

# Apple crumble

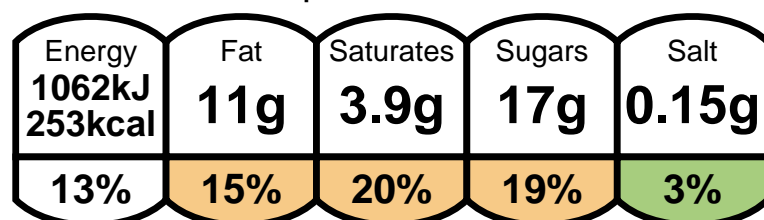
Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	825kJ 196kcal	1062kJ 253kcal
Fat	8.3g	10.7g
of which saturates	3.1g	3.9g
Carbohydrates	30.1g	38.7g
of which sugars	13.1g	16.9g
Fibre	2g	2.5g
Protein	2.2g	2.8g
Salt	0.12g	0.15g

Ingredients: Caterers Pride Solid Pack Apples 2.6kg (62.96%) (81g) Apples, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Flour, wheat, white, plain, soft (21.18%) (27.25g) **Wheat**, Kerrymaid Premium Baking Block 40x250g (10.57%) (13.6g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Sugar, white (5.29%) (6.8g)

Contains

Gluten, Wheat.

Each portion contains



of your reference intake

# Bakewell tart

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1460kJ 349kcal	1361kJ 325kcal
Fat	15.7g	14.6g
of which saturates	5.8g	5.4g
Carbohydrates	49.7g	46.3g
of which sugars	31.6g	29.4g
Fibre	1g	0.9g
Protein	3.3g	3.1g
Salt	0.85g	0.79g

Ingredients: Flour, wheat, white, plain, soft (19.31%) (18g) **Wheat**, Sugar, white (19.31%) (18g), Kerrymaid Premium Baking Block 40x250g (19.31%) (18g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Mixed fruit jam (brakes) (19.31%) (18g)

Glucose-Fructose Syrup, Apple, Sugar, Raspberries, Plum, Rhubarb, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator(Trisodium Citrate), Colour (Anthocyanins), Preservative (**Sulphur Dioxide**).

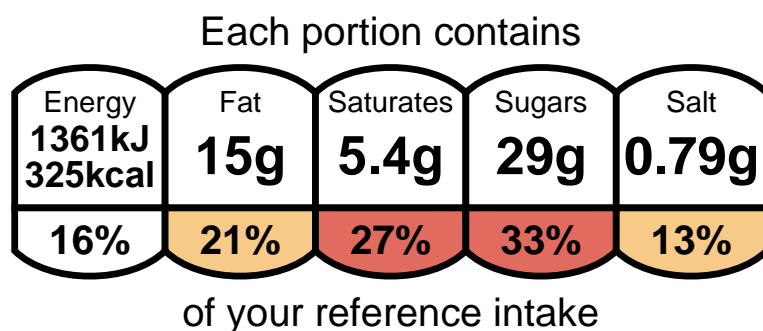
Contains: Sulphites > >10ppm, Semi skimmed milk (12.23%) (11.4g) **Milk Semi Skimmed Milk**, Medium Eggs 15 dozen (7.73%) (7.2g) Hens **EGGS**, Baking powder (brakes) (1.72%) (1.6g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide). , Almond essence (1.07%) (1g)

Water, Monopropylene Glycol, Flavourings.

Contains: None of the 14 Food Allergens

## Contains

Cereals, Dairy, Eggs, Gluten, Milk, Sulphur Dioxide, Wheat.



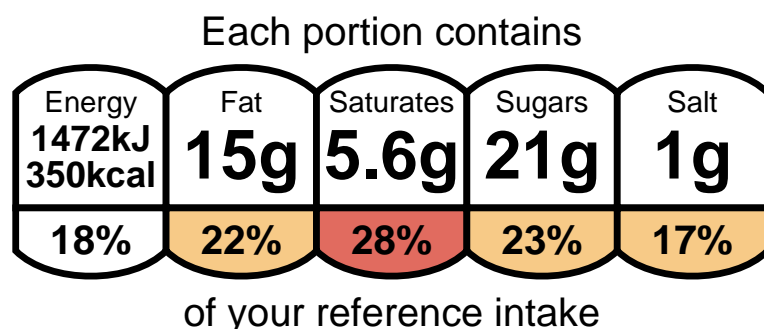
# Blueberry muffins

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1350kJ 321kcal	1472kJ 350kcal
Fat	13.9g	15.2g
of which saturates	5.1g	5.6g
Carbohydrates	46.2g	50.4g
of which sugars	19g	20.7g
Fibre	1.6g	1.8g
Protein	4.6g	5g
Salt	0.92g	1.01g

Ingredients: Flour, wheat, white, plain, soft (33.35%) (36.35g) **Wheat**, Sugar, white (16.65%) (18.15g), Kerrymaid Premium Baking Block 40x250g (16.65%) (18.15g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes),, Ardo Blueberries E 10x1 kg (13.76%) (15g) Blueberries (100%), Medium Eggs 15 dozen (8.81%) (9.6g) Hens **EGGS**, Milk, semi-skimmed, pasteurised, average (7.8%) (8.5g) **Milk**, Baking powder (brakes) (2.06%) (2.25g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide). , Vanilla essence (0.92%) (1g) Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.  
Contains: None of the 14 Food Allergens

## Contains

Cereals, Dairy, Eggs, Gluten, Milk, Wheat.



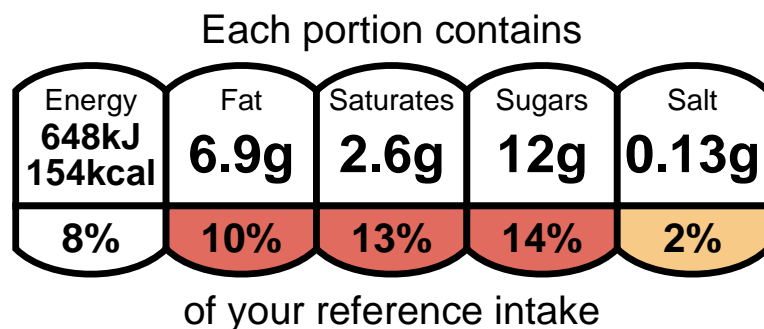
# Caramel cookies

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1852kJ 440kcal	649kJ 154kcal
Fat	19.8g	6.9g
of which saturates	7.4g	2.6g
Carbohydrates	66.1g	23.1g
of which sugars	34.9g	12.2g
Fibre	1.6g	0.5g
Protein	3.6g	1.2g
Salt	0.37g	0.13g

Ingredients: Flour, wheat, white, plain, soft (38.83%) (13.6g) **Wheat**, Sugar, white (25.7%) (9g), Kerrymaid Premium Baking Block 40x250g (25.7%) (9g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Syrup, golden (9.71%) (3.4g), Baking powder (brakes) (0.06%) (0.02g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

Contains

Cereals, Gluten, Wheat.



