

Ingredients and Allergy Information

JOHN
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Date of last review: [Publish Date]

Version No.:

V2

Waitrose line number	06739
Name	Sultanas
Ingredients	Sultanas, sunflower oil.
For allergens, see ingredients in bold	
May contain statements	N/A
Net Quantity	500g
Country of Origin	Country of origin printed at time of packaging in BBE box. Scissor mark at top of pack.
Storage Instructions	Store in a cool dry place. To retain freshness reseal pack once opened.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	No recipe suggestions
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	296 kcal 1257 kJ
Fat	0.4g
Of which saturated	0.1g
Carbohydrate	69.4g
Of which sugars	69.4g
Fibre	2g
Protein	2.7g
Salt	0.05g
Alcoholic Strength	N/A
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES

Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	007805
Name	Knorr GF Vegetable Stock Cube 8s 80g
Ingredients	Salt, vegetable fats (palm, shea, sal), potato starch, yeast extract, sugar, onion powder† (2.3%), carrotst† (1.5%), herbs (parsley†, tarragon†), spices (CELERY seeds, garlic powder†, turmeric†, pepper, parsley rootst†), tomato puree powder†, red bell pepper†, caramel syrup, flavourings (contain CELERY), leek†, maltodextrin. †Sustainably grown
For allergens, see ingredients in bold	
May contain statements	Check packaging (branded line)
Net Quantity	80g (8 x 10g)
Country of Origin	Not stated (branded line)
Storage Instructions	Store in a cool, dry place.
Manufacturer's name and address	UNILEVER
Instructions for use	Vegetable Stock Cubes are quick and easy to prepare. Made with carefully selected herbs and spices, vegetable stock cubes complement perfectly the natural flavours of your veggies. Simply add your stock cube to 450ml of boiling water and stir into your dish to bring out that great vegetable flavour or crumble straight onto your dish. Looking for another top tip? Make a tasty soup using whatever vegetables you have, toss everything into a pan with our Vegetable Stock Cube and water, boil until cooked and blitz with a blender. Either way,

	Knorr stock will be ready in minutes! Aside from whipping up a stock you can mix with olive oil and rub it on your vegetables before roasting for a delicious touch of flavour.
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	342 kcal 1419 kJ
Fat	26g
Of which saturated	18g
Carbohydrate	21g
Of which sugars	6.7g
Fibre	1.4g
Protein	4.8g
Salt	42.8g
Alcoholic Strength	N/A
Suitable for vegetarians	YES
Suitable for vegans	CHECK PACKAGING (Branded line)
Suitable for nut allergy sufferers	CHECK PACKAGING (Branded line)
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	CHECK PACKAGING (Branded line)
Suitable for dairy allergy sufferers	CHECK PACKAGING (Branded line)
Suitable for soya allergy sufferers	CHECK PACKAGING (Branded line)
Free from alcohol	CHECK PACKAGING (Branded line)
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	19061
Name	Baked Beans in Tomato Sauce
Ingredients	Haricot beans (52%), water, tomato purée (20%), sugar, modified maize starch, salt, onion powder, paprika, flavouring.
For allergens, see ingredients in bold	

May contain statements	N/A
Net Quantity	220g
Country of Origin	UK
Storage Instructions	Store in a cool dry place Once opened transfer contents to a non-metallic container, cover, refrigerate and use within 2 days
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	<p>Hob: GENTLE HEAT 3-4 mins Empty contents into the saucepan Heat gently for 3-4 minutes whilst stirring</p> <p>Microwave Instructions: D/800W: 2½ mins E/900W: 1½ mins E/1000W: 1 min</p> <p>Microwave ovens vary: refer to handbook. Transfer to suitable container and cover. Stir halfway through heating. Stir before serving.</p>
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	87.2 kcal 368 kJ
Fat	0.4g
Of which saturated	0.1g
Carbohydrate	13.7g
Of which sugars	4g
Fibre	4.2g
Protein	5.1g
Salt	0.5g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	19507
Name	Petits Pois in water
Ingredients	Petits pois, water
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	400g
Country of Origin	France
Storage Instructions	Store in a cool dry place. Once opened transfer contents to a non-metallic container, cover, refrigerate and use within 2 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	Microwave Instructions: CAT B 650W 3 mins CAT D 750W 21/2 mins CAT E 850W 2 mins Microwave ovens vary refer to handbook. Empty contents into a non-metallic container, cover and heat on full power. Stir halfway through cooking. Drain before serving Hob: Gentle Heat 4-5 mins Empty contents into a saucepan. Heat gently, stirring occasionally.
Nutrition Labelling: Typical value	PER 100g

