

## FOOD AND DRINK POLICY

It's nearly time for camp!! All meals at camp are provided but if you would like to bring extra snacks or drinks for during your breaks or after campers have gone to bed, please read on! This document includes guidelines for the Food and Drink List at camp, Frequently Asked Questions (FAQs) and a list of the items you can bring (the most common allergens in the ingredients are highlighted in bold and underlined).

### AT CAMP

On arrival you will be asked to sign an agreement to ensure you understand the importance of the Food and Drink List and that you agree to adhere to the guidelines outlined below. We hope the FAQs will answer your questions about why we have restrictions around food and drink, and why it is so important to keep to this specific list.

### RULES

1. Restrictions on food and drink apply from the moment you arrive at camp, to the moment you leave.
2. Food and drink that is brought into camp must be the same brand, flavour and packet size as detailed on the Food and Drink List.
3. Food and drink on this list can only be consumed by volunteers on their breaks and after the campers have gone to bed, except water, OTW squash, OTW hot drinks and biscuits on the list that are also used for Cabin Chat.
4. Food and drink cannot be consumed in activity areas or bedrooms, except water and OTW squash.
5. Volunteers cannot buy or give ANY food or drink from the list to campers. The only food and drink to be given to campers from the list are those provided by OTW.
6. If you have a Specialised Diet Plan and you think this will impact on your ability to follow the guidelines above, please contact us prior to camp.

OTW will take breaches of the list very seriously. Any volunteers found to be deliberately breaching the Food and Drink Policy may be sent home. If you have any questions about the guidelines or FAQs, please contact us at [volunteering@otw.org.uk](mailto:volunteering@otw.org.uk) or 02392 477 110.

## FREQUENTLY ASKED QUESTIONS

### **Why does the Food and Drink List exist?**

The safety of all our campers, volunteers and staff is important to OTW and those who have severe allergies need to be feel safe at camp. By having the Food and Drink Policy in place limits the number of allergens that they may come into contact with and reducing the risk of a life-threatening reaction (anaphylaxis).

There are lots of things that people can be allergic to, but there are 14 most common allergens. At camp, we restrict the allergens present to 4. This means that we can reduce the risk of anaphylaxis.

### **What will happen if volunteers bring or consume food or drink that is not on the Food and Drink List?**

On arrival at camp, volunteers will be required to declare any food on them, that is not on the food list. If volunteers do not follow the guidelines in place and deliberately breach the policy, they may be sent home.

Restrictions around food start from the moment we arrive at camp. You may think it's safe to eat things that are not on the Food and Drink List before campers arrive, but by doing so we could be contaminating areas with allergens which would pose a risk to campers at a later date.

If you bring food that is not on the food list, we will ask you to put it in the bin.

### **Does the food and drink have to be the same packet size, brand and flavour?**

Yes, the items on the Food and Drink List have been selected due to their ingredients and the way they are manufactured. If you bring a different flavour, brand or packet size, the ingredients may vary and will not have been approved to be at camp.

### **Why do we have specific drinks on the Food and Drink List?**

Like food, drinks can contain ingredients that are allergens. Although some drinks may not have any of the common allergens in their ingredients, children and adults can still be allergic to other ingredients they contain.

To minimise the risk to campers we have selected brands and flavours of drinks that volunteers can drink. Due to this, volunteers are unable to bring their own devices to make drinks, e.g. coffee machines.

### **Where and when can volunteers have food and drink from the Food and Drink List?**

On breaks and once campers have gone to bed, volunteers can have food and drink from the list

The biscuits on the list that are also used for Cabin Chat can be eaten in the Cabin Chat areas once campers have gone to bed, the Beach Hut and the office.

If a team has an allergy to any of the drinks or biscuits provided by OTW, we will be able to remove the item with the allergen and provide a substitute.

No food or drink can be consumed in bedrooms or activity areas, except water and OTW squash.

### **What should you do if you have consumed food and drink from the Food and Drink List?**

If you have consumed food or drink you must ensure you have removed all traces of food or drink, cleaned the hard surfaces with warm soapy water and washed your hands immediately. Food and drink should be stored in a sealed bag in your room and should never be left in an area where campers could access it. The campers in your team may not have any allergies, however you may be unaware of campers in other teams that do.