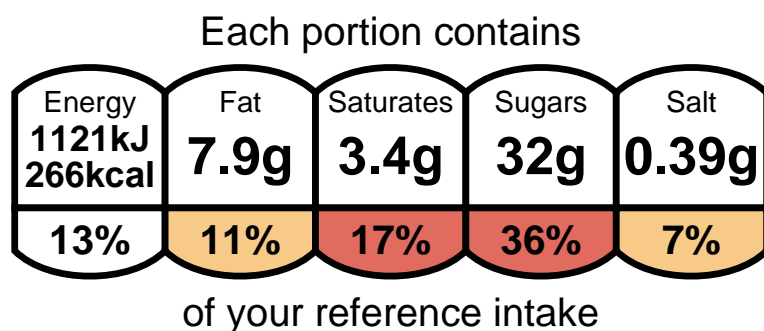
# Chocolate brownie cupcakes

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1868kJ 444kcal	1121kJ 266kcal
Fat	13.1g	7.9g
of which saturates	5.6g	3.4g
Carbohydrates	74.8g	44.9g
of which sugars	53.5g	32.1g
Fibre	2.7g	1.6g
Protein	5.3g	3.2g
Salt	0.65g	0.39g

Ingredients: McDougalls Chocolate Brownie Mix 3.5kg (100%) (60g) Sugar, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed), Fat-reduced Cocoa Powder, Dried **EGG** Albumen, Modified Maize Starch, Salt, Raising Agent (E500), Emulsifiers (E470a, E471, E472b, E472e, E477, E482), **MILK** Protein, Stabilisers (E450).

Contains

Cereals, Dairy, Eggs, Milk, Wheat.



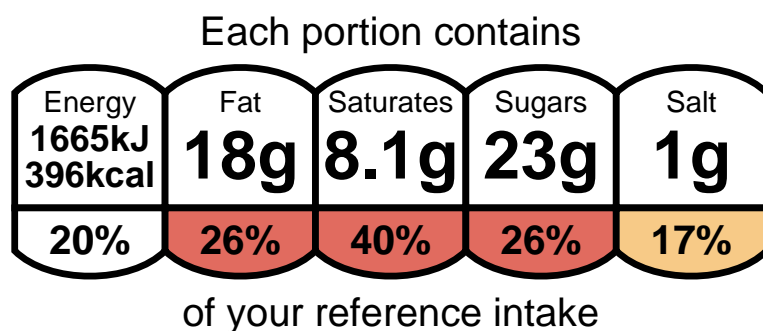
# Chocolate chip muffins

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1616kJ 385kcal	1665kJ 396kcal
Fat	17.9g	18.4g
of which saturates	7.8g	8.1g
Carbohydrates	52.5g	54.1g
of which sugars	22.8g	23.5g
Fibre	2g	2.1g
Protein	5.3g	5.5g
Salt	1.01g	1.04g

Ingredients: Flour, wheat, white, plain, soft (35.29%) (36.35g) **Wheat**, Sugar, white (17.62%) (18.15g), Kerrymaid Premium Baking Block 40x250g (17.62%) (18.15g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Dr Oetker plain chocolate drops (9.71%) (10g) Sugar, vegetable oil (palm), **WHEAT** flour (with calcium, iron, thiamin (B1), niacin (B3)), fat reduced cocoa powder (15%), whey powder (**MILK**), emulsifiers (**SOYA** lecithins, polyglycerol polyricinoleate), flavouring., Medium Eggs 15 dozen (9.32%) (9.6g) Hens **EGGS**, Milk, semi-skimmed, pasteurised, average (8.25%) (8.5g) **Milk**, Baking powder (brakes) (2.18%) (2.25g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

## Contains

Cereals, Dairy, Eggs, Gluten, Milk, Soya, Wheat.



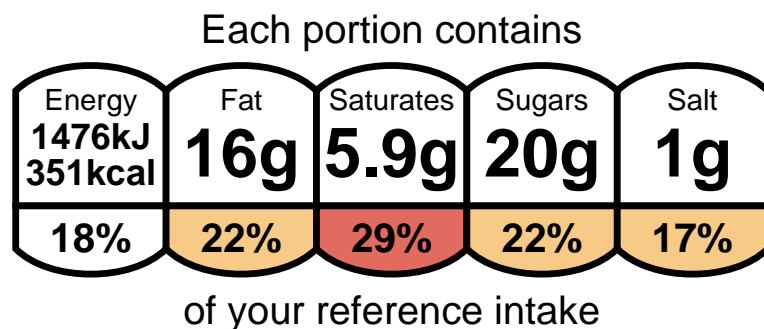
# Chocolate sponge mix

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1546kJ 368kcal	1476kJ 351kcal
Fat	16.4g	15.7g
of which saturates	6.2g	5.9g
Carbohydrates	51.6g	49.3g
of which sugars	20.6g	19.7g
Fibre	1.6g	1.5g
Protein	5.6g	5.4g
Salt	1.05g	1.01g

Ingredients: Flour, wheat, white, plain, soft (38.06%) (36.35g) **Wheat**, Sugar, white (19.01%) (18.15g), Kerrymaid Premium Baking Block 40x250g (19.01%) (18.15g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Medium Eggs 15 dozen (10.05%) (9.6g) Hens **EGGS**, Milk, semi-skimmed, pasteurised, average (8.9%) (8.5g) **Milk**, Cocoa powder (2.62%) (2.5g), Baking powder (brakes) (2.36%) (2.25g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

## Contains

Cereals, Dairy, Eggs, Gluten, Milk, Wheat.



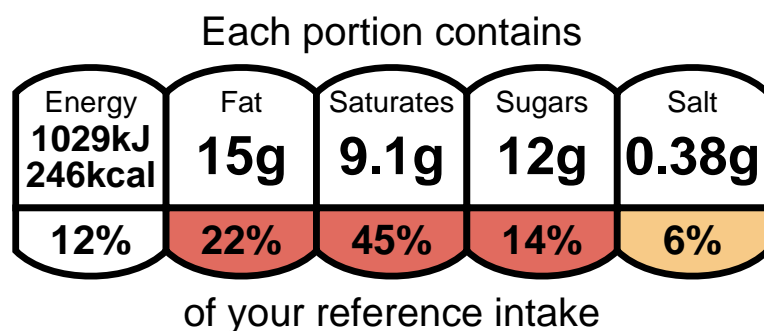
# Coconut crisps

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1945kJ 465kcal	1031kJ 247kcal
Fat	29.2g	15.5g
of which saturates	17.1g	9.1g
Carbohydrates	48.7g	25.8g
of which sugars	23.2g	12.3g
Fibre	1.3g	0.7g
Protein	4.6g	2.4g
Salt	0.71g	0.38g

Ingredients: Flour, wheat, white, plain, soft (31.7%) (16.8g) **Wheat**, Coconut, desiccated (20.75%) (11g), Kerrymaid Premium Baking Block 40x250g (20.75%) (11g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes), Sugar, white (15.85%) (8.4g), Syrup, golden (6.32%) (3.35g), Medium Eggs 15 dozen (3.4%) (1.8g) Hens **EGGS**, Baking powder (brakes) (1.23%) (0.65g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

## Contains

Cereals, Eggs, Gluten, Wheat.





