

# 26-27 - Week 1 Nursery & Primary Menu Report

Date: 24/04/2026

Midlothian

Title	Ingredients	Allergens (Single Column)
Apple	Apples, eating, raw, flesh and skin	
Baby Boiled Potatoes	Potatoes, new and salad, boiled in salted water, flesh and skin	
Baked Potato	Potato	
Banana	Bananas, flesh only	
Banana Muffin	Caster Sugar Cane Sugar, Egg - George Andersons <b>Egg</b> , Green Valley Dairy Greek Style Yogurt Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), <b>MILK</b> Solids, Culture., Preema Natural Vanilla Extract WATER, MONOPROPYLENE GLYCOL, NATURAL VANILLA EXTRACT., Baking Powder <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agent (Disodium Diphosphate, Sodium Hydrogen Carbonate), Sysco Classic Bicarbonate of Soda Sodium Bicarbonate., Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane), Sysco Classic Ground Cinnamon Ground Cinnamon (Cassia), Bananas, flesh only, Sysco Classic Plain Flour <b>Wheat</b> Flour (with calcium carbonate, niacin, iron, folic acid, thiamin).	Allergens: Eggs, Gluten, Milk, Wheat.
Brakes Essentials Strawberry Flavoured Iced Smoothie Desserts	Brakes Essentials Strawberry Flavoured Iced Smoothie Desserts Water, Strawberry Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Dextrose, Flavouring.	
Bubble Fish	Crown Foods MSC Gluten Free bubble crumb fish fillet, 60g MSC Certified Alaska Pollock (Theragra Chalcogramma) ( <b>FISH</b> ), 52.0%, coating 48% (19.8% crumbs (rice flour, vegetable fibre (bamboo), maize dextrose), rapeseed oil, water, starch (maize, potato), flour (maize, rice), salt, spices (white pepper, paprika), onion powder, thickeners (xanthan gum), black pepper extract).	Allergens: Fish.
Carrot & Coriander Soup	Carrot (origin: EU), . Onions, Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper., Sysco Classic Ground Coriander Coriander.	May Contain: Gluten, Wheat.
Carrot & Lentil Soup	Brakes Red Lentils, Mixed Vegetables Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2.0%), Parsley, fresh, Water, Carrot (origin: EU), Sysco Classic Ground Black Pepper Ground Black Pepper., Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.	
Cheese Best of Both Sandwich	Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese ( <b>Milk</b> ) Contains Colour (Beta-carotene), Hovis Best of Both Medium Sliced Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal ( <b>Wheat</b> ) Flour ( <b>Wheat</b> ) (32%), Yeast, Calcium Sulphate, Salt, <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid., Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower),	Allergens: Gluten, Milk, Soya, Wheat.

Title	Ingredients	Allergens (Single Column)
	water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	
Chicken Best of Both Sandwich	Sliced British Chicken Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates)., Hovis Best of Both Medium Sliced Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal ( <b>Wheat</b> ) Flour ( <b>Wheat</b> ) (32%), Yeast, Calcium Sulphate, Salt, <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid., Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	Allergens: Gluten, Soya, Wheat.
Chicken in Gravy	Knorr Gluten Free Gravy Granules for Poultry Dishes 25L Maltodextrin, starch, flavourings, rice flour, salt, yeast extract, sunflower oil, tomato puree powder*, caramel syrup, onion juice concentrate*, herbs (rosemary, sage), pepper. *Made from sustainably grown ingredients., Green Gourmet British Red Tractor Raw Chicken Breast Fillet Portion Chicken Breast (90%), Water, Salt, Potato Starch, Stabilisers (Triphosphates).	
Chips	Oven Chips Potato (97%) (origin: EU), Sunflower Oil., Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	
Cooldelight Chocolate Ice Cream	Cooldelight Chocolate Ice Cream Tubs Water, Sugar, Palm Oil, Whey Solids ( <b>MILK</b> ), Whey Powder ( <b>MILK</b> ), Fat Reduced Cocoa Powder, Skimmed <b>MILK</b> Powder, <b>BUTTERMILK</b> Powder, Emulsifier (Mono- and Di-Glycerides of Fatty Acids) Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum)	Allergens: Milk.
Cosmo Wholemeal Pizza	Wholemeal ( <b>Wheat</b> ) Cheese ( <b>Milk</b> ) & Tomato Pizza Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Mozzarella Cheese ( <b>Milk</b> ) (27%) Water, Crushed Tomatoes (15%), Acidity Regulator (Citric Acid), Rapeseed Oil, Salt, Yeast, Oregano, Garlic Granules. <b>SOURCE OF FIBRE</b>	Allergens: Gluten, Milk, Wheat.
Crusty Bread	10" Part Baked White Sandwich Baguettes <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).	Allergens: Gluten, Wheat. May Contain: Barley, Sesame Seeds.
Dairy Free Cheese Slices	Violife Original Sliced Water, Modified Starch, Coconut Oil (23%), Sea Salt, Rowanberry extract, Flavourings, Acidity regulator: Citric acid, Olive Extract, Colour: B- Carotene, Vitamin B12.	
Egg Mayo Best of Both Sandwich	Hovis Best of Both Medium Sliced Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal ( <b>Wheat</b> ) Flour ( <b>Wheat</b> ) (32%), Yeast, Calcium Sulphate, Salt, <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid., Egg - George Andersons <b>Egg</b> , Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.	Allergens: Eggs, Gluten, Milk, Mustard, Soya, Wheat.
Garlic Bread	10" Part Baked White Sandwich Baguettes <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid)., Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory., Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid., Parsley, fresh, Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate),	Allergens: Gluten, Wheat. May Contain: Barley, Sesame Seeds.

