

Fruit/Vegetables	
Pink lady apples - 6 pack	
Large oranges - Jaffa Giant - 6 pack	
Small oranges Jaffa Clementine - 6 pack	
Bananas - 5 pack	
Melon	
Water melon	
Cantaloupe	
Honeydew	
Pineapple	
Kiwis - 6 pack	
Suntrail Peach - 4 Pack	
Suntrail Nectarines - 4 pack	
Red Grapes	
Green Grapes	
Lemons - 4 pack	
Raisins 1kg bag	None
Soft Apricots 250g	Sulphites
Dried cranberries	
Pumpkin seeds	May contain sesame seeds, peanuts and nuts.
Salad	
Iceburg lettuce	
Mixed leaves	
Spinach	
Cucumber	
Salad tomato	
Cherry tomato	
Red onion	
Carrots	
Red peppers	
Yellow Peppers	
Avocado (2 pack)	
Yogurt	
Natural yogurt large pot	Contain milk
Greek yogurt	Contains milk
Actimel multifruit - 12 pack	Contians milk
Actimel Strawberry - 12 pack	Contains Milk
Freezer items	
Frozen peas	
Frozen Broccoli & Cauliflower	
Curly fries	None
Chips	Wheat
Waffles - 12 pack	None
Potato Wedges	Wheat
Corn on the Cob	
Mash	Milk may contain cereal contain gluten
Yorkshire puddings - 12pack	Wheat Egg and Milk
Onion rings	Wheat
Tuesday Veggie tea	
Quorn nuggets	
Quorn mince	Egg, Barley
Quorn sweedish meatballs	Wheat, Egg, Barley
Quorn Vegan crunchy fillet burgers - 2 pack	Wheat
Quorn sausages 12 pack	Egg Wheat and Barley

Pasta sauce - bolognaise	
Pasta shells	Wheat
Spaghetti - large	Wheat
Basmati Rice	
Pasta bows	Wheat
Garlic bread - 2pack	Wheat, Milk
Carbonara white sauce	Milk, Mustard Powder
Birds eye 10 vegetable fingers	Wheat
Home bake bagettes 2 pack	Wheat
Hot dogs Jar - 8 pack	Celery Milk and Soya
Tesco Large White Baps 4 Pack	Wheat
soft white Hot dog rolls - 6pack	Wheat
Taco shells	None
Taco boats	Wheat
Guacamole squeeze bottle	Milk and Egg
Salsa squeeze bottle	None
Sour cream squeeze bottle	Milk, Cream
Mild chilli sauce (Jar)	
Fridge	
Grated mozzarella	Milk
Grated cheddar	Milk
Babybells	Milk
Halloumi	Milk
Salami	None
Pepperoni	may contain celery, milk and mustard
Vegan Ham slices	There have been rare cases of allergic reactions to Quorn® products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. The protein and fibre content of mycoprotein may cause intolerance in some people. For allergens see ingredients in bold.
Vegan Chicken Slices	There have been rare cases of allergic reactions to Quorn® products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. The protein and fibre content of mycoprotein may cause intolerance in some people. For allergens see ingredients in bold.
Butter	Milk
Snacks	
Crackers	Wheat
Fruit loaf	Wheat
Banana loaf	Wheat
Tesco Breadstick Selection	Wheat
Snack a Jacks Caramel Jumbo Rice Cakes 1	Milk, Soya, Mustard, Wheat and other cereals containing gluten
Snack A Jacks Salt & Vinegar Rice Cakes	Milk, Soya, Mustard, Wheat and other cereals containing gluten
Chocolate Brioche Buns	Wheat, milk, egg
Drinks	
Cherries and Berries	Sodium Metabisulphite
Orange	Sodium Metabisulphite
Apple	Sodium Metabisulphite
Lemon	Sodium Metabisulphite
Blackcurrant	Sodium Metabisulphite
Vimto (No added sugar) Large bottle	Barley
Peach	Barley, Sulphur Dioxide/Sulphites
Capri Sun Orange	None
Capri Sun Jungle Fruit	None
Capri Sun Blackcurrant	None
Fruitsplash Blackcurrant	None
Fruitsplash Orange	None
Lemonade 1 litre bottle	None
Water 12 pack	None

Cake	
Chocolate	Wheat, Milk, Egg and Soya
Vanilla	Milk, Egg and Wheat
Half and Half	Wheat, Milk, Egg and Soya
Jars and tins	
Pickled slice beetroot	None
Pickled silver skin onions	None
Pickled gherkins	Mustard
Green olives	None
Pickled red cabbage	Metabisulphite
Jalepenos	None
Chopped tomatoes	None
Plum tomatoes	None
Mushy peas	None
Garden peas	None
Beef Gravy	Wheat, Soya and Barley
Chicken Gravy	Wheat and Soya
Beef oxo Cubes	Wheat
Chicken stock cubes	None
Vegetable Stock cubes	None
Baked Beans	None
Spaghetti hoops	Wheat
Sweetcorn	None
Garlic Oil	None
Tinned Carrots	None
Tuna - 4 pack	Fish
Soups	
Tomato	Milk
Chicken	Milk
Chicken noodle	Wheat, Egg, Celery, Celeriac
Spring vegetable	Wheat, Barley and Celery
Vegetable	Wheat
Table sauces	
Ketchup	Celery
Mayonaisse Lighter	Egg, Mustard, Milk, EDTA
BBQ	None
American mustard	Mustard
Siracha	None
Soy sauce	Soya and Wheat
Sweet Chilli	None
Franks hot sauce	None
Cholula	None
Turkish Style Garlic Sauce	Mustard
Salad cream	Egg
Breakfast Spreads:	
Strawberry Jam	None
Raspberry Jam	None
Marmite	Barley, Wheat, Oat, Rye and Celery
Honey	None
Marmalade	None
Drinks:	
Yorkshire tea - 80 pack	None
Coffee	None
Hot chocolate	Milk
Nesquik:	

Chocolate	Soya
Strawberry	None
Banana	None
Breakfast Cereal	
Rice Krispies shapes	Oat
Cinnamon crunch	Wheat and Barley
Corn Flakes	Barley
Cheerios	Oat, Wheat and Barley
Honey Cheerios	Oat, Wheat and Barley
Golden Nuggets	Wheat
Porridge	Oat and milk if made with milk
Wheetabix	Wheat and Barley
Frosties	Barley
Shredded Wheat	Wheat
Shreddies (frosted)	Wheat and Barley
Breads	
Crumpets - 6 pack	Wheat
Bagels - 5 pack	Wheat and Soya
Wraps - 8pack	Wheat
White bread	Wheat and Soya
Kitchen items	
Clingfilm	
Foil	
Washing up liquid	
Diswasher tablets	
Milton	
Dishwasher Rinse Aid	
Dishwasher salts	
J cloths	
Sponges	
Antibac spray	
Toiletries	
Nappy bags	
Baby wipes	
Tooth brush (Soft bristle)	
Tooth paste kids	
Shower gel	
Shampoo	
Cooking items	
Caster sugar	
granulated sugar	
Light soft brown	
Dark brown	
Icing sugar 1kg	
Cocoa Powder 250g	
Plain flour	
Self raising flour	
Stork baking spread - 1kg	
Free range eggs - 12 pack	
Milk chocolate chips	
White chocolate chips	
Milk cooking chocolate big bar	
White cooking chocolate big bar	
Golden syrup bottle	
Mini marshmallows 100g bag	