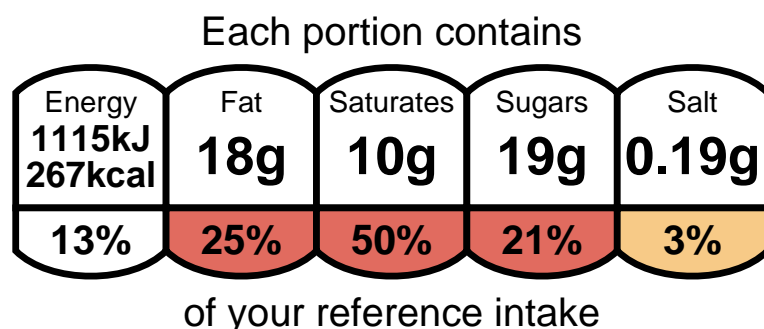
# Coconut flapjack

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	2038kJ 488kcal	1115kJ 267kcal
Fat	32.5g	17.8g
of which saturates	18.4g	10g
Carbohydrates	48.3g	26.4g
of which sugars	34.1g	18.6g
Fibre	1.5g	0.8g
Protein	3.7g	2g
Salt	0.35g	0.19g

Ingredients: Sugar, white (22.49%) (12.3g), Kerrymaid Premium Baking Block 40x250g (22.49%) (12.3g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., PORRIDGE OATS (21.94%) (12g) Flaked **OATS**, Coconut, desiccated (21.94%) (12g), Syrup, golden (11.15%) (6.1g)

Contains

Cereals.



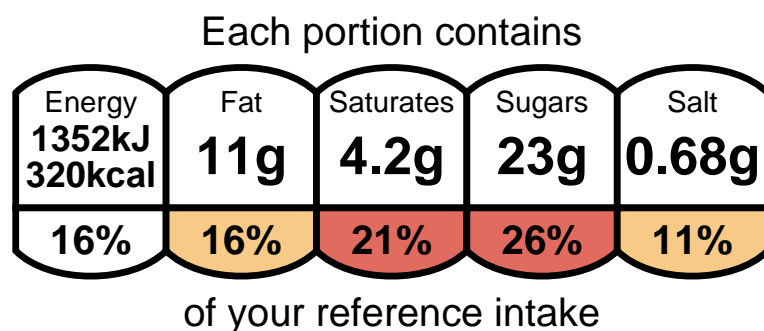
# Cornflake cakes

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1752kJ 415kcal	1352kJ 320kcal
Fat	14.3g	11g
of which saturates	5.4g	4.2g
Carbohydrates	72.1g	55.6g
of which sugars	29.8g	23g
Fibre	1.3g	1g
Protein	4.2g	3.2g
Salt	0.88g	0.68g

Ingredients: Breakfast cereal, cornflakes, fortified (50.13%) (38.7g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide). , Kerrymaid Premium Baking Block 40x250g (17.62%) (13.6g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenenes)., Syrup, golden (17.62%) (13.6g), Sugar, white (11.66%) (9g), Cocoa powder (2.98%) (2.3g)

Contains

Cereals.



# Cornflake tart

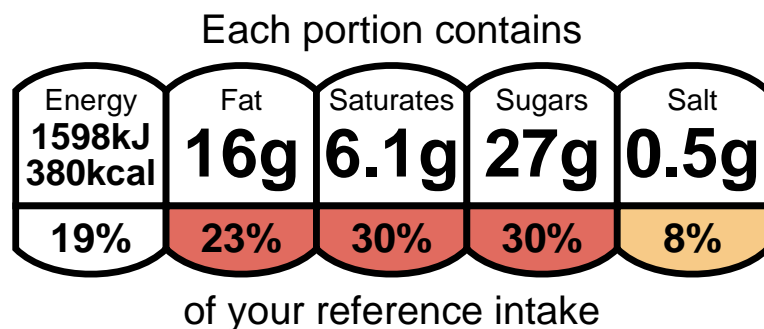
Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1773kJ 422kcal	1598kJ 380kcal
Fat	18.2g	16.4g
of which saturates	6.8g	6.1g
Carbohydrates	64.5g	58.1g
of which sugars	29.6g	26.7g
Fibre	1.5g	1.3g
Protein	3.4g	3.1g
Salt	0.55g	0.5g

Ingredients: Kerrymaid Premium Baking Block 40x250g (23.68%) (21.35g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Flour, wheat, white, plain, soft (22.19%) (20g) **Wheat**, Breakfast cereal, cornflakes, fortified (18.86%) (17g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide). , Sugar, white (12.59%) (11.35g), Mixed fruit jam (brakes) (12.59%) (11.35g) Glucose-Fructose Syrup, Apple, Sugar, Raspberries, Plum, Rhubarb, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator(Trisodium Citrate), Colour (Anthocyanins), Preservative **(Sulphur Dioxide)**.

Contains: Sulphites > >10ppm, Syrup, golden (10.09%) (9.1g)

## Contains

Cereals, Gluten, Sulphur Dioxide, Wheat.



# Crispy caramel doughnut

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1754kJ 421kcal	1140kJ 274kcal
Fat	22.1g	14.4g
of which saturates	11.9g	7.7g
Carbohydrates	49.2g	32g
of which sugars	19.6g	12.8g
Fibre	1.8g	1.2g
Protein	5g	3.3g
Salt	0.71g	0.46g

Ingredients: Baker & Baker Crispy Caramel Donut (48 x65g) (100%) (65g) **WHEAT FLOUR**, Vegetable fats (Palm, Coconut oil), Sugar, Water, Partially inverted sugar syrup, Glucose syrup, Rapeseed oil, **BUTTER**, Yeast, **SWEETENED CONDENSED MILK (MILK, Sugar, LACTOSE)**, **WHOLE MILK POWDER**, Emulsifier (Lecithins, Mono- and diglycerides of fatty acids, Sodium stearoyl-2- lactylate, **SOYA LECITHIN**), **RYE FLOUR**, Dextrose, Cocoa butter, Rice flour, **SKIMMED MILK POWDER**, Fat reduced cocoa powder, Salt, Modified corn starch, Raising agent (Diphosphates, Sodium carbonates), **WHEY POWDER**, Thickener (Xanthan gum), Cocoa mass, **BARLEY MALT FLOUR**, Natural flavourings (**CONTAINS MILK**), **LACTOSE**, Stabiliser (Pectins), Glazing agent (Acacia gum, Shellac), Flour treatment agent (Ascorbic acid), Acidity regulator (Potassium hydroxide, Citric acid, Potassium carbonates), Colour (Paprika extract), Natural vanilla flavouring.

