

Ingredients list for Tea Menu – Autumn 2025

Meal 1	Ingredients	Nutritional Value																																
Muffins	The BAKERY at ASDA The Bakery 4 Muffins - ASDA Groceries Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Wheat Semolina, Wheat Protein, Sugar, Salt, Soya Flour, Spirit Vinegar, Vegetable Oils and Fat [Palm Oil, Palm Fat, Rapeseed Oil], Preservative (Potassium Sorbate), Flour Treatment Agent (Ascorbic Acid)	Each (as sold) muffin contains <table border="1" style="width: 100%; text-align: center;"> <tr> <th>Salt</th> <th>Saturates</th> <th>Energy</th> <th>Sugars</th> <th>Fat</th> </tr> <tr> <td>0.55g</td> <td>0.3g</td> <td>159kcal 672kJ</td> <td>2.9g</td> <td>1.5g</td> </tr> <tr> <td>9%</td> <td>Low 2%</td> <td>Low 8%</td> <td>Low 3%</td> <td>Low 2%</td> </tr> </table>	Salt	Saturates	Energy	Sugars	Fat	0.55g	0.3g	159kcal 672kJ	2.9g	1.5g	9%	Low 2%	Low 8%	Low 3%	Low 2%																	
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Asda Low Fat Strawberry Yoghurt	JUST ESSENTIALS by ASDA Low Fat Strawberry Yogurt 450g - ASDA Groceries Low Fat Yogurt (Milk) (85%), Sugar, Strawberry Purée (2%), Strawberry Juice from Concentrate (2%), Rice Starch, Potato Starch, Modified Maize Starch, Colour (Anthocyanins), Concentrated Lemon Juice, Flavouring, Gelling Agent (Pectins), Live Bacterial Cultures [Lactobacillus Bulgaricus, Streptococcus Thermophilus]	Each 1/4 pot contains: <table border="1" style="width: 100%; text-align: center;"> <tr> <th>Energy</th> <th>Fat</th> <th>Salt</th> <th>Sugars</th> <th>Saturates</th> </tr> <tr> <td>371kJ 88kcal</td> <td>1.1g</td> <td>0.07g</td> <td>13g</td> <td>0.7g</td> </tr> <tr> <td>4%</td> <td>Low 2%</td> <td>Low 1%</td> <td>Medium 14%</td> <td>Low 4%</td> </tr> </table> <p>of your RI†</p> <p>Typical energy values per 100g: 330kJ/78kcal</p>	Energy	Fat	Salt	Sugars	Saturates	371kJ 88kcal	1.1g	0.07g	13g	0.7g	4%	Low 2%	Low 1%	Medium 14%	Low 4%																	
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Meal 2	Ingredients	Nutritional Value															
White pitta breads	<p>The BAKERY at ASDA 6 White Pittas - ASDA Groceries</p> <p>Contains: Wheat</p> <p>May Contain: Oats, Barley, Milk, Rye</p> <p>May also contain Milk, Rye, Barley, Oats and Spelt.</p> <p>Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Spirit Vinegar, Salt, Preservative (Calcium Propionate), Wheat Starch</p>	<table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Sugars</th> <th>Saturates</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>145kcal 613kJ</td> <td>g</td> <td>1.4g</td> <td>g</td> <td>0.34g</td> </tr> <tr> <td>7%</td> <td>Low 1%</td> <td>Low 2%</td> <td>Low 1%</td> <td>Medium 6%</td> </tr> </tbody> </table>	Energy	Fat	Sugars	Saturates	Salt	145kcal 613kJ	g	1.4g	g	0.34g	7%	Low 1%	Low 2%	Low 1%	Medium 6%
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Hummus	<p>ASDA Classic Houmous - ASDA Groceries</p> <p>Contains: Sesame</p> <p>Cooked Chickpeas (52%) [Chickpeas, Water], Water, Sesame Seed Paste (13%), Rapeseed Oil, Concentrated Lemon Juice (4%), Garlic Purée, Salt, Preservative (Potassium Sorbate)</p>	<p>Each 1/6 pot contains:</p> <table border="1"> <thead> <tr> <th>Saturates</th> <th>Energy</th> <th>Sugars</th> <th>Salt</th> <th>Fat</th> </tr> </thead> <tbody> <tr> <td>1.2g</td> <td>571kJ 138kcal</td> <td>0.6g</td> <td>0.27g</td> <td>11g</td> </tr> <tr> <td>6%</td> <td>Low 7%</td> <td>Low 1%</td> <td>Medium 5%</td> <td>High 16%</td> </tr> </tbody> </table>	Saturates	Energy	Sugars	Salt	Fat	1.2g	571kJ 138kcal	0.6g	0.27g	11g	6%	Low 7%	Low 1%	Medium 5%	High 16%
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Rice pudding Strawberry Jam	<p>https://www.asda.com/groceries/product/rice-pudding/asda-classic-creamed-rice-pudding-400g/3630019</p> <p>Contains: Milk</p> <p>Whole Milk, Skimmed Milk, Water, Rice (9%), Sugar, Whey Powder (Milk), Acidity Regulator (Sodium Carbonates)</p> <p>ASDA Fruity Seedless Strawberry Jam 454g - ASDA Groceries</p> <p>Ingredients</p> <p>Sugar, Strawberries, Acidity Regulators (Citric Acid, Sodium Citrates), Gelling Agent (Pectins), Prepared with 45g of fruit per 100g, Total sugar content: 61g per 100g</p>	<p>Each (as sold) 1/2 can contains:</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Saturates</th> <th>Salt</th> <th>Sugars</th> <th>Fat</th> </tr> </thead> <tbody> <tr> <td>789kJ 187kcal</td> <td>1.8g</td> <td>0.2g</td> <td>15g</td> <td>3g</td> </tr> <tr> <td>9%</td> <td>Low 9%</td> <td>Low 3%</td> <td>Medium 17%</td> <td>Low 4%</td> </tr> </tbody> </table>	Energy	Saturates	Salt	Sugars	Fat	789kJ 187kcal	1.8g	0.2g	15g	3g	9%	Low 9%	Low 3%	Medium 17%	Low 4%
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Meal 3	Ingredients	Nutrition Value															
Potato wedges	Potato https://www.asda.com/groceries/product/baking-jacket-potatoes/asda-british-fluffy-golden-large-baking-potatoes/817936																
Pepper sticks Baby corn	ASDA Mild & Crunchy Baby Corn - ASDA Groceries																
Yoghurt Dip	COOK by ASDA Paprika - ASDA Groceries ASDA Natural Yogurt 500g - ASDA Groceries Full Fat Natural Yogurt (Milk), Live Bacterial Cultures [Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus]	Each 1/4 pot contains: <table border="1"> <thead> <tr> <th>Salt</th> <th>Sugars</th> <th>Fat</th> <th>Energy</th> <th>Saturates</th> </tr> </thead> <tbody> <tr> <td>0.14g</td> <td>6.6g</td> <td>4.1g</td> <td>88kcal 370kJ</td> <td>2.8g</td> </tr> <tr> <td>2%</td> <td>Medium 7%</td> <td>Medium 6%</td> <td>Low 4%</td> <td>Medium 14%</td> </tr> </tbody> </table>	Salt	Sugars	Fat	Energy	Saturates	0.14g	6.6g	4.1g	88kcal 370kJ	2.8g	2%	Medium 7%	Medium 6%	Low 4%	Medium 14%
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Asda Shortbread Fingers	ASDA Extra Special All Butter Shortbread Fingers 165g - ASDA Groceries Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Salted Butter (33%) [Butter (Milk), Salt], Sugar, Maize Starch	Each shortbread finger contains: <table border="1"> <thead> <tr> <th>Energy</th> <th>Salt</th> <th>Sugars</th> <th>Saturates</th> <th>Fat</th> </tr> </thead> <tbody> <tr> <td>445kJ 106kcal</td> <td>0.09g</td> <td>3.3g</td> <td>3.9g</td> <td>5.8g</td> </tr> <tr> <td>5%</td> <td>Low 2%</td> <td>Low 4%</td> <td>High 20%</td> <td>High 8%</td> </tr> </tbody> </table>	Energy	Salt	Sugars	Saturates	Fat	445kJ 106kcal	0.09g	3.3g	3.9g	5.8g	5%	Low 2%	Low 4%	High 20%	High 8%
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Kingsmill 50/50 medium sliced bread	Kingsmill Medium 50/50 Bread - ASDA Groceries Wheat Flour (33%) (with Calcium, Iron, Niacin (B3) 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)	Each slice contains <table border="1"> <thead> <tr> <th>Saturates</th> <th>Fat</th> <th>Sugars</th> <th>Energy</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>0.2g</td> <td>0.9g</td> <td>1.4g</td> <td>396kJ 94kcal</td> <td>0.4g</td> </tr> <tr> <td>1%</td> <td>Low 1%</td> <td>Low 2%</td> <td>Low 5%</td> <td>Medium 6%</td> </tr> </tbody> </table>	Saturates	Fat	Sugars	Energy	Salt	0.2g	0.9g	1.4g	396kJ 94kcal	0.4g	1%	Low 1%	Low 2%	Low 5%	Medium 6%															
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Jelly and pineapple chunks	ASDA Raspberry Flavour Jelly Pots 6 x 120g (720g) - ASDA Groceries Apple Juice from Concentrate (98%), Gelling Agents (Carrageenan, Carob Bean Gum), Acidity Regulators (Sodium Citrates, Calcium Lactate, Potassium Citrates), Flavouring, Citric Acid, Colours (Anthocyanins), Sweeteners (Sucralose, Acesulfame K) ASDA Pineapple Chunks in Fruit Juice 432g - ASDA Groceries Pineapple, Pineapple Juice	Each pot contains: <table border="1"> <thead> <tr> <th>Fat</th> <th>Saturates</th> <th>Energy</th> <th>Sugars</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>g</td> <td>0.1g</td> <td>23kcal 97kJ</td> <td>3.8g</td> <td>0.09g</td> </tr> <tr> <td>1%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Low 4%</td> <td>Low 2%</td> </tr> </tbody> </table> Each (drained) 1/3 can contains: <table border="1"> <thead> <tr> <th>Energy</th> <th>Saturates</th> <th>Fat</th> <th>Sugars</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>25kcal 107kJ</td> <td>g</td> <td>g</td> <td>5.9g</td> <td>g</td> </tr> <tr> <td>1%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Medium 7%</td> <td>Low 1%</td> </tr> </tbody> </table>	Fat	Saturates	Energy	Sugars	Salt	g	0.1g	23kcal 97kJ	3.8g	0.09g	1%	Low 1%	Low 1%	Low 4%	Low 2%	Energy	Saturates	Fat	Sugars	Salt	25kcal 107kJ	g	g	5.9g	g	1%	Low 1%	Low 1%	Medium 7%	Low 1%
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Meal 6	Ingredients	Nutritional Value															
Toast	Kingsmill Medium 50/50 Bread - ASDA Groceries Wheat Flour (33%) (with Calcium, Iron, Niacin (B3) 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)	Each slice contains <table border="1"> <thead> <tr> <th>Saturates</th> <th>Fat</th> <th>Sugars</th> <th>Energy</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>0.2g</td> <td>0.9g</td> <td>1.4g</td> <td>396kJ 94kcal</td> <td>0.4g</td> </tr> <tr> <td>1%</td> <td>Low 1%</td> <td>Low 2%</td> <td>Low 5%</td> <td>Medium 6%</td> </tr> </tbody> </table>	Saturates	Fat	Sugars	Energy	Salt	0.2g	0.9g	1.4g	396kJ 94kcal	0.4g	1%	Low 1%	Low 2%	Low 5%	Medium 6%
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Asda Baked Beans	ASDA Baked Beans 4 x 410g - ASDA Groceries Haricot Beans (49%), Tomatoes (36%), Water, Sugar, Modified Maize Starch, Salt, Paprika, Onion Powder, Paprika Extract, Flavourings	Each (hob-heated) 1/2 can contains:: <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>799kJ 187kcal</td> <td>1g</td> <td>0.2g</td> <td>8.6g</td> <td>0.96g</td> </tr> <tr> <td>9%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Low 10%</td> <td>Medium 16%</td> </tr> </tbody> </table>	Energy	Fat	Saturates	Sugars	Salt	799kJ 187kcal	1g	0.2g	8.6g	0.96g	9%	Low 1%	Low 1%	Low 10%	Medium 16%
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Bananas Custard	ASDA Ready to Serve Custard - ASDA Groceries Reconstituted Skimmed Milk , Reconstituted Buttermilk, Sugar, Water, Modified Maize Starch, Palm Oil, Flavourings, Colours (Carotenes, Paprika Extract)	Each (as sold) 1/4 pack contains <table border="1"> <thead> <tr> <th>Saturates</th> <th>Energy</th> <th>Fat</th> <th>Sugars</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>1.8g</td> <td>515kJ 122kcal</td> <td>3.4g</td> <td>15g</td> <td>0.15g</td> </tr> <tr> <td>9%</td> <td>Low 6%</td> <td>Low 5%</td> <td>Medium 17%</td> <td>Low 3%</td> </tr> </tbody> </table>	Saturates	Energy	Fat	Sugars	Salt	1.8g	515kJ 122kcal	3.4g	15g	0.15g	9%	Low 6%	Low 5%	Medium 17%	Low 3%
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Spread	Ingredients	Nutritional Value
Flora Buttery, dairy free spread	Vegetable Oils (Rapeseed, Sunflower, Linseed in Variable Proportions), Water, Coconut Fat, Emulsifier (Sunflower Lecithin), Faba Bean Preparation, Salt (1,3%), Natural Flavourings, Colour (Beta Carotene)	Energy 2784kJ/677kcal Fat 75g of which saturates 28g Carbohydrate <0.5g of which sugars <0.5g Protein <0.5g Salt 1.3g