Energy (kJ/kcal)	78 kcal 326 kJ
Fat	0.6g
Of which saturated	0.04g
Carbohydrate	9.5g
Of which sugars	1.4g
Fibre	6.1g
Protein	5.5g
Salt	0.03g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	19529
Name	Chick Peas in Water
Ingredients	chickpeas (chickpeas, water), water, antioxidant (sodium metabisulphite).
For allergens, see ingredients in bold	
May contain statements	n/a

Net Quantity	400g
Country of Origin	UK
Storage Instructions	Store in a cool dry place Once opened transfer contents to a non-metallic container, cover, refrigerate and use within 2 days
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	<p>Microwave Instructions: Transfer to suitable container and cover with microwaveable film and pierce in several places. Stir halfway through heating. Drain well before serving. D/800W: 3 mins E/900W: 2½ mins E/1000W: 2 mins Microwave ovens vary: refer to handbook.</p> <p>Hob: GENTLE HEAT 3-4 mins Empty contents into the saucepan. Heat gently for 3-4 minutes. Drain well before serving.</p>
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	122 kcal 512 kJ
Fat	1.4g
Of which saturated	0.2g
Carbohydrate	16.5g
Of which sugars	0.5g
Fibre	6.1g
Protein	7.7g
Salt	0.025g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	19536
Name	Haricots Verts in water
Ingredients	Whole green beans, water
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	400g
Country of Origin	France
Storage Instructions	Store in a cool dry place. Once opened transfer contents to a non-metallic container, cover, refrigerate and use within 2 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	<p>Microwave Instructions: Empty contents into a non metallic bowl. Cover and microwave on full power. Stir halfway through cooking. Stir before serving. CAT B 650W 3 mins CAT D 750W 2 1/2 mins CAT E 850W 2 mins Microwave ovens vary refer to handbook.</p> <p>Hob: Time: 4-5 mins Empty contents into a saucepan, Heat gently, stirring occasionally Do not boil.</p>

Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	20 kcal 83 kJ
Fat	0.09g
Of which saturated	0.01g
Carbohydrate	1.69g
Of which sugars	0.4g
Fibre	3.6g
Protein	1.28g
Salt	0.03g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	19706
Name	Italian chopped tomatoes in rich natural juice
Ingredients	Tomatoes (65%), tomato juice, acidity regulator citric acid

For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	400g
Country of Origin	Italy
Storage Instructions	Store in a cool dry place Once opened transfer contents to a non-metallic container, cover, refrigerate below 5C and use within 2 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	N/a
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	21 kcal 90 kJ
Fat	0.1g
Of which saturated	<0.1g
Carbohydrate	3.6g
Of which sugars	3.2g
Fibre	1.2g
Protein	0.9g
Salt	0.03g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	20110
Name	Apricot Halves in Fruit Juice from concentrate
Ingredients	Apricots, grape juice from concentrate, firming agent calcium chloride
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	410g
Country of Origin	South Africa
Storage Instructions	Store in a cool dry place. Once opened transfer contents to a non-metallic container, cover, refrigerate and use within 2 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	n/a
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	42 kcal 176 kJ
Fat	0.09
Of which saturated	0.09
Carbohydrate	9.6
Of which sugars	7.8
Fibre	0.8
Protein	0.2
Salt	0.03
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES

Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	20314
Name	Pineapple pieces in fruit juice
Ingredients	Pineapple, pineapple juice, acidity regulator citric acid
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	425g
Country of Origin	Thailand
Storage Instructions	Store in a cool dry place Once opened, transfer contents to a non-metallic container, cover, refrigerate and consume within 3 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	n/a
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	51 kcal 217 kJ
Fat	0

Of which saturated	0
Carbohydrate	12.2g
Of which sugars	12.2g
Fibre	0.5g
Protein	0.3g
Salt	0
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	19533
Name	Mixed beans in a spicy tomato sauce
Ingredients	Mixed beans (36%) (red kidney beans, cannellini beans, haricot beans), water, tomato purée, tomatoes, sweetcorn, onion, green peppers, rapeseed oil, modified maize starch, garlic purée, sugar, salt, black pepper, flavouring
For allergens, see ingredients in bold	
May contain statements	n/a