## Contains

Cereals, Dairy, Milk, Wheat.

**May Contain:**Eggs, Nuts, Tree Nuts.

Each portion contains

Energy 1140kJ 274kcal	Fat <b>14g</b>	Saturates <b>7.7g</b>	Sugars <b>13g</b>	Salt <b>0.46g</b>
14%	21%	39%	14%	8%

of your reference intake

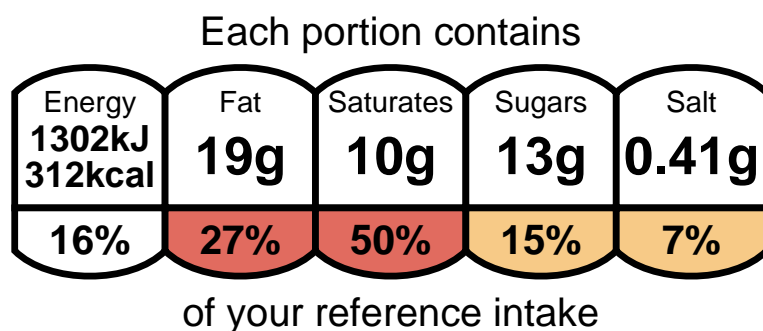
# Filly vanilli doughnut

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1736kJ 416kcal	1302kJ 312kcal
Fat	25.4g	19.1g
of which saturates	13.3g	10g
Carbohydrates	41.5g	31.1g
of which sugars	17.8g	13.3g
Fibre	1.5g	1.1g
Protein	4.5g	3.4g
Salt	0.55g	0.41g

Ingredients: Baker & Baker Filly Vanilli Donut (48 x 75g) (100%) (75g) **WHEAT FLOUR**, Water, Vegetable fats (Palm, Coconut oil), Sugar, Vegetable oils (Sunflower, Rapeseed, Palm), **CREAM**, **SKIMMED MILK POWDER**, Modified starch, Emulsifier (Mono- and diglycerides of fatty acids, Lecithins, Sodium stearoyl-2- lactylate, Polyglycerol polyricinoleate), Yeast, Dextrose, **RYE FLOUR**, Cocoa mass, **WHOLE MILK POWDER**, Salt, **SWEET WHEY POWDER**, Fat reduced cocoa powder, Glucose syrup, Raising agent (Diphosphates, Sodium carbonates), Natural vanilla flavouring (**CONTAINS MILK**), **EGG YOLK POWDER**, Thickener (Xanthan gum, Sodium alginate, Carrageenan), Stabiliser (Diphosphates, Calcium sulphate), **EGG WHITE POWDER**, Carrot concentrate, Acidity regulator: Potassium carbonates, Flour treatment agent (Ascorbic acid), Extracted vanilla bean.

## Contains

Cereals, Dairy, Eggs, Milk, Wheat.  
**May Contain:**Nuts, Tree Nuts.



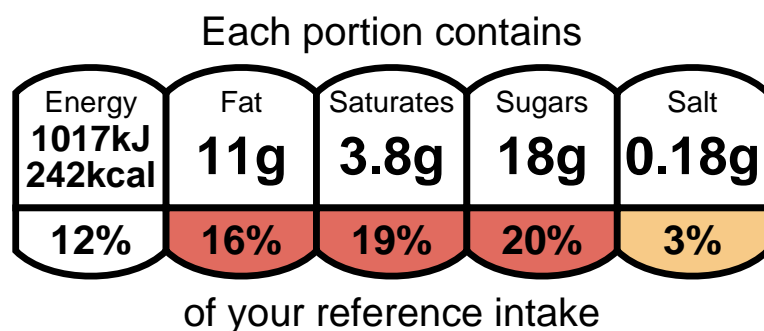
# Flapjacks

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1837kJ 437kcal	1017kJ 242kcal
Fat	20.8g	11.5g
of which saturates	6.9g	3.8g
Carbohydrates	61.4g	34g
of which sugars	32.5g	18g
Fibre	3g	1.7g
Protein	5g	2.8g
Salt	0.33g	0.18g

Ingredients: PORRIDGE OATS (44.53%) (24.65g) Flaked **OATS**, Sugar, white (22.22%) (12.3g), Kerrymaid Premium Baking Block 40x250g (22.22%) (12.3g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Syrup, golden (11.02%) (6.1g)

Contains

Cereals.

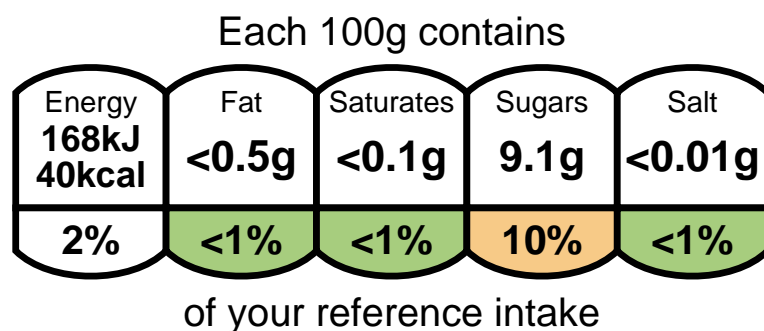


# Fruit salad

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	168kJ 40kcal	363kJ 86kcal
Fat	0.3g	0.6g
of which saturates	0g	0.1g
Carbohydrates	9.2g	19.8g
of which sugars	9.1g	19.7g
Fibre	1.1g	2.4g
Protein	0.6g	1.4g
Salt	0.01g	0.01g

Ingredients: Strawberries, raw (16.67%) (36g), Kiwi fruit, flesh and seeds (16.67%) (36g), Melon, Honeydew, flesh only, weighed whole (16.67%) (36g), Oranges, flesh only (16.67%) (36g), Grapes, average (16.67%) (36g), Pineapple, raw, flesh only (16.67%) (36g)

Contains



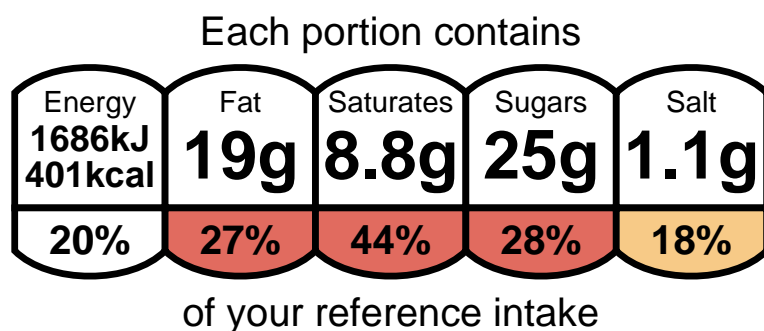
# Iced (butter icing) muffins

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1637kJ 390kcal	1686kJ 401kcal
Fat	18.4g	18.9g
of which saturates	8.5g	8.8g
Carbohydrates	53g	54.6g
of which sugars	24.6g	25.3g
Fibre	1.5g	1.5g
Protein	5.2g	5.3g
Salt	1.02g	1.06g