### **Can campers have other food or drink outside of the dining hall and Cabin Chat areas?**

Sometimes campers may require specialist diets outside of mealtimes or if they become unwell. If this is the case, we will risk assess where they can safely eat these things.

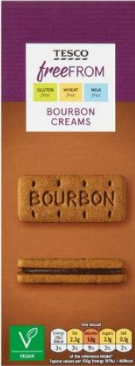

### **Why do some items on the Food and Drink List change each year?**

Each year we review the Food and Drink List. If ingredients change or their manufacturing process changes, which means they contain additional allergens, we remove them from the list and where possible we will always try to find an alternative.

## BISCUITS AND HOT DRINKS



OTW will provide the following biscuits and hot chocolate for teams during cabin chat.

VE – Vegan, V - Vegetarian



IMAGE	BRAND/NAME/FLAVOUR	PACKET SIZE	INGREDIENTS
 <p>The image shows a packet of Tesco Free From Bourbon Creams biscuits. The packet is purple and white with a picture of the biscuits. It features the 'freeFROM' logo and 'BOURBON CREAMS' text. There are also icons for 'Dairy Free', 'Wheat Free', and 'Milk Free'.</p>	<p>Tesco Free From Bourbon Creams (VE)</p>	<p>150g</p>	<p>Rice Flour, Sugar, Maize Starch, Coconut Fat, Cocoa Powder, Maize Flour, Glucose Syrup, Sunflower Oil, Dextrose, Rice Starch, Raising Agent (Sodium Hydrogen Carbonate), Potato Starch, Thickener (Xanthan Gum), Modified Maize Starch, Emulsifier (Sunflower Lecithins), Flavouring.</p> <p><i>Gluten, wheat and milk free</i></p>
 <p>The image shows a packet of Tesco Free From Custard Creams biscuits. The packet is yellow and white with a picture of the biscuits. It features the 'freeFROM' logo and 'CUSTARD CREAMS' text. There are also icons for 'Dairy Free', 'Wheat Free', and 'Milk Free'.</p>	<p>Tesco Free From Custard Creams (VE)</p>	<p>125g</p>	<p>Rice Flour, Sugar, Maize Starch, Coconut Fat, Maize Flour, Invert Sugar Syrup, Glucose Syrup, Dextrose, Dried Glucose Syrup, Potato Starch, Sunflower Oil, Modified Maize Starch, Rice Starch, Raising Agent (Sodium Hydrogen Carbonate), Thickener (Xanthan Gum), Emulsifier (Sunflower Lecithins), Flavouring, Colour (Carotenes).</p> <p><i>Gluten, wheat and milk free</i></p>

Review date: January 2023



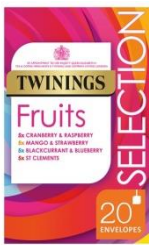

Reviewed by: The Nursing Team

	<p>Tesco Variety Pack Biscuits 700G (V)</p>		<p><u>Custard creams:</u> Wheat Flour [<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Sugar, Palm Oil, Whey Powder (<b>Milk</b>), Glucose Syrup, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt, Emulsifier (<b>Soya</b> Lecithins), Colour (Beta-Carotene), Flavouring.</p> <p><u>Bourbon creams:</u> Wheat Flour [<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Sugar, Palm Oil, Cocoa Powder (4.5%), Whey Powder (<b>Milk</b>), Glucose Syrup, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt, Emulsifier (<b>Soya</b> Lecithins), Flavouring.</p> <p><u>Malted Milk:</u> <b>Wheat</b> Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Palm Oil, Sugar, <b>Barley</b> Malt Extract, Glucose Syrup, Dried Whole <b>Milk</b>, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt, Flavouring.</p> <p><u>Shortcake Biscuits:</u> <b>Wheat</b> Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Palm Oil, Sugar, Maize Flour, Glucose Syrup, Dried Skimmed <b>Milk</b>, Salt, Raising Agent (Ammonium Bicarbonate), Flavouring.</p>
	<p>Tesco Instant Hot Chocolate (V)</p>	<p>400g</p>	<p>Whey Powder (<b>Milk</b>), Sugar, Dried Skimmed <b>Milk</b>, Glucose Syrup, Fat Reduced Cocoa Powder** (13%), Coconut Oil, Anti-caking Agent (Silicon Dioxide), Flavouring, Thickener (Xanthan Gum), <b>Milk</b> Proteins, Stabiliser (Potassium Phosphates).</p> <p>May contain soya.</p>
	<p>Pips Real Hot Chocolate; Zero Trace Full Taste</p>	<p>SUPPLIED BY OTW FOR ALLERGY CAMPERS ONLY</p>	<p>Trace-free of all 14 allergens Unrefined Sugar, Cocoa, Emulsifier (Xanthan Gum), Anti-caking Agent (Magnesium carbonate)</p>

