

# Breakfast Club Foods – Ingredients

Here are some pictures of the food items we serve at breakfast club and the list of ingredients.



**Allergy Advice**

**Contains: Soya, Wheat.**

Not suitable for Rye, Barley or Oats allergy sufferers

**Ingredients**

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Yeast, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), Spirit Vinegar, Preservative (Calcium Propionate), **Soya** Flour, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)

For allergens, including Cereals containing Gluten, see ingredients in bold



**TOASTED RICE FORTIFIED WITH 7 VITAMINS AND IRON**

**INGREDIENTS**  
 Rice, Sugar, **Barley** Malt Extract, Salt, Niacin, Iron, Vitamin B6, Thiamin, Riboflavin, Folic Acid, Vitamin D, Vitamin B12.

**ALLERGY ADVICE:** For allergens, see ingredients in **bold**. May also contain peanuts, nuts, sesame, milk and soya.

**DIETARY ADVICE:** Suitable for vegetarians. No artificial colours, flavourings or preservatives.

**IT'S WHAT'S INSIDE THAT COUNTS**

**BEST BEFORE:** See top of pack.  
**STORAGE:** Store in a cool, dry place. Once opened, store in an airtight container.



**INGREDIENTS**  
**CHOCOLATE** FLAVOUR TOASTED RICE, FORTIFIED WITH VITAMINS AND MINERALS.

**INGREDIENTS:** Rice, sugar, glucose syrup, fat reduced cocoa powder, salt, cocoa mass, **barley** malt extract, flavourings.

**VITAMINS & MINERALS:** Niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12. For allergens see ingredients highlighted in bold. May contain gluten from other cereals, milk. Best before: see top. Store in a cool dry place.

30% less sugar on average than c...  
 \*\*Conta...



**INGREDIENTS**  
 Wholegrain Flour (59%) [**Oat** Flour, Wholegrain **Wheat** Flour], Sugar, **Wheat** Starch, Maltodextrin, **Oat** Bran, Blended Honey (4%), Fortified Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Raising Agents (Potassium Carbonates, Sodium Carbonates), Salt, Flavouring, Colour (Paprika Extract), Vitamin and Mineral Mix (Niacin (B3), Iron, Riboflavin (B2), Thiamin (B1), Vitamin D).

**Allergy Advice!** for **allergens**, including cereals containing gluten, see ingredients in **bold**. May also contain traces of milk.

**NO ARTIFICIAL COLOURS, FLAVOURS OR HYDROGENATED FAT.**

**NUTRITION**  
 We suggest this product provides 18 servings

Typical Values	Per 100g	Per 30g	Per 30g serving with 125ml semi-skimmed milk