Ingredients: Flour, wheat, white, plain, soft (35.29%) (36.35g) **Wheat**, Sugar, white (17.62%) (18.15g), Kerrymaid Premium Baking Block 40x250g (17.62%) (18.15g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Roselle Dessert Topping Mix 1kg (9.71%) (10g) Vegetable Fat (Palm), Dried Glucose Syrup, Maltodextrin, Sugar, Emulsifiers E471, E472(b), E472e, **MILK** Protein, Stabiliser E340ii, Salt, Flavouring, Colour E160(a)., Medium Eggs 15 dozen (9.32%) (9.6g) Hens **EGGS**, Milk, semi-skimmed, pasteurised, average (8.25%) (8.5g) **Milk**, Baking powder (brakes) (2.18%) (2.25g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

## Contains

Cereals, Dairy, Eggs, Gluten, Milk, Wheat.





# Iced fingers

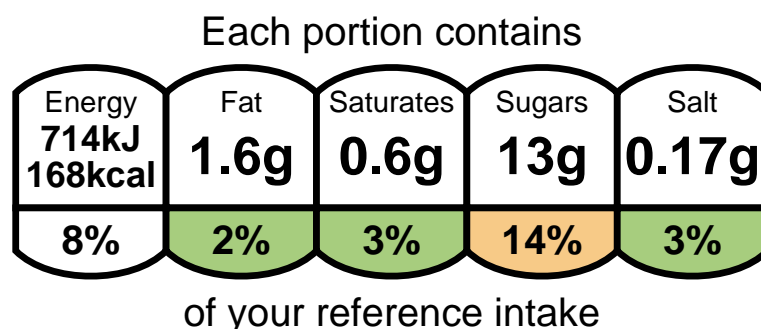
Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1190kJ 281kcal	714kJ 168kcal
Fat	2.7g	1.6g
of which saturates	0.9g	0.6g
Carbohydrates	57.1g	34.2g
of which sugars	21.2g	12.7g
Fibre	1.5g	0.9g
Protein	7.2g	4.4g
Salt	0.28g	0.17g

Ingredients: 6.5" Sweet Finger Rolls (83.33%) (50g) **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Vegetable Oils (Palm, Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300)., Icing, glaze, homemade (16.67%) (10g)

Contains

Cereals, Wheat.

**May Contain:**Sesame Seeds.



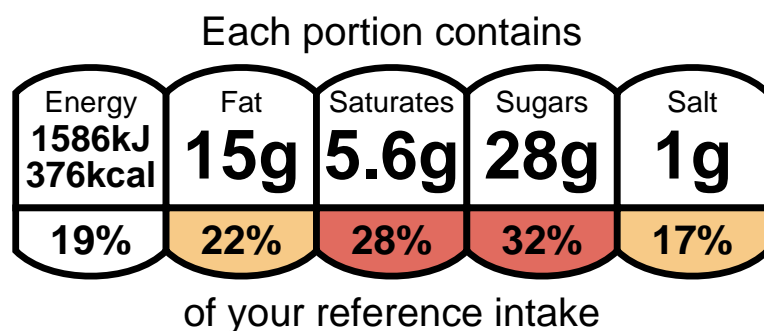
# Iced muffins

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1540kJ 366kcal	1586kJ 376kcal
Fat	14.7g	15.1g
of which saturates	5.4g	5.6g
Carbohydrates	56.2g	57.9g
of which sugars	27.7g	28.5g
Fibre	1.5g	1.5g
Protein	4.8g	4.9g
Salt	0.98g	1.01g

Ingredients: Flour, wheat, white, plain, soft (35.29%) (36.35g) **Wheat**, Sugar, white (17.62%) (18.15g), Kerrymaid Premium Baking Block 40x250g (17.62%) (18.15g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Icing, glace, homemade (9.71%) (10g), Medium Eggs 15 dozen (9.32%) (9.6g) Hens **EGGS**, Milk, semi-skimmed, pasteurised, average (8.25%) (8.5g) **Milk**, Baking powder (brakes) (2.18%) (2.25g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

## Contains

Cereals, Dairy, Eggs, Gluten, Milk, Wheat.



# Iced shortbread

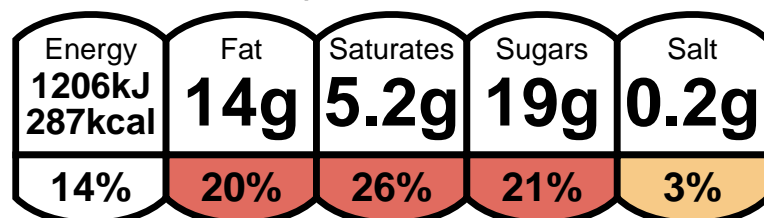
Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1872kJ 446kcal	1206kJ 287kcal
Fat	21.7g	14g
of which saturates	8.1g	5.2g
Carbohydrates	62.8g	40.4g
of which sugars	28.8g	18.5g
Fibre	1.7g	1.1g
Protein	3.8g	2.5g
Salt	0.32g	0.2g

Ingredients: Flour, wheat, white, plain, soft (42.24%) (27.2g) **Wheat**, Kerrymaid Premium Baking Block 40x250g (28.11%) (18.1g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Icing, glace, homemade (15.53%) (10g), Sugar, white (14.13%) (9.1g)

Contains

Gluten, Wheat.