## DRINKS PROVIDED BY OTW





IMAGE	BRAND/NAME/FLAVOUR	PACKET SIZE	INGREDIENTS
	<p>Tesco quadruple Orange Squash No Added Sugar</p>	<p>1.5L</p>	<p>Water, Comminuted Orange From Concentrate (40%), Citric Acid, Flavourings, Acidity Regulator (Sodium Citrate), Sweeteners (Sucralose, Acesulfame K), Preservatives (Potassium Sorbate, Sodium <b>Metabisulphite</b>), Stabiliser (Carboxymethylcellulose), Colour (Beta-Carotene).</p>
	<p>Tesco quadruple Strength Blackcurrant Squash No Added Sugar</p>	<p>1.5L</p>	<p>Water, Blackcurrant Juice from Concentrate (35%), Citric Acid, Acidity Regulator (Sodium Citrate), Colour (Anthocyanins), Flavourings, Sweeteners (Sucralose, Acesulfame K), Malic Acid, Preservatives (Potassium Sorbate, Sodium <b>Metabisulphite</b>), Antioxidant (Ascorbic Acid).</p>

\*Tea and Coffee provided by site

IMAGE	BRAND/NAME/FLAVOUR	PACKET SIZE	INGREDIENTS
	Tesco Peppermint Tea	20 Tea Bags 40 Tea Bags	Peppermint (100%)
	Twinings Green Tea	20 Tea Bags	100% decaffeinated Green Tea
	Twinings Selection Fruits Tea 5x Cranberry & Raspberry 5x Mango & Strawberry 5x Blackcurrant & Blueberry 5x St Clements	20 Tea Bags	Strawberry & Raspberry: Hibiscus, Natural Strawberry, Raspberry and Loganberry Flavourings with other Natural Flavourings (16%), Orange Peel, Blackberry Leaves*, Apple Pieces*, Rosehips, Liquorice Root*, Cranberry & Blood Orange: Hibiscus, Apples Pieces*, Rosehips, Natural Cranberry Flavouring with other Natural Flavourings (8%), Natural Blood Orange Flavouring (8%), Liquorice Root*, Blackcurrant & Vanilla: Hibiscus, Orange Leaves*, Orange Peel, Blackberry Leaves*, Lemon Peel*, Rosehips, Liquorice Root*, Natural Vanilla Flavouring with other Natural Flavourings (3%), Natural Flavouring (2%), Ginseng* (0.5%), Mango & Strawberry: Hibiscus, Orange Leaves*, Natural Strawberry Flavouring with other Natural Flavourings (10%), Natural Flavourings (10%), Orange Peel, Rosehips, Liquorice Root*, Cranberry & Raspberry: Hibiscus, Apple Pieces*, Rosehips, Natural Cranberry and Raspberry Flavourings with other Natural Flavourings (10%), Elderflowers* (8%), Liquorice Root*, delicate taste
	Nescafe Original Decaffeinated Instant Coffee	100g 200g	Decaffeinated Coffee

## ADDITIONAL ITEMS ON THE FOOD AND DRINK LIST

Volunteers can bring the following food and drinks to camp.