Net Quantity	395g
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place Once opened transfer contents to a non-metallic container, cover, refrigerate and use within 2 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	<p>Microwave Instructions: Transfer to suitable container and cover with microwaveable film and pierce in several places. Stir halfway through heating. Stir before serving.</p> <p>Hob: GENTLE HEAT 3-4 mins Empty contents in to the saucepan Heat gently for 3-4 minutes whilst stirring</p>
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	84 kcal 355 kJ
Fat	0.9g
Of which saturated	0.4g
Carbohydrate	11.7g
Of which sugars	2.8g
Fibre	4.7g
Protein	5g
Salt	0.38g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	29405
Name	Cream of tomato soup
Ingredients	Tomato purée (56%), water, sugar, rapeseed oil, modified maize starch, salt, skimmed milk powder, acidity regulator citric acid, double cream (milk), paprika, basil extract, flavourings.
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	400g
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place. Once opened transfer contents to a non-metallic container, cover, refrigerate and use within 2 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	Microwave Instructions: Transfer to suitable container and cover with microwaveable film and pierce in several places. Stir halfway through heating. Check food is piping hot - if not reheat for further brief period. HOB: gentle heat (3-4 MINS) Empty contents in to the saucepan. Heat gently for 3-4 minutes.
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	53 kcal 221 kJ
Fat	2.57g
Of which saturated	0.21g
Carbohydrate	6.2g
Of which sugars	5g
Fibre	0.87g
Protein	0.82g
Salt	0.425g

Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	NO
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	NO
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	27119
Name	Fairtrade original blend round tea bags 160
Ingredients	Fairtrade Kenya tea, Malawi tea.
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	500g
Country of Origin	Not stated
Storage Instructions	Store in a cool dry place. Once opened teabags should be stored in an airtight container.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	Warm the pot. Use one tea bag per cup, pour on fresh boiling water. Allow to stand for four minutes. Stir the tea before pouring.
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	0 kcal

	2 kJ
Fat	0
Of which saturated	0
Carbohydrate	0.1g
Of which sugars	0
Fibre	0
Protein	0
Salt	0
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	473833
Name	Cooked parboiled wholegrain rice
Ingredients	Cooked wholegrain rice (98%), sunflower oil, salt
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	250g
Country of Origin	UK

Storage Instructions	Store in a cool dry place
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	<p>Microwave Instructions for best results: Before cooking, squeeze the pouch to separate the rice. Tear the pouch about 2 cm so that it can vent. Place the pouch upright on a microwaveable plate. Microwave on full power (800W 2 mins, 900W 2 mins, 1000W 1 min 30 s)</p> <p>After cooking: Check food is piping hot. Leave product to stand for 1 minute. Remove pouch from microwave and tear top fully. Be careful when handling and opening the heated pouch because of hot steam. Empty contents onto a plate and fluff up rice with a fork. Do not reheat once cooled. This is only a guide (all cooking appliances vary). Heat until piping hot.</p>
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	634 kJ 150 kcal
Fat	2.1g
Of which saturated	0.2g
Carbohydrate	26.9g
Of which sugars	0.2g
Fibre	5.3g
Protein	3.3g
Salt	0.13g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	35307
Name	UHT farm assured homogenised semi skimmed milk
Ingredients	Semi-skimmed milk
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	1 litre
Country of Origin	UK
Storage Instructions	Store in a cool dry place Once opened, keep refrigerated below 5°C and consume within 5 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	n/a
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	50 kcal 209 kJ
Fat	1.8g
Of which saturated	1.1g
Carbohydrate	4.8g
Of which sugars	4.8g
Fibre	0
Protein	3.6g
Salt	0.11g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	NO
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	NO
Suitable for soya allergy sufferers	YES

Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	493268
Name	Soffritto A Mediterranean cooking base of onions, celery, carrots & herbs
Ingredients	diced onion (40%), diced celery (18%), diced carrots (18%), olive oil, leeks, garlic purée, dried onion, salt, lemon juice from concentrate, sugar, rosemary, thyme, black pepper, preservative sodium metabisulphite .
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	200g
Country of Origin	UK
Storage Instructions	Store in a cool dark place Once opened, keep refrigerated and consume within 24 hours.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	Add the soffritto to a pan and sauté, for the base of a bolognese sauce, risotto or minestrone. Can be used to build up base flavour to any dish, try using as the base to a stew or pie or adding to sauces or gravies.
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	93 kcal 387 kJ
Fat	6g

Of which saturated	0.92g
Carbohydrate	7.5g
Of which sugars	6.6g
Fibre	2.1g
Protein	1.2g
Salt	1.63g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	581607
Name	Fine Oatcakes
Ingredients	Oatmeal , sunflower oil, tapioca starch, salt, raising agent sodium hydrogen carbonate
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	250g
Country of Origin	UK
Storage Instructions	Store in a cool dry place Once opened store in an airtight container

Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	n/a
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	488 kcal 2040 kJ
Fat	23.47g
Of which saturated	2.53g
Carbohydrate	55.03g
Of which sugars	0.73g
Fibre	8.37g
Protein	9.97g
Salt	1.21g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	NO
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	630683
Name	Small potatoes in water.
Ingredients	Potatoes, water, firming agent calcium chloride, antioxidant ascorbic acid
For allergens, see ingredients in bold	

May contain statements	n/a
Net Quantity	400g
Country of Origin	Belgium
Storage Instructions	Store in a cool dry place Once opened, keep refrigerated in a non-metallic container and consume within 3 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	Hob: Gentle Heat: 4-5 mins Not suitable for microwave heating or frying.
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	55 kcal 233 kJ
Fat	0.5g
Of which saturated	0.1g
Carbohydrate	10.6g
Of which sugars	0.3g
Fibre	1.7g
Protein	1.2g
Salt	0.081g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

Ingredients and Allergy Information

JOHN
LEWIS
& PARTNERS

Date of last review: [Publish Date]

Version No.:

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Waitrose line number	677353
Name	Skinless and boneless mackerel fillets in olive oil
Ingredients	mackerel (<i>Scomber scombrus</i>) (fish) (66%), olive oil (34%).
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	125g
Country of Origin	Caught in the NE Atlantic – North Sea from an MSC Certified sustainable fishery.
Storage Instructions	Store in a cool dry place. Once opened, transfer contents to a non-metallic container, cover and keep refrigerated below 5°C, consume within 2 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	None stated.
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	278 kcal 1154 kJ
Fat	21.33g
Of which saturated	4.28g
Carbohydrate	0.1g
Of which sugars	0.1g
Fibre	0.1g
Protein	21.33g
Salt	0.25g
Alcoholic Strength	n/a
Suitable for vegetarians	NO
Suitable for vegans	NO
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

Ingredients and Allergy Information

JOHN
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Date of last review:	[Publish Date]	Version No.:	V2
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Waitrose line number	791923
Name	Skipjack tuna steak in spring water
Ingredients	Skipjack tuna (fish), spring water
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	200g
Country of Origin	Thailand
Storage Instructions	Store in a cool dry place. Once opened, keep unused contents refrigerated in a non-metallic container and consume within 2 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	Not stated
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	118 kcal 501 kJ
Fat	1.1g
Of which saturated	0.4g
Carbohydrate	0
Of which sugars	0
Fibre	0
Protein	27.1g
Salt	0.63g
Alcoholic Strength	n/a
Suitable for vegetarians	NO
Suitable for vegans	NO
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES

Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

Ingredients and Allergy Information

JOHN
LEWIS
& PARTNERS

Date of last review:	[Publish Date]	Version No.:	V2
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Waitrose line number	1223
Name	Porridge oats
Ingredients	Wholegrain oatflakes
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	500g
Country of Origin	UK
Storage Instructions	Store in a cool dry place away from strong odours Once opened store in an airtight container.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	<p>Microwave Instructions</p> <p>For 2 servings</p> <p>CAT B 650W - 4 mins, stir then 3 mins</p> <p>CAT D 750W - 3 1/2 mins, stir then 3 mins</p> <p>CAT E 850W - 3 1/2 mins, stir then 2 1/2 mins</p> <p>For 1 servings</p> <p>CAT B 650W - 3 mins, stir then 3 mins</p> <p>CAT D 750W - 3 mins, stir then 2 1/2 mins</p> <p>CAT E 850W - 3 mins, stir then 2 mins</p> <p>Microwave ovens vary: refer to handbook.</p>

	<p>Place 40g of oats per person in a large microwaveable bowl and stir in 300ml of cold water or milk for a creamier porridge. heat on full power. Stir half way through. Allow to stand for 1 minute. Add sugar or salt to taste. Do not reheat once cooled.</p> <p>Hob Time: 3-4 mins For best results use the hob method. Allow approximately 40g of oats per person. Place the oats in a small saucepan and add 300ml of cold water or milk for a creamier porridge. Bring to the boil and simmer for 3-4 minutes, stirring continuously.</p>
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	367 kcal 1543 kJ
Fat	8.4g
Of which saturated	1.3g
Carbohydrate	56.1g
Of which sugars	1g
Fibre	9.1g
Protein	12.1g
Salt	0.01g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	NO
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