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	acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	
Genius Gluten Free Sliced Soft Brown Farmhouse Loaves	Genius Gluten Free Sliced Soft Brown Farmhouse Loaves Water, Starches (Maize, Potato, Tapioca), Rice Flour, Rapeseed Oil, Humectant (Vegetable Glycerol), Linseed, Psyllium Husk, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Black Treacle, Dried <b>EGG</b> White, Iodised Salt (Salt, Potassium Iodate), Apple Extract, Fermented Maize Starch, Millet Flakes.	Allergens: Eggs.
Grated cheese filling (for Baked Potato)	Sysco Classic Grated Mature Coloured Cheddar Cheese Coloured Cheddar( <b>Milk</b> ) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch).	Allergens: Milk.
Italian-Style Lasagne	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)., Katerveg! Meat Free Mince Rehydrated Textured <b>SOYA</b> Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper]., Sysco Classic Diced Onions Onions (EU Origin), Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid., Brakes Ratatouille Mix Courgette (30%), Tomatoes (22.5%), Green Pepper (12.5%), Red Pepper (12.5%), Onion (12.5%), Aubergine (10%)., Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid)., Sysco Classic Tomato Paste 4.5kg Tomatoes., Sysco Classic Cornflour Maize Starch., Milk, semi-skimmed, pasteurised, average <b>Milk</b> , Sysco Classic Grated Mature Coloured Cheddar Cheese Coloured Cheddar( <b>Milk</b> ) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch)., Knorr Pasta Lasagne Durum WHEAT semolina.	Allergens: Gluten, Milk, Soya, Wheat. May Contain: Eggs, Mustard.
Leek & Potato Soup	Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper., Water, . Leeks (100%), McCain Chef's Solutions Simply Potato Dice <b>POTATOES</b> , Sysco Classic Ground Black Pepper Ground Black Pepper., Parsley, fresh, Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)., . Onions	
Lentil & Vegetable Soup	. Leeks (100%), Brakes Red Lentils, Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper., Water, Sysco Classic Ground Black Pepper Ground Black Pepper., Carrot (origin: EU).	
Lentil Soup	. Leeks (100%), Water, Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper., Carrot (origin: EU)., Pepper White Pepper., Brakes Red Lentils	
Madeira Cake Slice GF	Gluten Free Madeira Cake Slice Sugar, Margarine(Palm Oil, Coconut, Rapeseed Oil, Water, Acidity Regulator(Concentrated Lemon Juice)), Rice Flour, <b>Egg</b> , Tapioca Starch, Water, Potato Starch, Humectant(Vegetable Glycerine), Rapeseed Oil, Emulsifier Mix(Water, Sugar, Emulsifier(Mono- and Diglycerides of Fatty Acids), Acidity Regulator(Potassium Hydroxide)), Baking Powder(Leavening Acid(Disodium Diphosphate), Raising Agent(Potassium Hydrogen Carbonate)), Preservative(Potassium Sorbate), Flavouring, Stabilisers(Xanthan Gum).	Allergens: Eggs. May Contain: Almonds.
Mashed Potatoes	McCain Chef's Solutions Simply Mash Potato POTATOES, Milk, semi-skimmed, pasteurised, average <b>Milk</b> , Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	Allergens: Milk.

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Mexican Burrito Filling	Water, Sysco Classic Easy Cook Long Grain Rice Long Grain Rice (100%),, Red Kidney Beans in Water Red Kidney Beans, Water, Firming Agent: Calcium chloride., Sysco Classic Diced Mixed Peppers Green Pepper, Red Pepper, Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid),, Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper., Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane),, Sysco Classic Ground Turmeric Ground Turmeric., Sysco Classic Diced Onions Onions (EU Origin)	
Mixed Salad	Lettuce, average, raw, Tomatoes, standard, raw, Cucumber, raw, flesh and skin	
Muller Healthy Balance Yoghurt	Müller Healthy Balance mixed Strawberry & Peach Yogurt Smooth Strawberry Yogurt ( <b>MILK</b> ), Water, Strawberry Puree (5%) , Sugar, Corn Flour, Natural Flavourings, Colouring Food: Beetroot Juice Concentrate;. Culture : Bifidobacterium, BB-12©. Smooth Peach Yogurt ( <b>MILK</b> ), Water, Peach Puree (5%) , Sugar, Corn Flour, Natural Flavourings, Culture : Bifidobacterium, BB-12©.	Allergens: Milk.
Peas	. Peas	
Potato & Leek Soup	Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper., . Leeks (100%), McCain Chef's Solutions Simply Potato Dice <b>POTATOES</b> , Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane),. , Onions, Sysco Classic Ground Black Pepper Ground Black Pepper., Parsley, fresh	
Prepared Skin-On Wedges	Prepared Skin On Potato Wedges Potatoes, Preservative (Sodium <b>Metabisulphite</b> ), Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane),, Sysco Classic Paprika Ground ;Paprika.	Allergens: Sulphites.
Salmon Fish Fingers	Green Gourmet MSC Gluten-Free Breaded Salmon Fillet Finger 30g Salmon (Oncorhynchus spp) (50%)( <b>FISH</b> ), Rice Flour, Water, Maize Flour, Sunflower Oil, Modified Starch, Maize Starch, Stabiliser (Methylcellulose), Dextrose, Vegetable Fibre (Bamboo), Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, Raising Agents (Sodium Carbonates, Diphosphates), Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	Allergens: Fish.
Sliced Carrots	Sysco Classic Carrot Roundels Carrots	
Steak Pie	Diced Beef QMS - 01BEEDI2126E 100% Beef, . Onions, Sysco Classic Carrot Roundels Carrots, Brakes Puff Pastry Squares Wheat Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate),, Knorr Gluten Free Gravy Granules for Poultry Dishes 25L Maltodextrin, starch, flavourings, rice flour, salt, yeast extract, sunflower oil, tomato puree powder*, caramel syrup, onion juice concentrate*, herbs (rosemary, sage), pepper. *Made from sustainably grown ingredients.	Allergens: Gluten, Wheat.
Sweet Chilli Vegetable Noodles	House Recipe Classic Sweet Chilli Dipping Sauce Water, Sugar, Red Chilli (14%)(Red Chilli, Salt, Water, Acetic Acid), Garlic (4.0%)(Water, Garlic), Modified Corn Starch, Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate),, Brakes Medium Egg Noodles <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), <b>Egg</b> (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid),, Pinguin Oriental Vegetable Stir Fry Mix Carrot (20%), Onion (20%), Peppers (15%), Bamboo Shoots (15%), Baby Corn (13%), Mushrooms (11%), Mangetout (6%)	Allergens: Eggs, Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
Tomato Soup	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)., Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid., Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper., Brakes Vegetable Stewpack Carrot (35%), Turnip (20%), Swede (20%), Onion (15%), <b>Celery</b> (10%)., Sysco Classic Ground Black Pepper Ground Black Pepper., Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory., Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid)., Caster Sugar Cane Sugar, Tomato Puree Tomatoes.	Allergens: Celery.
Tortilla Wrap (for Burrito filling)	Mission 30cm Bran Tortilla Wrap Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (59%), Water, Vegetable Oils (Rapeseed Oil, Palm Oil), <b>WHEAT</b> Bran (2.4%), Raising Agents (E500, E450), Sugar, Acidity Regulator (E296), Stabiliser (E466), Salt.	Allergens: Gluten, Wheat.
Tuna Mayo Best of Both Sandwich	Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract., Portico Classic Tuna Chunks In Brine Tuna ( <b>Fish</b> ), Water, Salt., Hovis Best of Both Medium Sliced Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal ( <b>Wheat</b> ) Flour ( <b>Wheat</b> ) (32%), Yeast, Calcium Sulphate, Salt, <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid.	Allergens: Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.
Vegan Gluten Free Pizza Base	White Rabbit Gluten Free 10" Pizza Base Flour blend (Corn Starch, Sorghum, Red Teff, Buckwheat, Potato Starch, Seed Flours (Flax, Chia), Powder Sugar, Vegetable Fibers (Psyllium, Inulin), Fructose, Apple Extract, Toasted Corn, Thickener (Guar), Hypromellose, Maize Flour), Sourdough Blend (4%) (Quinoa, Rice Flour), Water, Pomace Olive Oil, Salt, Yeast.	
Vegetable Medley	Pinguin Yellow Carrots, Romano Beans & Broccoli Medley Yellow Carrot (25%), Orange Carrot (25%), Romano Bean (25%), Broccoli (25%)	
Violife Original Grated Vegan Cheese	Violife Original Flavour Grated, 175g Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Rowanberry Extract, Flavourings, Acidity regulator (Citric Acid), Olive Extract, Colour (B-Carotene), Vitamin B12.	
Yellow Split Pea soup	Brakes Yellow Split Peas, . Onions, Carrot (origin: EU)., McCain Chef's Solutions Simply Potato Dice <b>POTATOES</b> , Water, Sysco Classic Ground Black Pepper Ground Black Pepper., Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.	
Yorkshire Pudding	Sysco Classic 3" Fully Baked Yorkshire Puddings Wheat Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), <b>Egg</b> White, <b>Egg</b> , Water, Rapeseed Oil, Skimmed <b>Milk</b> Powder, Salt.	Allergens: Eggs, Gluten, Milk, Wheat.