IMAGE	BRAND/NAME/FLAVOUR	PACKET SIZE	INGREDIENTS
	Cadbury Crunchie (V)	40g (Single) 32g (4 pack) 26.1g (10 pack)	Sugar, Glucose Syrup, Cocoa Butter, Cocoa Mass, Skimmed <b>Milk</b> Powder, Whey Permeate Powder (from <b>Milk</b> ), Palm Oil, <b>Milk</b> Fat, Emulsifier (E442), Flavourings, Coconut Oil, Milk Chocolate: Milk Solids 14 % minimum, Contains Vegetable Fats in addition to Cocoa Butter
	Cadbury Flake (V)	32g (Single) 25.6g (4 pack) 20g (9 pack)	<b>Milk</b> , Sugar, Cocoa Butter, Cocoa Mass, Whey Powder (from <b>Milk</b> ), Vegetable Fats (Palm, Shea), Emulsifier (E442), Flavourings, Milk Solids 14 % minimum, Cocoa Solids 25 % minimum, Contains Vegetable Fats in addition to Cocoa Butter
	Cadbury Twirl (Twin Bars) (V)	43g (Single) 32g (4 pack)	<b>Milk</b> , Sugar, Cocoa Butter, Cocoa Mass, Whey Powder (from <b>Milk</b> ), Vegetable Fats (Palm, Shea), Emulsifier (E442), Flavourings, Milk Solids 14 % minimum, Cocoa Solids 25 % minimum, Contains Vegetable Fats in addition to Cocoa Butter
	NOMO Vegan Creamy Choc Bar (VE)	38g (single) 85g (large)	Sugar, cocoa butter, rice powder (dried rice syrup, rice starch, rice flour), cocoa mass, inulin, shea oil, emulsifier (sunflower lecithin), sea salt, flavourings.  Suitable for dairy, egg, gluten, peanut and tree nut allergy sufferers (taken from NOMO website)

























	<p>Nomo No Missing Out Caramel Chocolate Vegan Free From</p>	<p>38G</p>	<p>Sugar, Cocoa Butter, Invert Sugar Syrup, Rice Powder (Dried Rice Syrup, Rice Starch, Rice Flour), Cocoa Mass, Inulin, Shea Oil, Humectant (Vegetable Glycerol), Glucose Syrup, Emulsifiers (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Sea Salt, Flavourings</p> <p>Allergy Information Suitable for Dairy, Egg, Gluten, Peanut and Tree Nut allergy sufferers.</p>
--	--	------------	---




IMAGE	BRAND/NAME/FLAVOUR	PACKET SIZE	INGREDIENTS
	<p>Galaxy Milk Chocolate (V)</p>	<p>200g (Single) 168g (4 pack)</p>	<p>Sugar, Cocoa Butter, Skimmed <b>Milk</b> Powder, Cocoa Mass, <b>Milk</b> Fat, <b>Lactose</b> and Protein from Whey (from <b>Milk</b>), Whey Powder (from <b>Milk</b>), Palm Fat, Emulsifier (<b>Soya</b> Lecithin), Natural Vanilla Extract, Milk Chocolate contains Milk Solids 14% minimum and Cocoa Solids 25% minimum, Milk Chocolate contains Vegetable Fats in addition to Cocoa Butter</p>
	<p>Tunnocks Milk Chocolate Caramel Wafer (V)</p>	<p>240g (8 pack)</p>	<p>Caramel 50% (Glucose Syrup, Sugar, Sweetened Condensed <b>Milk</b>, Invert Sugar Syrup, Palm Kernel Oil, Flavouring, Emulsifier: <b>Soya</b> Lecithin (E322)), <b>Milk</b> Chocolate 33% (Sugar, Cocoa Solids (min 25%), <b>Milk</b> Solids (min 14%), Blend of Palm Oil and Shea Butter Emulsifier: <b>Soya</b> Lecithin (E322), Flavouring), Fortified <b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Coconut Oil, Raising Agent (Sodium Bicarbonate), Salt, Emulsifier: <b>Soya</b> Lecithin (E322)</p>
	<p>Tesco Free from 5 Oaty Bakes (VE)</p>	<p>150g</p>	<p><b>Oat</b> Flakes (31%), Invert Sugar Syrup, Sultanas, Crisped Rice [Rice Flour, Rice Bran, Sugar, Rice Extract], Soft Brown Sugar, Raisins, Palm Oil, Rapeseed Oil, Water, Salt, Emulsifiers (<b>Soya</b> Lecithins, Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Beta-Carotene).</p>

