rapeseed Oil, Wheat Gluten, Potato Protein, Pea Protein, Firming Agents: Calcium Acetate, Calcium Chloride, Cornflour, Wheat Semolina, Natural Flavouring, Pea Fibre, Rice Flour, Stabilisers: Carrageenan, Sodium Alginate, Salt, Yeast, Garlic Powder, Onion Powder <u>ASDA Classic Dip Selection</u> <u>Cheese and chive dip</u> Ingredients Mayonnaise (50%) [Water, Rapeseed Oil, Cornflour, Pasteurised Egg Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice from Concentrate, White Wine Vinegar], Soured Cream (Milk) (25%), Coloured Mature Cheddar Cheese (12%) [Cheddar Cheese (Milk), Colour

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/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>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	(Carotenes)], Water, Onions (4%), Chives (1%), Salt, Spirit Vinegar, Preservative (Potassium Sorbate) <u>Onion and garlic dip</u> Ingredients Mayonnaise (43%) [Water, Rapeseed Oil, Cornflour, Pasteurised Egg Yolk, Spirit Vinegar, Sugar, Salt, Lemon Juice from Concentrate, White Wine Vinegar], Soured Cream (Milk) (38%), Onions (12%), Water, Garlic Purée (2%) [Garlic Purée, Acidity Regulator (Citric Acid)], Chives, Cornflour, Spirit Vinegar, Salt, Preservative (Potassium Sorbate) <u>Sour cream and chive dip</u> Ingredients Soured Cream (Milk) (57%), Mayonnaise (29%) [Water, Rapeseed Oil, Pasteurised Egg Yolk, Cornflour, Spirit Vinegar, Sugar, Salt, Lemon Juice from Concentrate], Onions (6%), Water, Chives (3%), Cornflour, Salt, Preservative (Potassium Sorbate) <u>ASDA 50% Less Sugar & Salt Tomato Ketchup</u> Ingredients Tomatoes (189g per 100g of Ketchup), Spirit Vinegar, Sugar, Modified Maize Starch, Salt, Sweetener (Steviol Glycosides from Stevia), Flavouring <u>The BAKERY at ASDA 8 White Wraps</u> 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 (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
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Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal alternative

(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 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>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 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),	Propionate, Potassium Sorbate, Salt, Natural Flavouring, Flour Treatment Agent: E920 (Vegetarian) <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> <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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Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal alternative

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>Wildlife Strawberry & Peach Fromage Frais</u> Ingredients 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	
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Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal alternative

Tuesday week 3	
Dinner Mince stew, potatoes and peas ~ Fruit	Tea Muffins with cheese spread and cucumber sticks ~ Greek yogurt
Ingredients and allergy advice <u>ASDA Vegetable Oil</u> <u>Bare butcher beef Mince</u> Plant 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 <u>ASDA 3 Crunchy & Fragrant Brown Onions</u> <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	Ingredients and allergy advice <u>The BAKERY at ASDA Muffins</u> Ingredients Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Wheat Semolina, Wheat Protein, Sugar, Salt, Soya Flour, Spirit Vinegar, Vegetable Oils and Fat [Palm Oil, Palm Fat, Rapeseed Oil], Preservative (Potassium Sorbate), Flour Treatment Agent (Ascorbic Acid) ASDA Free From White Rolls Ingredients Water, Tapioca Starch, Rice Flour, Potato Starch, Rapeseed Oil, Humectant (Glycerol), Potato Flakes, Psyllium Husk Powder, Sugar, Stabiliser (Hydroxypropyl Methyl Cellulose), Yeast, Salt, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Emulsifier (Mono- and Diglycerides of Fatty Acids), Fermented Rice, Folic Acid <u>ASDA Creamy Original Soft Cheese</u> Ingredients Full Fat Soft Cheese (Pasteurised Milk) Violife Creamy Original Soft Cheese Alternative Ingredients Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12 <u>ASDA Whole Cucumber</u>

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal alternative

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 <u>COOK by ASDA Mixed Herbs</u> Ingredients Thyme (41%), Marjoram (19%), Oregano, Parsley, Sage, Basil <u>ASDA Light & Fluffy Maris Piper Potatoes</u> <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 Frozen for Freshness Garden Peas</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 Creamy Greek Style Yogurt</u> 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
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Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal alternative

