

FROZEN FOOD - per child

4 x fish bites

3 x fish fingers

1 x breaded fish

2 x veggie sticks

2 x sausages

1 x fish cake

1 x chicken burger

1 x beef burger

50g of frozen veg

100g of chips or wedges

Ingredients of above frozen food brought in.

Fish Cakes

Minced White **FISH** (43%)(**FISH**), Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dried Potato, Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Stabiliser (Methyl Cellulose), Yeast, Onion Powder, Parsley, Sugar, Turmeric, Colour (Paprika Extract), Black Pepper Extract, Parsley Extract

Beef Burgers

Beef (90%), Water, Onion, Rice Flour, Gram Flour, Salt, Sugar, Black Pepper, Maize Starch, Antioxidant(Ascorbic Acid), Dextrose, Emulsifier(Mono- and Diglycerides of Fatty Acids).

Sausages

Pork (60%), Water, Pork Fat, Rice Flour, Salt, Bamboo Fibre, Dextrose, Caramelised Sugar Syrup, Paprika Extract, Mono- and Diglycerides of Fatty Acids, **Sulphur Dioxide**, White Pepper, Nutmeg Extract, Pentapotassium Triphosphate, Potato Starch. Filled into beef collagen casing.

Chicken Burger

Chicken Breast (62%), Water, **Wheat** Flour, Palm Oil, Modified Tapioca Starch, Modified Maize Starch, Sugar, Salt, Raising agents (Disodium Diphosphate, Sodium

Bicarbonate, Monocalcium Phosphates), Stabiliser (Pentasodium Triphosphate), White Pepper, Onion, Yeast Extract, Garlic, Colour (Paprika Extract), Black Pepper

Fish Fingers

Minced White Fish (Fish) (58%)(Alaska Pollock (**Fish**)), Wheat Flour(**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Yeast, Salt, Colours(Paprika Extract, Curcumin), Turmeric.

Breaded Fish

Alaska Pollock (**Fish**) (50%), **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent(Ammonium Carbonate).

Fish Bites

Reformed Scampi and White Fish Pieces (Scampi (**Crustacean**) (20%), White **Fish** (17%), Water, Stabilisers (Polyphosphates)), Breadcrumbs (**Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Yeast, Salt), Batter (Water, **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Salt), Rapeseed Oil

Veggie Sticks/Burgers

Carrot (16%),Peas (14%),Onion (12%),Sweetcorn (10%),Red Pepper (9%),Dried Potato,Green Beans (7%),Pea Starch,Water,Cauliflower Florets (4%),Leek (4%),Potato,Salt,Sugar,Yeast Extract,Garlic Powder,Onion Powder, Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract.

Veggie Sausages

Rehydrated textured **SOYA** protein (58%), water, **SOYA** protein concentrate, rapeseed oil, **WHEAT** flour, bamboo fibre, seasoning (**SULPHITES**) (dextrose, flavourings, salt, onion powder, yeast extract, colour: iron oxides and hydroxides), tomato purée, stabiliser: methyl cellulose; salt, raising agent: ammonium carbonates.