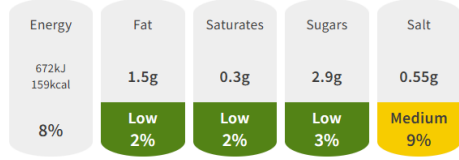
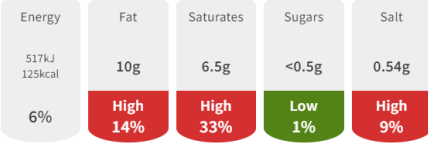
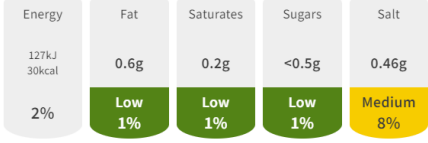
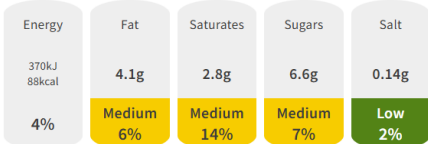


Ingredients list for Tea Menu – Summer 2025

Meal 1	Ingredients	Nutritional Value
Muffin	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) For allergens, including Cereals containing Gluten, see ingredients in bold.	Each (as sold) muffin contains:  <p>of your reference intake Typical energy values per 100g: 1019kJ/241kcal</p>
Carrots Strawberries		
Asda Mild Cheddar cheese	Ingredients Mild Cheddar Cheese (Pasteurised Milk) For allergens, see ingredients in bold.	Each 30g contains::  <p>of your RI† Typical energy values per 100g: 1725kJ/416kcal</p>
Asda 10 slices cooked ham	Pork (80%), Water, Potato Starch, Salt, Glucose Syrup, Stabiliser (Triphosphates), Dextrose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)	Each slice contains::  <p>of your RI* Typical energy values per 100g: 422kJ/100kcal</p>
Asda Natural Yoghurt 500g	Full Fat Natural Yoghurt (Milk), Live Bacterial Cultures [Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus]	Each 1/4 pot contains::  <p>of your RI† Typical energy values per 100g: 296kJ/71kcal</p>

Meal 2	Ingredients	Nutritional Value															
The Bakery at Asda, 6 white pittas	Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Spirit Vinegar, Salt, Preservative (Calcium Propionate), Wheat Starch.	<p>Each (grilled) pitta contains:</p> <table border="1"> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> <tr> <td>613kJ 145kcal</td> <td><0.5g</td> <td><0.1g</td> <td>1.4g</td> <td>0.34g</td> </tr> <tr> <td>7%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Low 2%</td> <td>Medium 6%</td> </tr> </table> <p>of your reference intake Typical energy values per 100g: 1076kJ/254kcal</p>	Energy	Fat	Saturates	Sugars	Salt	613kJ 145kcal	<0.5g	<0.1g	1.4g	0.34g	7%	Low 1%	Low 1%	Low 2%	Medium 6%
Energy	Fat	Saturates	Sugars	Salt													
613kJ 145kcal	<0.5g	<0.1g	1.4g	0.34g													
7%	Low 1%	Low 1%	Low 2%	Medium 6%													
ASDA Tinned Sweetcorn Cucumber	Sweetcorn, water	<table border="1"> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> <tr> <td>295kJ 70kcal</td> <td>1.4g</td> <td>0.2g</td> <td>6.0g</td> <td><0.01g</td> </tr> <tr> <td>4%</td> <td>Low 2%</td> <td>Low 1%</td> <td>Medium 7%</td> <td>Low 1%</td> </tr> </table>	Energy	Fat	Saturates	Sugars	Salt	295kJ 70kcal	1.4g	0.2g	6.0g	<0.01g	4%	Low 2%	Low 1%	Medium 7%	Low 1%
Energy	Fat	Saturates	Sugars	Salt													
295kJ 70kcal	1.4g	0.2g	6.0g	<0.01g													
4%	Low 2%	Low 1%	Medium 7%	Low 1%													
ASDA Skipjack Tuna Chunks in Spring Water	Tuna (Katsuwonus pelamis) (Fish), Spring Water	<p>Each (drained) 1/2 can contains:</p> <table border="1"> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> <tr> <td>236kJ 56kcal</td> <td>0.5g</td> <td>0.2g</td> <td><0.5g</td> <td>0.46g</td> </tr> <tr> <td>3%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Medium 8%</td> </tr> </table> <p>of your RI† Typical energy values per 100g: 463kJ/109kcal</p>	Energy	Fat	Saturates	Sugars	Salt	236kJ 56kcal	0.5g	0.2g	<0.5g	0.46g	3%	Low 1%	Low 1%	Low 1%	Medium 8%
Energy	Fat	Saturates	Sugars	Salt													
236kJ 56kcal	0.5g	0.2g	<0.5g	0.46g													
3%	Low 1%	Low 1%	Low 1%	Medium 8%													
ASDA Classic Hummus	Cooked Chickpeas (52%) [Chickpeas, Water], Water, Sesame Seed Paste (13%), Rapeseed Oil, Concentrated Lemon Juice (4%), Garlic Purée, Salt, Preservative (Potassium Sorbate).	<p>Each 1/6 pot contains::</p> <table border="1"> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> <tr> <td>571kJ 138kcal</td> <td>11g</td> <td>1.2g</td> <td>0.6g</td> <td>0.27g</td> </tr> <tr> <td>7%</td> <td>High 16%</td> <td>Medium 6%</td> <td>Low 1%</td> <td>Medium 5%</td> </tr> </table> <p>of your RI† Typical energy values per 100g: 1104kJ/267kcal</p>	Energy	Fat	Saturates	Sugars	Salt	571kJ 138kcal	11g	1.2g	0.6g	0.27g	7%	High 16%	Medium 6%	Low 1%	Medium 5%
Energy	Fat	Saturates	Sugars	Salt													
571kJ 138kcal	11g	1.2g	0.6g	0.27g													
7%	High 16%	Medium 6%	Low 1%	Medium 5%													
Apple Strawberries																	

Meal 3	Ingredients	Nutrition Value															
ASDA Potato Salad 500g	Potatoes (68%), Rapeseed Oil, Water, Onions, Double Cream (Milk) (2%), White Wine Vinegar, Spring Onions (2%), Sugar, Pasteurised Whole Egg , Spirit Vinegar, Chives, Salt, Parsley, Cornflour, Egg Yolk Powder, Preservative (Potassium Sorbate), Mustard Powder.	<p>Each 1/6 pack contains::</p> <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>532kJ 128kcal</td> <td>9.7g</td> <td>1.0g</td> <td>1.9g</td> <td>0.47g</td> </tr> <tr> <td>6%</td> <td>Medium 14%</td> <td>Low 5%</td> <td>Low 2%</td> <td>Medium 8%</td> </tr> </tbody> </table> <p>of your RI† Typical energy values per 100g: 638kJ/154kcal</p>	Energy	Fat	Saturates	Sugars	Salt	532kJ 128kcal	9.7g	1.0g	1.9g	0.47g	6%	Medium 14%	Low 5%	Low 2%	Medium 8%
Energy	Fat	Saturates	Sugars	Salt													
532kJ 128kcal	9.7g	1.0g	1.9g	0.47g													
6%	Medium 14%	Low 5%	Low 2%	Medium 8%													
Pepper sticks																	
Omlette	Egg																
ASDA Natural Yoghurt 500g	Full Fat Natural Yogurt (Milk), Live Bacterial Cultures [Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus]	<p>Each 1/4 pot contains::</p> <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>370kJ 88kcal</td> <td>4.1g</td> <td>2.8g</td> <td>6.6g</td> <td>0.14g</td> </tr> <tr> <td>4%</td> <td>Medium 6%</td> <td>Medium 14%</td> <td>Medium 7%</td> <td>Low 2%</td> </tr> </tbody> </table> <p>of your RI† Typical energy values per 100g: 296kJ/71kcal</p>	Energy	Fat	Saturates	Sugars	Salt	370kJ 88kcal	4.1g	2.8g	6.6g	0.14g	4%	Medium 6%	Medium 14%	Medium 7%	Low 2%
Energy	Fat	Saturates	Sugars	Salt													
370kJ 88kcal	4.1g	2.8g	6.6g	0.14g													
4%	Medium 6%	Medium 14%	Medium 7%	Low 2%													
Raspberries																	

Meal 4	Ingredients	Nutritional Value																						
ASDA Pasta Fusili 3kg	Durum Wheat Semolina																							
Peas																								
Primula Original Cheese	Cheese (54%) (Cheese (47%) (Milk), Medium Fat Soft Cheese (7%) (Medium Fat Soft Cheese (Milk), Sea Salt)), Reconstituted Skimmed Milk Powder (Water, Skimmed Milk Powder), Water, Whey Powder (Milk), Emulsifying Salts (Sodium Phosphate, Polyphosphates, Triphosphates), Modified Maize Starch.	<table border="0"> <tr> <td>Typical values</td> <td>Per 100g</td> </tr> <tr> <td>Energy</td> <td>860kJ / 207kcal</td> </tr> <tr> <td>Fat</td> <td>14.1g</td> </tr> <tr> <td>of which saturates</td> <td>9.3g</td> </tr> <tr> <td>Carbohydrate</td> <td>7.0g</td> </tr> <tr> <td>of which sugars</td> <td>3.6g</td> </tr> <tr> <td>Protein</td> <td>2.6g</td> </tr> <tr> <td>Salt</td> <td>2.31g</td> </tr> <tr> <td>Calcium</td> <td></td> </tr> <tr> <td colspan="2">(58.4%*NRV) 467mg</td> </tr> <tr> <td colspan="2">*NRV = Nutrient Reference Value</td> </tr> </table>	Typical values	Per 100g	Energy	860kJ / 207kcal	Fat	14.1g	of which saturates	9.3g	Carbohydrate	7.0g	of which sugars	3.6g	Protein	2.6g	Salt	2.31g	Calcium		(58.4%*NRV) 467mg		*NRV = Nutrient Reference Value	
Typical values	Per 100g																							
Energy	860kJ / 207kcal																							
Fat	14.1g																							
of which saturates	9.3g																							
Carbohydrate	7.0g																							
of which sugars	3.6g																							
Protein	2.6g																							
Salt	2.31g																							
Calcium																								
(58.4%*NRV) 467mg																								
*NRV = Nutrient Reference Value																								
	Reconstituted Skimmed Milk Concentrate, Glucose Syrup, Water, Coconut Oil, Sugar, Whey Powder (Milk), Flavourings, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Carob Bean Gum), Colours (Beetroot Red, Carotenes)	<p>Each scoop (41g) contains::</p> <table border="0"> <tr> <td style="text-align: center;">Energy</td> <td style="text-align: center;">Fat</td> <td style="text-align: center;">Saturates</td> <td style="text-align: center;">Sugars</td> <td style="text-align: center;">Salt</td> </tr> <tr> <td style="text-align: center;">286kJ 68kcal</td> <td style="text-align: center;">3.1g</td> <td style="text-align: center;">2.6g</td> <td style="text-align: center;">6.0g</td> <td style="text-align: center;">0.03g</td> </tr> <tr> <td style="text-align: center;">3%</td> <td style="text-align: center;">Medium 4%</td> <td style="text-align: center;">High 13%</td> <td style="text-align: center;">Medium 7%</td> <td style="text-align: center;">Low 1%</td> </tr> </table> <p>of your RDI Typical energy values per 100ml: 286kJ/68kcal</p>	Energy	Fat	Saturates	Sugars	Salt	286kJ 68kcal	3.1g	2.6g	6.0g	0.03g	3%	Medium 4%	High 13%	Medium 7%	Low 1%							
Energy	Fat	Saturates	Sugars	Salt																				
286kJ 68kcal	3.1g	2.6g	6.0g	0.03g																				
3%	Medium 4%	High 13%	Medium 7%	Low 1%																				
Raspberries																								

Meal 5	Ingredients	Nutrition Value															
Kingsmill 50/50 medium sliced bread	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)	<p>Each slice contains:</p> <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>396kJ 94kcal</td> <td>0.9g</td> <td>0.2g</td> <td>1.4g</td> <td>0.4g</td> </tr> <tr> <td>5%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Low 2%</td> <td>Medium 6%</td> </tr> </tbody> </table> <p>% of an adult's Reference Intake* Typical Energy values per 100g: 991kJ/234kcal</p>	Energy	Fat	Saturates	Sugars	Salt	396kJ 94kcal	0.9g	0.2g	1.4g	0.4g	5%	Low 1%	Low 1%	Low 2%	Medium 6%
Energy	Fat	Saturates	Sugars	Salt													
396kJ 94kcal	0.9g	0.2g	1.4g	0.4g													
5%	Low 1%	Low 1%	Low 2%	Medium 6%													
Carrot sticks Banana																	
Egg																	
(Vegetarian option) Asda Light Mayonnaise	Water, Rapeseed Oil, Modified Maize Starch, Spirit Vinegar, Sugar, Salt, Pasteurised free Range Egg Yolk (1%), Citrus Fibre, Tapioca Starch, Stabilisers (Guar Gum, Xanthan Gum), Flavouring (contains Mustard), Concentrated Lemon Juice, Paprika Extract	<p>Each 15ml contains::</p> <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>160kJ 39kcal</td> <td>3.8g</td> <td>0.3g</td> <td><0.5g</td> <td>0.23g</td> </tr> <tr> <td>2%</td> <td>High 5%</td> <td>Medium 2%</td> <td>Low 1%</td> <td>Medium 4%</td> </tr> </tbody> </table> <p>of your RI† Typical energy values per 100ml: 1066kJ/258kcal</p>	Energy	Fat	Saturates	Sugars	Salt	160kJ 39kcal	3.8g	0.3g	<0.5g	0.23g	2%	High 5%	Medium 2%	Low 1%	Medium 4%
Energy	Fat	Saturates	Sugars	Salt													
160kJ 39kcal	3.8g	0.3g	<0.5g	0.23g													
2%	High 5%	Medium 2%	Low 1%	Medium 4%													
ASDA Strawberry Flavour Jelly Pot	Apple Juice from Concentrate (98%), Flavourings, Gelling Agents (Carrageenan, Carob Bean Gum), Acidity Regulators (Sodium Citrates, Calcium Lactate, Potassium Citrate), Citric Acid, Colours (Anthocyanins, Plain Caramel), Sweeteners (Sucralose, Acesulfame K)	<p>Each pot contains::</p> <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>96kJ 23kcal</td> <td><0.5g</td> <td>0.1g</td> <td>3.7g</td> <td>0.16g</td> </tr> <tr> <td>1%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Low 4%</td> <td>Low 3%</td> </tr> </tbody> </table> <p>of your RI† Typical energy values per 100g: 80kJ/19kcal</p>	Energy	Fat	Saturates	Sugars	Salt	96kJ 23kcal	<0.5g	0.1g	3.7g	0.16g	1%	Low 1%	Low 1%	Low 4%	Low 3%
Energy	Fat	Saturates	Sugars	Salt													
96kJ 23kcal	<0.5g	0.1g	3.7g	0.16g													
1%	Low 1%	Low 1%	Low 4%	Low 3%													
ASDA Pineapple Chunks in Juice 432g	Pineapple, Pineapple Juice	<p>Each (drained) 1/3 can contains::</p> <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>107kJ 25kcal</td> <td><0.5g</td> <td><0.1g</td> <td>5.9g</td> <td><0.01g</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> <p>of your RI† Typical energy values per 100g: 118kJ/28kcal</p>	Energy	Fat	Saturates	Sugars	Salt	107kJ 25kcal	<0.5g	<0.1g	5.9g	<0.01g	1%	Low 1%	Low 1%	Medium 7%	Low 1%
Energy	Fat	Saturates	Sugars	Salt													
107kJ 25kcal	<0.5g	<0.1g	5.9g	<0.01g													
1%	Low 1%	Low 1%	Medium 7%	Low 1%													