<u>ASDA 6 Sweet & Creamy Bananas</u> <u>ASDA Sweet & Delicate Conference Pears</u> <u>ASDA Garden Gang Incredible Pears</u>	
Wednesday week 3	
Dinner Fish fingers, mash and beans ~ Fromage Frais	Tea Tomato and cheese pasta ~ Fruit
<u>Ingredients and allergy advice</u> <u>ASDA Omega 3 Fish Fingers</u> Ingredients Alaska Pollock (Theragra Chalcogramma) (Fish) (64%), Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Rapeseed Oil, Water, Wheat Starch, Potato Starch, Salt, Yeast, Colours (Paprika Extract, Curcumin), Turmeric <u>Birds Eye Gluten Free Fish Fingers</u> Ingredients Alaska Pollock (Fish) (65%), Breadcrumbs Coating*, Rapeseed Oil, *Breadcrumbs Coating (Flour (Rice, Ground Chickpea), Starch (Potato, Maize, Pea), Water, Rice Semolina, Salt, Dried Potato, Pea Fibre) <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>Ingredients and allergy advice</u> <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) <u>ASDA Passata</u> Ingredients Tomatoes, Acidity Regulator (Citric Acid)

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal alternative

<u>ASDA Light & Fluffy Maris Piper Potatoes</u> <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 Baked Beans</u> Ingredients Haricot Beans (49%), Tomatoes (36%), Water, Sugar, Modified Maize Starch, Salt, Paprika, Onion Powder, Paprika Extract, Flavourings <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 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>ASDA Red Pepper</u> <u>Knorr Stock Pot Vegetable</u> 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 <u>Kallo Organic Vegetable Stock Cubes</u> 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 <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 Zingy & Crisp Braeburn Apples</u>
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Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal alternative

	<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 3	
Dinner Five bean chilli with jacket potato ~ Fruit	Tea Cheesy beans on wholemeal squares ~ Greek yogurt
Ingredients and allergy advice <u>ASDA Vegetable Oil</u> <u>Bare butcher Beef Mince</u> Plant 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	Ingredients and allergy advice <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) ASDA Free From Brown Sliced Loaf

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal alternative

<u>ASDA 3 Crunchy & Fragrant Brown Onions</u> <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 Fluffy & Golden Baking Potatoes</u> <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 <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 †	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>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 Baked Beans</u> Ingredients Haricot Beans (49%), Tomatoes (36%), Water, Sugar, Modified Maize Starch, Salt, Paprika, Onion Powder, Paprika Extract, Flavourings <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
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Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal alternative

<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 Mild Chilli Powder</u> Ingredients Chilli Powder (82%), Cumin Powder, Salt, Garlic, Oregano <u>COOK by ASDA Mixed Herbs</u> Ingredients Thyme (41%), Marjoram (19%), Oregano, Parsley, Sage, Basil	Water, Soya Beans (9%), Tricalcium Phosphate, Bacterial Cultures [Bifidus, Lactobacillus Acidophilus], Potassium Iodate, Vitamin D, Vitamin B12
Friday week 3	
Dinner Homemade cheese and onion pie with baked beans ~ Greek yogurt	Tea Cream cheese and ham wraps with cucumber sticks ~ Fruit
Ingredients and allergy advice. <u>ASDA Light & Fluffy Maris Piper Potatoes</u> <u>ASDA 3 Crunchy & Fragrant Brown Onions</u> <u>ASDA British Mature Cheddar</u> Ingredients Mature Cheddar Cheese (Pasteurised Milk)	Ingredients and allergy advice <u>The BAKERY at ASDA 8 White Wraps</u> 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 (Citric Acid), Salt, Preservatives (Calcium Propionate), Wheat Starch, Flour Treatment Agent (L-Cysteine)

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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

ASDA Ready Rolled Shortcrust Pastry**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

Genius Free From Frozen Shortcrust Pastry**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

ASDA Baked Beans**Ingredients**

Haricot Beans (49%), Tomatoes (36%), Water, Sugar, Modified Maize Starch, Salt, Paprika, Onion Powder, Paprika Extract, Flavourings

ASDA Creamy Greek Style Yogurt**Ingredients**

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

Warburtons Gluten Free 4 White Wraps**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)

ASDA Creamy Original Soft Cheese**Ingredients**

Full Fat Soft Cheese (Pasteurised Milk)

Violife Creamy Original Soft Cheese Alternative**Ingredients**

Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12

ASDA Wafer Thin Cooked Ham**Ingredients**

Pork (79%), Water, Salt, Dextrose, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)

Quorn Vegan Smoky Ham Free Slices**Ingredients**

Mycoprotein (78%), Water, Flavourings (contain Smoke Flavourings, Colour: Iron Oxide), Gelling Agents: Agar, Locust Bean Gum, Potato Protein, Salt, Pea Fibre, Preservative: Potassium Sorbate

ASDA Whole Cucumber**ASDA Zingy & Crisp Braeburn Apples****ASDA Tart & Juicy Granny Smith Apples**

Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal alternative

<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 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>
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Dairy free/vegan alternative

Gluten free alternative

Vegan/Vegetarian/halal alternative