Ingredients and Allergy Information

JOHN
LEWIS
& PARTNERS

Date of last review:

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Waitrose line number	73851
Name	Nice Biscuits
Ingredients	FORTIFIED WHEAT FLOUR (wheat flour, calcium carbonate, iron, niacin, thiamin), sugar, palm oil, desiccated coconut (7%), invert sugar syrup, raising agents ammonium hydrogen carbonate and sodium hydrogen carbonate, salt
For allergens, see ingredients in bold	
May contain statements	N/A
Net Quantity	250g
Country of Origin	UK
Storage Instructions	Store in a cool dry place Once opened store in an airtight container
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	n/a
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	498 kcal 2086 kJ
Fat	23.86g
Of which saturated	13.34g
Carbohydrate	63.24g
Of which sugars	25.02g
Fibre	3.54g
Protein	5.84g
Salt	0.3g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	NO
Suitable to wheat allergy sufferers	NO
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

Ingredients and Allergy Information

JOHN
LEWIS
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Date of last review: [Publish Date]

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Waitrose line number	834471
Name	Creamed rice pudding.
Ingredients	whole cows milk , skimmed milk , water, rice, sugar, dextrose monohydrate, milk whey powder, salt, acidity regulator (sodium phosphates).
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	400g
Country of Origin	Belgium
Storage Instructions	Store closed in a cool dry place away from heat source and direct sunlight. Once opened, keep refrigerated in a covered, non-metallic container and consume within 3 days . Do not exceed use by date.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	Microwave Instructions: Shake well before opening Empty contents into a non-metallic bowl. Cover and microwave on full power for times stated, stirring halfway through. Stir well before serving D/800W: 2 mins E/900W: 1 min 45 sec E/1000W: 1 min 30 sec Hob: Time: 3-4 mins Shake well before opening Empty contents into a saucepan Simmer gently for 3-4 minutes, stirring occasionally Alternatively, serve cold straight from the can.
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	95 kcal 402 kJ

Fat	1.7g
Of which saturated	1g
Carbohydrate	16.8g
Of which sugars	10g
Fibre	0.1g
Protein	3.1g
Salt	0.1g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	NO
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	NO
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

Ingredients and Allergy Information

JOHN
LEWIS
& PARTNERS

Date of last review:	[Publish Date]	Version No.:	V2
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Waitrose line number	720873
Name	Cherry Tomato & Basil Pasta Sauce
Ingredients	Diced tomatoes, tomato juice, tomato paste, cherry tomatoes (8%), onion, basil (2%), extra virgin olive oil, salt, garlic.
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	350g
Country of Origin	Italy
Storage Instructions	Store closed in a cool dry place away from heat source and direct sunlight.

	Once opened, keep refrigerated (0 - 4 °C) and consume within 3 - 4 days.
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	<p>Microwave Instructions: Microwave ovens vary: refer to handbook Empty contents into a suitable container, cover with microwaveable film and pierce in several places. Heat on full power for the time shown, stirring halfway through cooking. Stand for 1 minute, after heating. Check sauce is piping hot before serving. D/800W: 3 mins E/900W: 2.5 mins E/1000W: 2 mins</p> <p>Hob: Empty contents into a saucepan. Heat gently over a moderate heat for 5 minutes, stirring frequently. Do not allow to boil. Check sauce is piping hot before serving.</p>
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	48 kcal 202 kJ
Fat	2.2g
Of which saturated	0.4g
Carbohydrate	5g
Of which sugars	4.4g
Fibre	1.5g
Protein	1.4g
Salt	0.43g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

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Waitrose line number	662072
Name	Conchiglie Rigate Dried durum wheat semolina pasta
Ingredients	Durum wheat semolina.
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	500g
Country of Origin	Italy
Storage Instructions	Store in a cool dry place away from strong light and odours
Manufacturer's name and address	Waitrose Limited Bracknell Berkshire RG12 8YA UK
Instructions for use	Hob: Boil: 11-13 minutes Allow approximately 90g dry pasta per 180g cooked serving. For best results, place pasta in a saucepan of boiling water, stirring occasionally. A shorter cooking time results in a more "al dente" (firm) texture. When pasta is cooked drain immediately and serve.
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	191 kcal 808 kJ
Fat	0.83g
Of which saturated	0.17g
Carbohydrate	37.47g
Of which sugars	0.91g
Fibre	1.82g
Protein	7.4g
Salt	0.012g
Alcoholic Strength	n/a
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	NO
Suitable to wheat allergy sufferers	NO

Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES