Trip Packed Lunch Information – October 2026 – April 2027

Carbs per 100g	Item	Ingredients
48.5g	Roll	WHEAT Flour GLUTEN (with Calcium, Folic Acid, Iron, Niacin and Thiamin), Water, Sugar, Yeast, Vegetable Oils (Palm and Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300). May contain SESAME
42.9g	50/50 Bread – only to be used if checked with office prior.	WHEAT Flour (33%) (with Calcium, Niacin (B3), Iron, Folic acid (B9) and Thiamin (B1)), Wholemeal WHEAT Flour (33%), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Sustainable SOYA Flour, Emulsifier: E472e; Vinegar, Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid (Vitamin C). GLUTEN
0g	Spread	Water, Vegetable Oils (Sunflower Oil, Palm Oil), Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservative (Potassium Sorbate), Acid (Citric Acid), Natural Flavour, Colour (Beta-Carotene), Vitamins (A, D).
0.1g	Cheese	Cheddar Cheese (MILK),
0.5g	Ham - for dietary requirements ONLY.	Pork (100g of Pork per 100g of finished product), Water, Salt, Modified Waxy Maize Starch, Emulsifier (E451), Antioxidant (E301), Preservative (E250)
10g 3g	Carrot & Cucumber Sticks	Carrot Cucumber
15g, 23g, 15g, 8.5g	A Piece of Fruit	Apple Banana Pear Satsuma
55.9g	Belgian Waffle	GLUTEN WHEAT flour, sugar, margarine (vegetable oils and fats (palm and rapeseed) water emulsifiers SOYA lecithin, mono- and diglycerides of fatty acids, salt, acid regulator citric acid, natural flavours, colouring: beta-carotene), EGGS, yeast, invert sugar syrup, stabilizer sorbitol, SOYA flour, salt, emulsifier SOYA lecithin, flavour. may contain MILK