

National School Breakfast Programme

Food and Drink Ingredients and Allergens List

The National School Breakfast Programme is committed to providing healthy, balanced and safe food.

Due to the increase in awareness and diagnosis of people with allergies, it is essential that schools have all the relevant information on the composition of the food supplied.

Below is a list of the ingredients, allergens and advisory information relating to all National School Breakfast Programme food. We will regularly update this document with any changes - please familiarise yourself with the information provided.

Food products

Bagels – Bagel Nash

Ingredients for Magic Plain Bagel: **Wheat** Flour, Water, **Wholemeal** flour, Sugar, Salt, Yeast and Malt

Allergens: Wheat flour (gluten), Wholemeal flour (gluten)

Advisory note: Made in a factory which uses milk products, contains wheat gluten and yeast and contain sesame seeds

NUTRITIONAL INFO	Typical values	Per 100g	Per 115g bagel
	Energy		1142kJ
		240kcal	276kcal
Fat		3.5g	4.0g
of which saturates		1.4g	1.6g
Carbohydrates		51.6g	59.3g
of which sugars		9.6g	11.0g
Fibre		4.1g	4.7g
Protein		10.1g	11.6g
Salt		1.0g	1.2g