



HERNE BAY HIGH

BREAK MENU



WEEK A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAVOURY	CHICKEN SLICE	PIZZA SLICES	BREAKFAST MUFFINS	CHEESE TWISTS	HOT DOGS
SWEET	CINNAMON WAFFLES	CROISSANTS	PANCAKES	PAIN AU CHOC	HOMEMADE MUFFINS

WEEK B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAVOURY	SAUSAGE ROLLS	PIZZA SLICES	BBQ CHICKEN WRAPS	CHEESE & HAM PITTA BREAD	BACON ROLLS
SWEET	CINNAMON WAFFLES	CROISSANTS	PANCAKES	PAIN AU CHOC	HOMEMADE MUFFINS

A SMALL COLD SELECTION WILL ALSO BE AVAILABLE IN ALL AREAS AT BREAK TIME.
PLEASE BEAR IN MIND THAT THIS MENU IS SUBJECT TO CHANGE IF WE ARE UNABLE TO SOURCE SPECIFIC ITEMS.



WEEK A BREAK ITEM INGREDIENTS



WEEK A

CHICKEN SLICE	Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil Spread (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier: Mono And Diglycerides Of Fatty Acids), Diced Chicken (14%), Diced Onions (5%), Whipping Cream (MILK), Modified Waxy Maize Starch, Seasoning (Vegetable Oil (Palm Oil) , Yeast Extract, Lactose (MILK), Salt, MILK Protein, Chicken Flavouring, Natural Bay Flavouring, Pepper, Malt Extract, Taragon, Garlic), Methylcellulose, Garlic, White Pepper, Salt, Dried Glucose Syrup, Cornflour, MILK Protein.
PIZZA SLICES	<u>Pizza Bases:</u> WHEAT Flour (71%) (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Rapeseed Oil, Pre-mix [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier- Mono and Diacetyltartaric acid Esters of Mono- and Diglycerides of Fatty Acids, Flour Treatment Agent- Ascorbic Acid], Yeast. <u>Pizza Sauce:</u> Tomatoes (98%), Salt , Basil , Onion, Garlic , Pepper , Acidity Regulator (Citric Acid). <u>Mozzarella:</u> Pasteurised Full Fat MILK , Salt, Rennet, Starter. Added Ingredients - Potato Starch
BREAKFAST MUFFINS	<u>Muffin:</u> Wheat Flour, (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (WHEAT), Salt, Yeast, SOYA Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (E472e), Preservative (E282), Flour Treatment Agent (E300). (MAY CONTAIN SESAME SEEDS) <u>Burger Cheese Slices:</u> Cheese (70%) (MILK), Acidity Regulators : Citric Acid, Lactic Acid., Palm Oil, Water, Emulsifying Salt :Trisodium Citrate., Natural cheese flavouring (MILK), Preservative : Sorbic acid., Colours :Beta carotene, Paprika extract., Anticaking agent : Sunflower Lecithin. Processing aid: Sunflower Lecithin used to aid slice seperation. <u>Sliced Ham:</u> Pork leg, Salt, Dextrose, Emulsifiers (E451, E450), Antioxidant (E301), Preservative (E250) Made with 100g of Pork per 100g of finished product.
CHEESE TWISTS	WHEAT Flour, Medium Fat Hard Cheese [21.5%] (MILK) (contains Potato Starch), Mixed Fat (Palm Fat, Water, Butterfat (MILK), Rapeseed Oil, Emulsifier (Mono- and diglycerides of fatty acids (E471)), Emulsifier (Lecithins (E322)), Acidity Regulator (Citric Acid (E330)), Natural Flavouring), Water, Emmental Cheese [7.0%] (MILK) (contains Potato Starch), EGG , Sugar, Dijon MUSTARD [2.0%] (Water, MUSTARD Seeds, Vinegar, Salt, Acidity Regulator (Citric Acid (E330)), Antioxidant (POTASSIUM METABISULPHITE (E224))), Yeast, Cheese Flavour (Yeast Extract, Cheese Solids (MILK), Natural Flavouring), BARLEY Malt Extract, Baking Agent (WHEAT Flour, Enzymes (Alpha-Amylase), Rapeseed Oil), Salt. (MAY CONTAIN SOYA & NUTS)
HOT DOGS	<u>Petit Pain Rolls:</u> WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300). (MAY CONTAIN SESAME SEEDS) <u>Cumberland Sausages:</u> Pork(20%), chicken msm(18%), beef(12%), water, rusk (WHEAT flour, salt, e503-ii), pea starch, salt, herbs, emulsifier disodium diphosphate(e450a), WHEAT flour, flavour enhancer(e621), spices, flavouring preparation (spice & herb extracts), preservative(e223)(SULPHUR DIOXIDE). filled into a synthetic beef collagen casing.



WEEK A BREAK ITEM INGREDIENTS



WEEK A

CINNAMON WAFFLES	WHEAT flour, Margarine (palm fat, coconut fat, water, rapeseed oil, emulsifier (mono- and diglycerides of fatty acids)), sugar, water, EGGS , invert sugar, yeast, SOYA flour, salt, Cinnamon (<1%), Emulsifier (SOYA lecithin), Flavouring (Vanillin). MAY CONTAIN MILK.
CROISSANTS	Dough: WHEAT Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Butter(MILK)(20.5%), Water, Yeast, Sugar, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Flour Treatment Agent (Ascorbic Acid E300)), EGG . Topping: EGG Wash. MAY CONTAIN NUTS.
PANCAKES	Water, WHEAT Flour (with Calcium Carbonate, Iron, Niacin & Thiamin), Sugar, Whey Powder (MILK), Vegetable Oil (Rapeseed), Cornflour, Buttermilk Powder (MILK) (1.24%), Raising Agents (E450i, E500), WHEAT Starch, Pasteurised Whole Free Range EGG , Sea Salt, Flavouring. <u>Nutella Portions:</u> Sugar, palm oil, HAZELNUTS (13%), fat reduced cocoa (7.4%), skimmed MILK powder (8.7%), whey powder (MILK), emulsifier: lecithins (SOYA), vanillin.
PAIN AU CHOC	Dough: WHEAT Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Butter (MILK)(18%), Water, Yeast, Sugar, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), EGG . Chocolate Filling (16%)(min 41% Cocoa Solids): Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier (SOYA Lecithin E322). Topping: EGG Wash. MAY CONTAIN NUTS.
HOMEMADE MUFFINS	PLEASE CHECK THE SIGNAGE AT POINT OF SALE FOR THE FLAVOUR <u>Basic Muffin Mix:</u> Phase Marge (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings. Upfield is committed to sustainable palm oil.). Heygates Culinary (Plain) Flour 16Kg (8%) (Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). Caster sugar (Cane Sugar). Semi Skimmed MILK . EGGS.



WEEK B BREAK ITEM INGREDIENTS



WEEK B

SAUSAGE ROLLS	Water, WHEAT Flour, Pork (17%), Margarine [Palm Oil, Palm Stearin, Water, Rapeseed Oil, Salt, Emulsifier (E471), Acidity Regulator (E330), Lemon Juice], Rusk [WHEAT Flour, Salt, Raising Agent (E503ii)], Seasoning [Salt, SOYA Protein Concentrate, WHEAT Flour, Spices (Ginger, Nutmeg, White Pepper, Mace, Black Pepper), Sugar, Rusk (WHEAT Flour, Salt, Raising Agent (E503ii)), Preservative (Sodium SULPHITE), Emulsifier (E451), Onion Powder, Dextrose, Antioxidant (E301), Spice Extracts], Glaze [Water, Modified Starch, Rapeseed Oil, MILK Proteins, Emulsifiers (SOYA Lecithin, E471), Acidity Regulators (E339iii), Colour (E160a)], Pork Fat, Potato Starch, Salt, Yeast Extract. MAY CONTAIN NUTS.
PIZZA SLICES	<u>Pizza Bases:</u> WHEAT Flour (71%) (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Rapeseed Oil, Pre-mix [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier- Mono and Diacetyltartaric acid Esters of Mono- and Diglycerides of Fatty Acids, Flour Treatment Agent- Ascorbic Acid], Yeast. <u>Pizza Sauce:</u> Tomatoes (98%), Salt, Basil, Onion, Garlic, Pepper, Acidity Regulator (Citric Acid). <u>Mozzarella:</u> Pasteurised Full Fat MILK , Salt, Rennet, Starter. Added Ingredients - Potato Starch
BBQ CHICKEN WRAP	<u>SF Chicken Goujons:</u> Chicken breast (56%), WHEAT flour, Rapeseed oil, WHEAT semolina, Salt, Potato starch, Spice extract (Black pepper), Spices, WHEAT gluten, Modified Tapioca starch (E1442), Dietary fibres (Citrus, WHEAT), Dextrose, Raising agent (E500ii), Stabiliser (E450i), Modified WHEAT Starch (E1404), Yeast extract, Garlic Powder, Yeast. <u>BBQ Sauce:</u> Water, Tomato puree(12%), Sugar, Thickner (Modified Starch), Salt, Acidity Regulator (Acetic Acid), Spirit vinegar, Cane molasses, colour (ammonia caramel), smoke flavouring, preservative (potassium sorbate), spices and spice extracts, onion powder, sweeteners (aspartame, sodium saccharin). <u>Wraps:</u> Fortified WHEAT flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents Sodium Carbonates (E500), Diphosphates (E450), Malic Acid (E296), Sugar, Salt, Processing Aids (Bakery Enzyme, Sodium Meta-bisulphite).
CHEESE & HAM PITTA BREAD	<u>Pitta Bread:</u> WHEAT Flour (Fortified with Calcium, Iron, Niacin, Thiamine), Water, Yeast, Salt, Calcium Propionate (Preservative E282). <u>Cheddar Cheese Slices:</u> Cheddar (MILK) <u>Ham Slices:</u> Pork leg, Salt, Dextrose, Emulsifiers (E451, E450), Antioxidant (E301), Preservative (E250) Made with 100g of Pork per 100g of finished product.
BACON ROLLS	<u>Petit Pain Rolls:</u> WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300). (MAY CONTAIN SESAME SEEDS) <u>Bacon:</u> Pork 85% Water Salt, Preservatives Sodium Nitrite E250 Potassium Nitrate E252 Antioxidant Sodium Ascorbate E301



WEEK B BREAK ITEM

INGREDIENTS



WEEK B

CINNAMON WAFFLES	WHEAT flour, Margarine (palm fat, coconut fat, water, rapeseed oil, emulsifier (mono- and diglycerides of fatty acids)), sugar, water, EGGS , invert sugar, yeast, SOYA flour, salt, Cinnamon (<1%), Emulsifier (SOYA lecithin), Flavouring (Vanillin). MAY CONTAIN MILK.
CROISSANTS	Dough: WHEAT Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Butter(MILK)(20.5%), Water, Yeast, Sugar, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Flour Treatment Agent (Ascorbic Acid E300)), EGG . Topping: EGG Wash. MAY CONTAIN NUTS.
PANCAKES	Water, WHEAT Flour (with Calcium Carbonate, Iron, Niacin & Thiamin), Sugar, Whey Powder (MILK), Vegetable Oil (Rapeseed), Cornflour, Buttermilk Powder (MILK) (1.24%), Raising Agents (E450i, E500), WHEAT Starch, Pasteurised Whole Free Range EGG , Sea Salt, Flavouring. <u>Nutella Portions:</u> Sugar, palm oil, HAZELNUTS (13%), fat reduced cocoa (7.4%), skimmed MILK powder (8.7%), whey powder (MILK), emulsifier: lecithins (SOYA), vanillin.
PAIN AU CHOC	Dough: WHEAT Flour (WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Butter (MILK)(18%), Water, Yeast, Sugar, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), EGG . Chocolate Filling (16%)(min 41% Cocoa Solids): Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier (SOYA Lecithin E322). Topping: EGG Wash. MAY CONTAIN NUTS.
HOMEMADE MUFFINS	PLEASE CHECK THE SIGNAGE AT POINT OF SALE FOR THE FLAVOUR OF THE MUFFIN <u>Basic Muffin Mix:</u> Phase Marge (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings. Upfield is committed to sustainable palm oil.). Heygates Culinary (Plain) Flour 16Kg (8%) (Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). Caster sugar (Cane Sugar). Semi Skimmed MILK. EGGS.