Each portion contains



of your reference intake

# Jam and coconut sponge

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1577kJ 375kcal	1624kJ 387kcal
Fat	17.7g	18.2g
of which saturates	8g	8.2g
Carbohydrates	51g	52.5g
of which sugars	22.1g	22.8g
Fibre	1.5g	1.5g
Protein	5.1g	5.2g
Salt	0.98g	1.01g

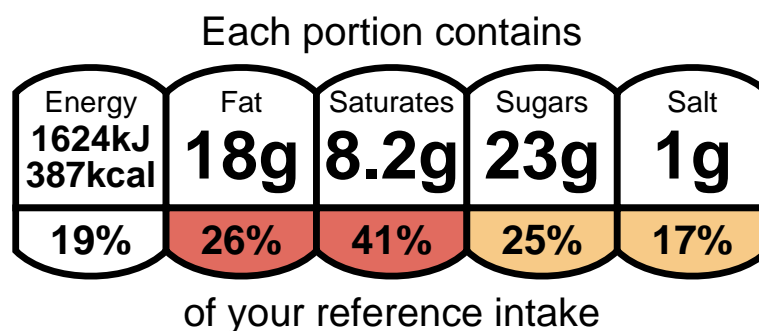
Ingredients: Flour, wheat, white, plain, soft (35.29%) (36.35g) **Wheat**, Sugar, white (17.62%) (18.15g), Kerrymaid Premium Baking Block 40x250g (17.62%) (18.15g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Medium Eggs 15 dozen (9.32%) (9.6g) Hens **EGGS**, Milk, semi-skimmed, pasteurised, average (8.25%) (8.5g) **Milk**, Mixed fruit jam (brakes) (4.85%) (5g)

Glucose-Fructose Syrup, Apple, Sugar, Raspberries, Plum, Rhubarb, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator(Trisodium Citrate), Colour (Anthocyanins), Preservative (**Sulphur Dioxide**).

Contains: Sulphites > >10ppm, Coconut, desiccated (4.85%) (5g), Baking powder (brakes) (2.18%) (2.25g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

## Contains

Cereals, Dairy, Eggs, Gluten, Milk, Sulphur Dioxide, Wheat.



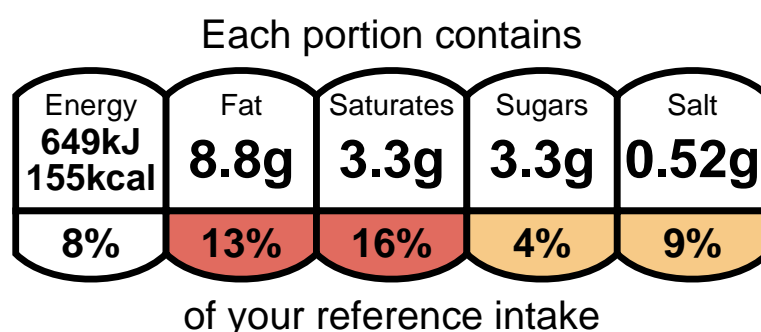
# Jam buttons

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1712kJ 409kcal	650kJ 155kcal
Fat	23.2g	8.8g
of which saturates	8.6g	3.3g
Carbohydrates	47.1g	17.9g
of which sugars	8.6g	3.3g
Fibre	2.2g	0.8g
Protein	4.6g	1.8g
Salt	1.36g	0.52g

Ingredients: Flour, wheat, white, plain, soft (47.83%) (18.15g) **Wheat**, Kerrymaid Premium Baking Block 40x250g (29.91%) (11.35g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Jam, reduced sugar (15.68%) (5.95g), Sugar, white (3.16%) (1.2g), Baking powder (brakes) (3.03%) (1.15g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide). , Medium Eggs 15 dozen (0.4%) (0.15g) Hens **EGGS**

## Contains

Cereals, Eggs, Gluten, Wheat.



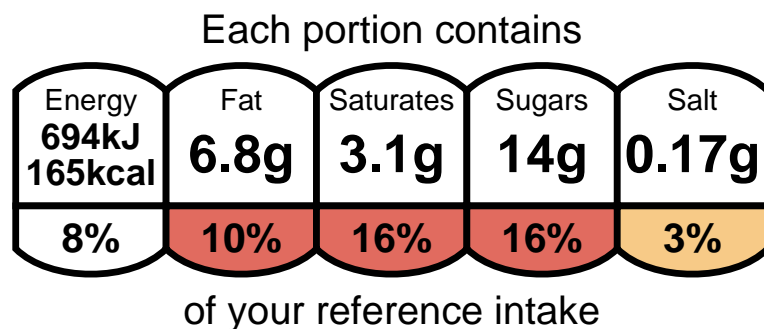
# Maryland Cookies

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1798kJ 427kcal	694kJ 165kcal
Fat	17.6g	6.8g
of which saturates	8g	3.1g
Carbohydrates	66.9g	25.8g
of which sugars	37.1g	14.3g
Fibre	2.1g	0.8g
Protein	3.9g	1.5g
Salt	0.44g	0.17g

Ingredients: Flour, wheat, white, plain, soft (35.22%) (13.6g) **Wheat**, Syrup, golden (17.61%) (6.8g), Sugar, white (17.61%) (6.8g), Kerrymaid Premium Baking Block 40x250g (17.61%) (6.8g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Dr Oetker plain chocolate drops (11.78%) (4.55g) Sugar, vegetable oil (palm), **WHEAT** flour (with calcium, iron, thiamin (B1), niacin (B3)), fat reduced cocoa powder (15%), whey powder (**MILK**), emulsifiers (**SOYA** lecithins, polyglycerol polyricinoleate), flavouring., Bicarbonate of soda (0.1%) (0.04g), Baking powder (brakes) (0.05%) (0.02g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

## Contains

Cereals, Dairy, Gluten, Milk, Soya, Wheat.



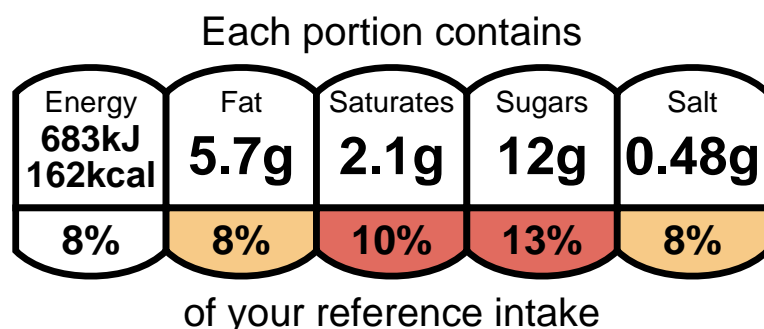
# Old English Cookies

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1659kJ 393kcal	684kJ 162kcal
Fat	13.8g	5.7g
of which saturates	5g	2.1g
Carbohydrates	65g	26.8g
of which sugars	29.5g	12.1g
Fibre	1.8g	0.8g
Protein	5.3g	2.2g
Salt	1.17g	0.48g

Ingredients: Flour, wheat, white, plain, soft (44.04%) (18.15g) **Wheat**, Sugar, white (27.54%) (11.35g), Kerrymaid Premium Baking Block 40x250g (16.5%) (6.8g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Medium Eggs 15 dozen (8.74%) (3.6g) Hens **EGGS**, Baking powder (brakes) (2.67%) (1.1g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide). , Syrup, golden (0.29%) (0.12g), Ginger, ground (0.15%) (0.06g), Bicarbonate of soda (0.07%) (0.03g)

Contains

Cereals, Eggs, Gluten, Wheat.



# Oreo doughnuts

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1890kJ 453kcal	1380kJ 331kcal
Fat	27g	19.7g
of which saturates	13.2g	9.6g
Carbohydrates	46.8g	34.2g
of which sugars	19.6g	14.3g
Fibre	1.1g	0.8g
Protein	5g	3.7g
Salt	0.31g	0.23g

Ingredients: Oreo Donut 3 Pack (100%) (73g) **WHEAT** Flour (with added Calcium, Iron, Niacin and Thiamin); Vegetable oils and fats (Palm, Coconut oil, Rapeseed oil, Palm kernel stearin(in varying proportions)); Sugar; Water; Small Oreo® cocoa cookie pieces (**WHEAT** flour, Sugar, Vegetable oils (Rapeseed), Fat reduced cocoa powder, Glucose Fructose syrup, **WHEAT** starch, Raising agent (Potassium carbonates, Ammonium carbonates, Sodium carbonates), Vegetable Fat (Palm), Salt, Emulsifier (**SOYA** lecithin), Flavouring); Lactose (from **MILK**); Dextrose; Yeast; Fat reduced cocoa powder; Whole **MILK** powder; Emulsifier (Mono- and diglycerides of fatty acids , Sodium stearoyl-2- lactylate, Sunflower Lecithin, **SOYA** lecithin); Raising agent (Potassium carbonates, Diphosphates, Calcium phosphate); Skimmed milk powder; Salt; Cornflour; Full fat **SOYA** flour; Colour (Titanium Dioxide); Flavouring; Flour treatment agent (Ascorbic Acid)

## Contains

Cereals, Dairy, Milk, Wheat.

**May Contain: Eggs.**

Each portion contains

Energy	Fat	Saturates	Sugars	Salt
1380kJ 331kcal	<b>20g</b>	<b>9.6g</b>	<b>14g</b>	<b>0.23g</b>
<b>16%</b>	<b>28%</b>	<b>48%</b>	<b>16%</b>	<b>4%</b>

of your reference intake



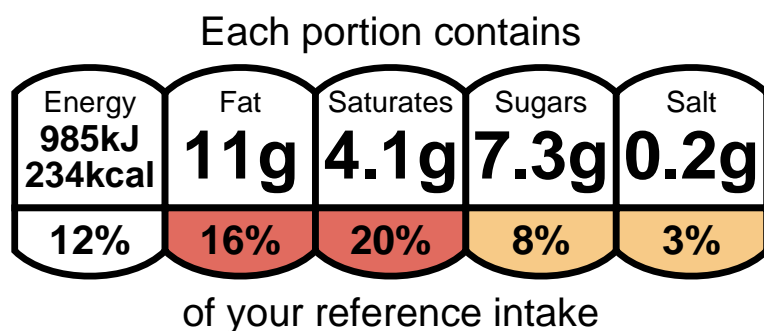
# Paris Slice

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1687kJ 401kcal	985kJ 235kcal
Fat	18.9g	11g
of which saturates	6.9g	4.1g
Carbohydrates	55.6g	32.5g
of which sugars	12.6g	7.4g
Fibre	1.9g	1.1g
Protein	5.4g	3.1g
Salt	0.35g	0.2g

Ingredients: Flour, wheat, white, plain, soft (46.56%) (27.2g) **Wheat**, Kerrymaid Premium Baking Block 40x250g (23.28%) (13.6g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Sugar, white (11.64%) (6.8g), Strawberry Jam 4x3kg (8.56%) (5g) Glucose syrup, strawberries, strawberry puree concentrate, gelling agent : E440., acidity regulators : E330, E331., colour :E163., Medium Eggs 15 dozen (8.22%) (4.8g) Hens **EGGS**, Milk, semi-skimmed, pasteurised, average (1.71%) (1g) **Milk**, Baking powder (brakes) (0.03%) (0.02g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

## Contains

Cereals, Dairy, Eggs, Gluten, Milk, Wheat.



# Peach and raspberry crumble

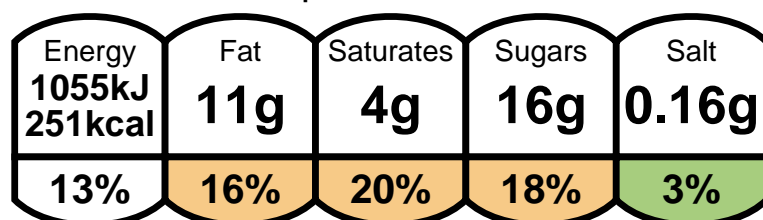
Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	896kJ 213kcal	1055kJ 251kcal
Fat	9.3g	10.9g
of which saturates	3.4g	4g
Carbohydrates	32.4g	38.1g
of which sugars	13.7g	16.2g
Fibre	1.6g	1.9g
Protein	2.5g	2.9g
Salt	0.13g	0.16g

Ingredients: Peach Slices in Light Syrup (50.98%) (60g) Peaches, water, sugar, acidity regulator (citric acid), antioxidant (ascorbic acid)., Flour, wheat, white, plain, soft (23.19%) (27.3g) **Wheat**, Kerrymaid Premium Baking Block 40x250g (11.55%) (13.6g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Ardo Raspberries 10x 1 kg (8.5%) (10g) Raspberries 100%, Sugar, white (5.78%) (6.8g)

Contains

Gluten, Wheat.

Each portion contains



of your reference intake

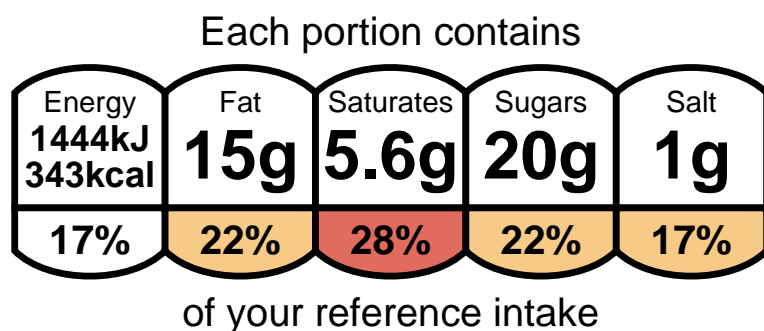
# Plain muffins

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1552kJ 369kcal	1444kJ 343kcal
Fat	16.3g	15.1g
of which saturates	6g	5.6g
Carbohydrates	52.7g	49g
of which sugars	21.2g	19.7g
Fibre	1.6g	1.5g
Protein	5.3g	4.9g
Salt	1.08g	1.01g

Ingredients: Flour, wheat, white, plain, soft (39.09%) (36.35g) **Wheat**, Sugar, white (19.52%) (18.15g), Kerrymaid Premium Baking Block 40x250g (19.52%) (18.15g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes), Medium Eggs 15 dozen (10.32%) (9.6g) Hens **EGGS**, Milk, semi-skimmed, pasteurised, average (9.14%) (8.5g) **Milk**, Baking powder (brakes) (2.42%) (2.25g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

## Contains

Cereals, Dairy, Eggs, Gluten, Milk, Wheat.



