



Afterschool Club Ingredient and Allergen List

Frubes

Ingredients

Yogurt (Skimmed Milk, Cream (Milk), Skimmed Milk Powder, Lactic Cultures (Milk)), Sugar 7.1%, Modified Manioc and Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Vitamin D

Cheestrings

Ingredients

Medium fat hard cheese. Added Ingredient: Acidity Regulators (Citric Acid, Lactic Acid), Paprika, Vitamin D

Cathedral Cheese

Ingredients

100% Cow's Milk (add starter culture), Vegetarian Rennet, Salt:

Pom-Bears

Ingredients

Dried Potato, Sunflower Oil (25%), Maize Starch, Potato Starch, Maize Dextrin, Sugar, Salt, Yeast Extract, Emulsifier: Mono- and Diglycerides of Fatty Acids, Paprika Powder

Quavers

Ingredients

Potato Starch, Sunflower Oil, Cheese Flavour [Whey Powder (from Milk), Flavouring (contains Milk), Flavour Enhancers (Monosodium Glutamate, Disodium 5'Ribonucleotide), Milk Powder, Cheese Powder (from Milk), Potassium Chloride, Garlic Powder, Acid (Lactic Acid), Colour (Paprika Extract)], Rice Flour,

Soya Flour, Salt, Yeast, Onion Powder (Malt Flour from Barley), Pepper.
Wheat flour (contains Calcium, Iron, Niacin, Thiamin), Colour (Annatto Norbixin)

Allergy Advice: May contain Gluten, Celery, Mustard.

Maryland Chocolate Chip Cookies Minis

Ingredients

Wheat Flour (with Calcium Carbonate, Iron, Niacin and Thiamin), Chocolate Chips (25%) (Sugar, Cocoa Mass, Vegetable Fats (Palm, Shea, Sal), Emulsifiers (Soya Lecithin, E442, E476), Cocoa Butter, Flavourings), Sugar, Palm Oil, Whey or Whey Derivatives (Milk), Partially Inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Flavourings

Allergy Advice: May Contain Nuts

Jammie Dodgers Minis

Ingredients

Wheat Flour, Raspberry Flavour Plum Jam (23%) (Glucose-Fructose Syrup, Plums, Humectant (Glycerol), Sugar, Gelling Agent (Pectins), Acidity Regulator (Sodium Citrates), Acid (Citric Acid), Colour (Anthocyanins), Flavourings), Sustainable Palm Oil, Sugar, Glucose Syrup, Raising Agent (Ammonium Carbonates), Salt

Allergy Advice: May contain Milk, Eggs Nuts

Go Ahead Yogurt Cereal Bar

Ingredients

WHEAT Flour, Fruit Filling (32%) [Sultanas, Currants, Glucose-Fructose Syrup, Sugar, Strawberry Paste, Humectant (Glycerine), Dextrose Monohydrate, WHEAT Bran, Rice Flour, Gelling Agent (Pectin), Strawberry Concentrate, Citric Acid, Natural Flavouring, Acidity Regulators (Sodium Citrate, Calcium Citrate)], Yogurt Flavour Coating (19%) [Sugar, Vegetable Fat, Low Fat Yogurt Powder (1.1%), Dried Skimmed MILK (1%), Whey Solids, Dried Whole MILK, Citric Acid, Emulsifier (SOYA Lecithin), Natural Flavouring], Sugar, Vegetable Oil, Glazing Agent (Glucose Syrup, Dried SKIMMED MILK), Maltodextrin, Calcium Carbonate, Whey Solids, Emulsifiers (SOYA Lecithin, E472d), Salt, Natural Strawberry Flavouring

with other Natural Flavourings, Citrus Fibre, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate). Finished product contains 20% Sultanas, 4% Currants and the equivalent of 1.5% Strawberry.

Go Ahead Fruit & Oat Bakes, Strawberry Cereal Bars

Ingredients

Cereal bars Strawberry Flavoured Filling (50%) [Glucose Syrup, Water, Humectant (Glycerin), Fructose, Dextrose, Sugar, Concentrated Strawberry Juice, Modified Starch, Thickeners (Dried Apple, Pectin, Sodium Alginate), Acidity Regulators (Citric Acid, Malic Acid), Natural Strawberry Flavouring, Elderberry Juice], Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil (Palm), Water, Maltodextrin, Partially Inverted Sugar Syrup, Dried Whey (MILK), Invert Sugar Syrup, Salt, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Emulsifiers (Soya Lecithin, E472e), Natural Flavouring, Finished product contains the equivalent of 15% Strawberry Juice

Allergy Advice: Contains Gluten, Soy

Go Ahead Fruit & Oat Bakes, Apple Cereal Bar

Ingredients

Apple Flavoured Filling (50%) [Glucose-Fructose Syrup, Water, Humectant (Glycerine), Fructose, Dextrose, Modified Starch, Concentrated Apple Juice, Sugar, Thickeners (Dried Apple, Pectin, Sodium Alginate), Acidity Regulators (Citric Acid, Malic Acid), Natural Apple Flavouring)], Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil (Palm), Water, Maltodextrin, Partially Inverted Sugar Syrup, Dried Whey (MILK), Invert Sugar Syrup, Salt, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Emulsifiers (Soya Lecithin, E472e), Natural Flavouring, Finished product contains the equivalent of 15% Apple Juice.

Allergy Advice: Contains: Gluten, Soy

Fridge raiders

Ingredients

Chicken Breast (91%), Vegetable Oils (Soya Bean, Cotton Seed, Sunflower), Seasoning (Salt, Yeast Extract, Onion, Garlic, Sage, Stabiliser: Sodium Tripolyphosphate, Natural Flavouring), Rusk (Wheat Flour, (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent: Ammonium Bicarbonate), Tapioca Starch, Dextrose

Ice Lollies

Ingredients

Water, Sugar, Dextrose, Citric Acid, Flavouring, Stabiliser (Guar Gum), Colours (Beetroot Red, Curcumin)

Milk Lollies

Ingredients

Chocolate Flavour Milk Lolly:

Partially Reconstituted Skimmed Milk Concentrate, Glucose Syrup, Sugar, Coconut Oil, Whey Powder (Milk), Dextrose, Fat Reduced Cocoa Powder, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Sodium Alginate)

Strawberry Flavour Milk Lolly:

Partially Reconstituted Skimmed Milk Concentrate, Glucose Syrup, Sugar, Coconut Oil, Whey Powder (Milk), Dextrose, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Stabilisers (Guar Gum, Sodium Alginate), Colour (Beetroot Red)

Vanilla Flavour Milk Lolly:

Partially Reconstituted Skimmed Milk Concentrate, Glucose Syrup, Sugar, Coconut Oil, Whey Powder (Milk), Dextrose, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Stabilisers (Guar Gum, Sodium Alginate)

Fruits and Vegetables

Selection of different fruits that can be offered are

Raisins, Bananas, Apples, Oranges, Pears, Carrots, Tomatoes