



Building stronger families



October 2019

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 Bagel: **Wheat** Flour, Water, **Wholemeal** flour, Salt, Sugar, Yeast, Malt, Vitamin D supplement.

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

Advisory note: May also contain milk, sesame and egg – (Made in a factory which uses milk products, sesame and egg). Contains yeast.

NUTRITIONAL INFO	Typical values	Per 100g	Per 115g bagel (1 serving)	% of Reference Intake (RI) per serving
	Energy		1142kJ 240kcal	1313kJ 276kcal
Fat		3.5g	4.0g	6%
of which saturates		1.4g	1.6g	8%
Carbohydrates		51.6g	59.3g	23%
of which sugars		9.6g	11.0g	12%
Fibre		4.1g	4.7g	-
Protein		10.1g	11.6g	23%
Salt		1.0g	1.2g	20%