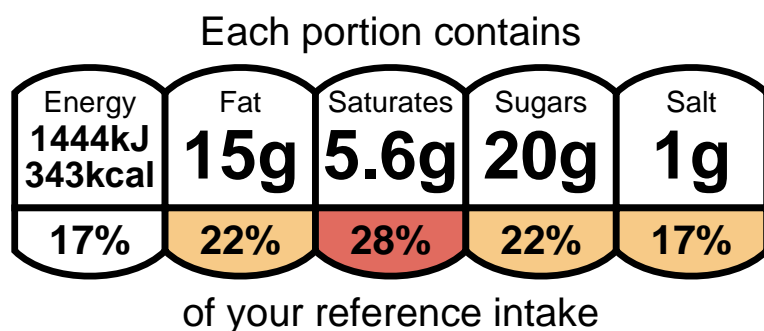
# Plain sponge mix

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1552kJ 369kcal	1444kJ 343kcal
Fat	16.3g	15.1g
of which saturates	6g	5.6g
Carbohydrates	52.7g	49g
of which sugars	21.2g	19.7g
Fibre	1.6g	1.5g
Protein	5.3g	4.9g
Salt	1.08g	1.01g

Ingredients: Flour, wheat, white, plain, soft (39.09%) (36.35g) **Wheat**, Sugar, white (19.52%) (18.15g), Kerrymaid Premium Baking Block 40x250g (19.52%) (18.15g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes), Medium Eggs 15 dozen (10.32%) (9.6g) Hens **EGGS**, Milk, semi-skimmed, pasteurised, average (9.14%) (8.5g) **Milk**, Baking powder (brakes) (2.42%) (2.25g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

Contains

Cereals, Dairy, Eggs, Gluten, Milk, Wheat.



# Rhubarb crumble

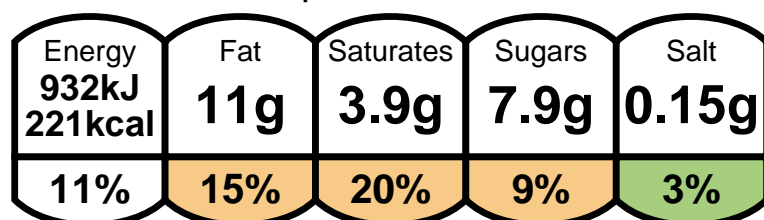
Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	747kJ 178kcal	932kJ 221kcal
Fat	8.5g	10.6g
of which saturates	3.2g	3.9g
Carbohydrates	23.9g	29.8g
of which sugars	6.4g	7.9g
Fibre	1.7g	2.1g
Protein	2.5g	3.2g
Salt	0.12g	0.15g

Ingredients: Brakes Solid Pack Rhubarb 2.84kg (61.77%) (77g) Rhubarb (95%), Water., Flour, wheat, white, plain, soft (21.86%) (27.25g) **Wheat**, Kerrymaid Premium Baking Block 40x250g (10.91%) (13.6g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Sugar, white (5.46%) (6.8g)

Contains

Gluten, Wheat.

Each portion contains



of your reference intake

# Rice crispy cakes

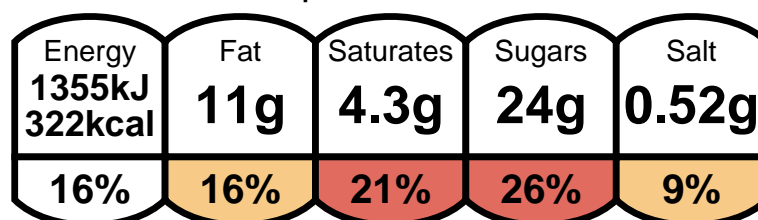
Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1766kJ 420kcal	1355kJ 322kcal
Fat	14.5g	11.2g
of which saturates	5.5g	4.3g
Carbohydrates	69.1g	53g
of which sugars	30.7g	23.6g
Fibre	0.8g	0.6g
Protein	4.3g	3.3g
Salt	0.68g	0.52g

Ingredients: Crisp Rice 7kg (49.8%) (38.2g) Rice, Sugar, Salt, **BARLEY** Malt Extract, Iron, Niacin, Pantothenic Acid, Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Kerrymaid Premium Baking Block 40x250g (17.73%) (13.6g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Syrup, golden (17.73%) (13.6g), Sugar, white (11.73%) (9g), Cocoa powder (3%) (2.3g)

Contains

Cereals.

Each portion contains



of your reference intake

# Shortbread

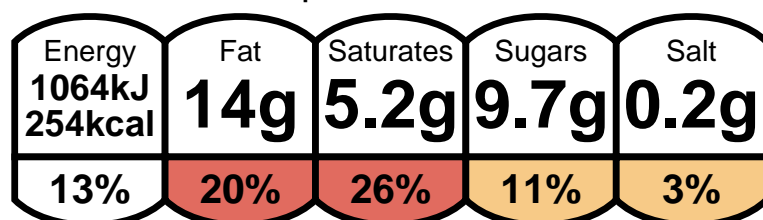
Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1955kJ 466kcal	1064kJ 254kcal
Fat	25.7g	14g
of which saturates	9.5g	5.2g
Carbohydrates	58g	31.6g
of which sugars	17.9g	9.7g
Fibre	2g	1.1g
Protein	4.6g	2.5g
Salt	0.37g	0.2g

Ingredients: Flour, wheat, white, plain, soft (50%) (27.2g) **Wheat**, Kerrymaid Premium Baking Block 40x250g (33.27%) (18.1g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Sugar, white (16.73%) (9.1g)

Contains

Gluten, Wheat.

Each portion contains



of your reference intake

# Syrup sponge

Nutrition Information		
AVERAGE VALUES	PER 100g	PER PACK
Energy	1525kJ 362kcal	1570kJ 373kcal
Fat	14.7g	15.1g
of which saturates	5.4g	5.6g
Carbohydrates	55.2g	56.9g
of which sugars	26.8g	27.6g
Fibre	1.5g	1.5g
Protein	4.8g	5g
Salt	1.04g	1.07g

Ingredients: Flour, wheat, white, plain, soft (35.29%) (36.35g) **Wheat**, Sugar, white (17.62%) (18.15g), Kerrymaid Premium Baking Block 40x250g (17.62%) (18.15g) Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)., Syrup, golden (9.71%) (10g), Medium Eggs 15 dozen (9.32%) (9.6g) Hens **EGGS**, Milk, semi-skimmed, pasteurised, average (8.25%) (8.5g) **Milk**, Baking powder (brakes) (2.18%) (2.25g) Corn (88%), sugar, salt, **barley malt extract**, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

## Contains

Cereals, Dairy, Eggs, Gluten, Milk, Wheat.