	<p>McVities Penguin Milk Chocolate Biscuit 8 Pack (V)</p>	<p>196.8g (8 pack)</p>	<p><b>Milk</b> Chocolate (29%) [Sugar, Cocoa Butter, Cocoa, Mass, Dried Skimmed <b>Milk</b>, Dried Whey (<b>Milk</b>), Butter Oil (<b>Milk</b>), Vegetable Fats (Sal And/or Shea, Palm), Emulsifiers, (<b>Soya</b> Lecithin, E476), Natural Flavouring], Flour (<b>Wheat</b> Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil (Palm), Glucose-Fructose Syrup, Fat Reduced Cocoa Powder, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Natural Flavouring, Salt</p>
	<p>McVities Dark Chocolate Digestive (V)</p>	<p>266g</p>	<p>Flour (39%) (<b>Wheat</b> Flour, Calcium, Iron, Niacin, Thiamin), Dark Chocolate (30%) [Sugar, Cocoa Mass, Vegetable Fats (Palm, Shea), Butter Oil (<b>Milk</b>), Cocoa Butter, Emulsifiers (<b>Soya</b> Lecithin, E476), Natural Flavouring], Vegetable Oil (Palm), Wholemeal <b>Wheat</b> Flour (9%), Sugar, Glucose-Fructose Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate), Salt</p>
	<p>Tesco Ginger Nuts (VE)</p>	<p>300g</p>	<p>Wheat Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Glucose-Fructose Syrup, Palm Oil, Semolina (<b>Wheat</b>), Ginger Powder, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Salt, Lemon Oil.</p>
	<p>Free Gluten Free Organic Chocolate Chip Cookies (VE)</p>	<p>180g</p>	<p>Brown rice flour*, sugar*, chocolate chips*18% (sugar*, cocoa mass*, cocoa butter*), palm oil*, maize flour*, potato starch*, corn syrup*, quinoa flour*, raising agents (sodium bicarbonate and mono-calcium phosphate), corn starch*. Chocolate chips contains 55% cocoa solids minimum.</p> <p><b>Allergy advice:</b> free from gluten, milk, peanut, egg.</p>

	<p>McVities Milk Chocolate Digestive (V)</p>	<p>266g</p>	<p>Flour (39%) (<b>Wheat</b> Flour, Calcium, Iron, Niacin, Thiamin), <b>Milk</b> Chocolate (30%) [Sugar, Cocoa Butter, Cocoa Mass, Dried Skimmed <b>Milk</b>, Dried Whey (<b>Milk</b>), Butter Oil (<b>Milk</b>), Vegetable Fats (Palm, Shea), Emulsifiers (<b>Soya</b> Lecithin, E476), Natural Flavouring], Vegetable Oil (Palm), Wholemeal <b>Wheat</b> Flour (9%), Sugar, Glucose-Fructose Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate), Salt</p>
	<p>Oreos – Original (V)</p>	<p>154g</p>	<p><b>Wheat</b> Flour, Sugar, Palm Oil, Rapeseed Oil, Fat-Reduced Cocoa Powder 4,5 %, <b>Wheat</b> Starch, Glucose-Fructose Syrup, Raising Agents (Potassium Carbonates, Ammonium Carbonates, Sodium Carbonates), Salt, Emulsifiers (<b>Soya</b> Lecithin, Sunflower Lecithin), Flavouring</p> <p><i>May contain milk</i></p>
	<p>Oreo- Golden</p>	<p>154g</p>	<p><b>Wheat</b> Flour, Sugar, Rapeseed Oil, Palm Oil, Glucose-Fructose Syrup, <b>Wheat</b> Starch, Raising Agents (Sodium Carbonates, Ammonium Carbonates), Salt, Emulsifiers (<b>Soya</b> Lecithin, Sunflower Lecithin), Flavourings</p> <p><i>May contain milk</i></p>
	<p>Kettle Chips Lightly Salted (VG)</p>	<p>150g (Single)</p>	<p>Select Potatoes, Sunflower Oil, Sea Salt</p>
	<p>Kettle Chips Sea Salt &amp; Balsamic Vinegar (VG)</p>	<p>150g (Single) 30g (5 Pack)</p>	<p>Select Potatoes, Sunflower Oil, Seasoning with Sea Salt and Balsamic Vinegar of Modena (Sea Salt, Balsamic Vinegar of Modena, Potato Maltodextrin, Sugar, Potato Starch, Acid: Citric Acid, Natural Flavouring) Gluten free</p>

	<p>ProperCorn Lightly Sea Salt Popcorn (VE)</p>	<p>10g (6 pack)</p>	<p>Wholegrain Corn (86%), Rapeseed Oil, Sea Salt</p> <p>Made in a factory that handles Milk</p>
	<p>ProperCorn Sweet &amp; Salty popcorn (VE)</p>	<p>14g (6 pack)</p>	<p>Wholegrain Corn (53%), Raw Cane Sugar, Rapeseed Oil, Sea Salt</p> <p>Made in a factory that handles Milk</p>
	<p>Hula Hoops Original</p>	<p>6 pack</p>	<p>Potato (Potato Starch &amp; Dried Potato), Sunflower Oil (24%), Rice Flour, Maize Flour, Salt, Potassium Chloride</p> <ul style="list-style-type: none"> <li>• May contain Milk, Gluten.</li> </ul>
	<p>Tesco Variety Crisps (V) Ready Salted Salt and Vinegar Cheese and Onion</p>	<p>25 g (6 Pack)</p>	<p>Ready Salted: Potato, Sunflower Oil, Salt</p> <p>Salt and Vinegar: Potato, Sunflower Oil, Maltodextrin, Flavouring, Salt, Citric Acid, Rice Flour, Dextrose, Yeast Extract Powder.</p> <p>Cheese and onion: Potato, Sunflower Oil, Dried Onion, Salt, Sugar, Yeast Powder, Yeast Extract, Dried Whole Milk, Flavouring, Garlic Powder, Citric Acid, Colours (Curcumin, Paprika Extract).</p>

 <p>6 pack</p>	Seabrook Prawn Cocktail crisps (VE)	6 pack (25g/pack)	Potatoes, Sunflower Oil (30%), Sugar, Acidity Regulator: Sodium Diacetate, Icing Sugar, Rice Flour, Sea Salt, Yeast Extract, Onion Powder, Salt, Colour: Paprika Extract, Acid: Citric Acid, Flavouring
	Haribo Starmix Multi Pack	22 mini bags	Glucose Syrup, Sugar, Dextrose, Gelatine, Fruit Juice from Concentrate: Strawberry, Lemon, Apple, Blackcurrant, Orange, Pineapple, Acid: Citric Acid, Flavouring, Fruit and Plant Concentrates: Apple, Bilberry, Carrot, Safflower, Spirulina, Elderberry, Blackcurrant, Orange, Lemon, Mango, Passion Fruit, Aronia, Grape, Caramelised Sugar Syrup, Elderberry Extract, Glazing Agents: Beeswax, Carnuba Wax
	Rowntrees Fruit Pastilles (VE)	Single 4 pack	Sugar, Glucose Syrup, Starch, Invert Sugar Syrup, Acids (Malic Acid, Citric Acid, Lactic Acid, Acetic Acid), Concentrated Fruit Juice (1.2%) (Apple, Blackcurrant, Lime, Orange, Strawberry, Lemon), Acidity Regulator (Trisodium Citrate), Flavourings, Colours (Anthocyanins, Copper Complexes of Chlorophyllins, Beta-Carotene, Curcumin)
	Sour Patch Kids	140g	Sugar, Glucose Syrup, Water, Starch, Gelatine, Acid (Malic Acid), Concentrated Apple Juice, Colours (Anthocyanins, Vegetable Carbon, Paprika Extract, Lutein, Curcumin), Acidity Regulator (Calcium Citrates), Palm Oil, Flavourings
	Bassetts Jelly Babies	190g	<b>Sugar, Glucose Syrup, Water, Gelatine, Concentrated Fruit Juices** (1%) (Apple, Lime, Orange, Strawberry, Blackcurrant, Lemon, Raspberry), Acid (Citric Acid), Colours (Anthocyanins, Paprika Extract, Vegetable Carbon, Lutein, Curcumin), Flavourings, **Equivalent to 5.5 % Fruit Juice</b>