Meal 6	Ingredients	Nutritional Value															
ASDA Broccoli and Cheese Quiche 400g	Skimmed Milk , Broccoli (21%), Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Extra Mature Cheddar Cheese (Milk) (11%), Pasteurised Whole Egg (8%), Palm Oil, Maize Flour, Single Cream (Milk), Cornflour, Red Leicester Cheese (2%) [Leicester Cheese (Milk), Colour (Carotenes)], Rapeseed Oil, Dextrose, Dijon Mustard [Water, Mustard Seeds, Spirit Vinegar, Salt], Salt, White Pepper	<p>Each (as sold) 1/4 quiche contains::</p> <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>996kJ 239kcal</td> <td>14g</td> <td>6.2g</td> <td>2.5g</td> <td>0.45g</td> </tr> <tr> <td>12%</td> <td>Medium 20%</td> <td>High 31%</td> <td>Low 3%</td> <td>Medium 8%</td> </tr> </tbody> </table> <p>of your RI Typical energy values per 100g: 996kJ/239kcal</p>	Energy	Fat	Saturates	Sugars	Salt	996kJ 239kcal	14g	6.2g	2.5g	0.45g	12%	Medium 20%	High 31%	Low 3%	Medium 8%
Energy	Fat	Saturates	Sugars	Salt													
996kJ 239kcal	14g	6.2g	2.5g	0.45g													
12%	Medium 20%	High 31%	Low 3%	Medium 8%													
Peppers Cucumber																	
Bananas																	
ASDA Ready to Serve Custard 500g (carton)	Reconstituted Skimmed Milk , Reconstituted Buttermilk , Sugar, Water, Modified Maize Starch, Palm Oil, Flavourings, Colours (Carotenes, Paprika Extract)	<p>Each (as sold) 1/4 pack contains:</p> <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>515kJ 122kcal</td> <td>3.4g</td> <td>1.8g</td> <td>15g</td> <td>0.15g</td> </tr> <tr> <td>6%</td> <td>Low 5%</td> <td>Low 9%</td> <td>Medium 17%</td> <td>Low 3%</td> </tr> </tbody> </table> <p>of your reference intake Typical energy values per 100g: 412kJ/98kcal</p>	Energy	Fat	Saturates	Sugars	Salt	515kJ 122kcal	3.4g	1.8g	15g	0.15g	6%	Low 5%	Low 9%	Medium 17%	Low 3%
Energy	Fat	Saturates	Sugars	Salt													
515kJ 122kcal	3.4g	1.8g	15g	0.15g													
6%	Low 5%	Low 9%	Medium 17%	Low 3%													

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)	<p>Energy 2784kJ/677kcal Fat 75g of which saturates 28g Carbohydrate <0.5g of which sugars <0.5g Protein <0.5g Salt 1.3g</p>