	<p>Tesco Free From Curry Noodle Pot (VE)</p>	<p>74g</p>	<p>Dried Rice Noodles (67%) [Rice Flour, Tapioca Starch], Potato Starch, Maltodextrin, Flavourings, Sugar, Dried Carrot, Garlic Powder, Onion Powder, Dried Spring Onion, Dried Onion, Ground Spices, Dried Garlic, Salt, Mushroom Juice Concentrate, Coriander, Colour (Curcumin).</p>
	<p>Wicked Kitchen Late Night Noodles (VE)</p>	<p>90g</p>	<p>Dried Rice Noodles (55%) [Rice, Tapioca Starch], Maltodextrin, Potato Starch, Sugar, Onion Powder, Dried Spring Onion, Flavourings, Garlic Powder, Dried Red Pepper, Cayenne Pepper, Dried Basil, Salt, Smoked Paprika, Caramelised Sugar Powder, <b>Soya Bean, Wheat</b>.</p>
	<p>Wicked Kitchen Sweet Potato &amp; Beans Chilli Mac 80G (VE)</p>	<p>80g</p>	<p>Dried Pasta (37%) [Durum <b>Wheat</b> Semolina], Red Kidney Beans (11%), Dried Potato, Dried Black Eyed Beans (7%), Tomato Powder, Flavouring, Dried Sweet Potato, Dried Sweetcorn, Garlic Powder, Onion Powder, Grilled Red and Yellow Peppers, Ground Spices (2.5%) [Smoked Paprika, Cayenne Pepper, Turmeric, Ginger, Cumin], Sugar, Dried Jalapeño Chilli, Dried Parsley, Salt.</p>

## Drinks

- Coke, Sprite, Fanta Orange/Fruit Twist, Pepsi (Regular, Diet or Zero)
- Juicy Water (Raspberries and blackcurrants, Orange and Lemon, Lemon and Lime)
- Irn Bru
- Lucozade (Sport & Original)
- Azera Nescafe instant coffee
- Oatly Original Oat Drink Long Life 1L
- Alpro Rice Long Life Drink 1L

Review date: January 2023

Reviewed by: The Nursing Team

- Fruit juices















## Other

- All Fruit except Kiwi.

## FOOD AND DRINK LIST

Review date: January 2023

Reviewed by: The Nursing Team

ITEM														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cadbury Crunchie 26.1g/32g/40g							✓							
Cadbury Flake 20g/25.6g/32g							✓							
Tunnocks Milk Chocolate Caramel Wafer		✓					✓						✓	
Cadbury Twirl (Twin Bars) 32g/43g							✓							
McVities Penguin Milk Chocolate Biscuit 8 Pack		✓					✓						✓	
Tesco Free from 5 Oaty Bakes		✓											✓	
Galaxy Milk Chocolate 42g/200g							✓						✓	
McVities Milk Chocolate Digestive		✓					✓						✓	
McVities Dark Chocolate Digestive		✓					✓						✓	
Tesco Variety Crisps							✓							

Review date: January 2023

Reviewed by: The Nursing Team



Tesco Ginger nuts		✓												
Oreos (original)		✓					✓ (MC)							
Oreos (golden)		✓					✓ (MC)							
Kettle Chips lightly salted														
Kettle chips Sea Salt and Balsamic vinegar														
ProperCorn Lightly Sea Salt Popcorn														
ProperCorn Sweet & Salty popcorn														
Hula Hoops Original														
Seabrook Prawn Cocktail crisps														
Haribo Starmix Multi Pack														
Rowntrees Fruit Pastilles (VE)														
Sour Patch Kids														
Tesco Free From Curry Noodle Pot														
Free by Doves Farm Gluten Free Organic Chocolate Chip Cookies 180g														

Review date: January 2023

Reviewed by: The Nursing Team

Wicked Kitchen Late Night Noodles 90g		✓											✓	
Wicked Kitchen sweet potato and chili mac													✓	

You can find this template, including more information at [www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)