



# Ingredients

*A delicious way to help*

All the profits from Sybil's Homemade go to support Age UK Notts' Sybil Levin Dementia Day service which supports people with dementia and their carers.

Find out more: [www.ageuknotts.org.uk](http://www.ageuknotts.org.uk)



# Traditional Menu

Age UK Nottingham & Nottinghamshire is a registered charity (registered charity number 1067881) and a company limited by guarantee registered in England and Wales (registered company number 3455485). Registered office: Bradbury House, 12 Shakespeare Street, Nottingham NG1 4FQ. Royal Patron HRH: The Prince of Wales KG KT GCB.

## SAVOURY

### Cheese Straws:

**Wheat** flour, margarine (vegetable oils (rapeseed, palm, sunflower), water, salt, buttermilk (**milk**), preservative (potassium sorbate), acid (citric acid), emulsifier (mono and diglycerides of fatty acids), flavourings (vitamins A and D), colour (carotene)), cheddar cheese (**milk**), **egg, milk, mustard**, salt

### Crisps

As indicated on packaging supplied with buffet

### Sandwiches:

*White bread:* **Wheat** flour (with Calcium, iron, Niacin B3 and Thiamin B1), water, yeast, salt, vegetable oil (rapeseed, sustainable palm), **soya** flour, preservative (calcium propionate), emulsifiers: E481, E472e, flour treatment agent: ascorbic acid (vitamin C).

*Wholemeal bread:* Wholewheat flour (**wheat**)

*Butter:* Butter (55%) (**Milk**), Rapeseed Oil, Buttermilk (6,5%) (**Milk**), Lactic Culture (**Milk**), Salt.

- *Egg mayonaise:* **Egg**, salt, black pepper, mayonaise (rapeseed oil, water, free range **egg** and **egg** yolk, spirit vinegar, salt, sugar, lemon juice concentrate, antioxidant (calcium disodium EDTA) flavourings, paprika extract)
- Cheese: Cheddar Cheese (**Milk**)
- *Ham:* Pork, salt, sodium nitrate, sodium nitrite
- *Tuna:* Tuna (**Fish**), sunflower oil, salt, mayonaise (rapeseed oil, water, free range **egg** and **egg** yolk, spirit vinegar, salt, sugar, lemon juice concentrate, antioxidant (Calcium disodium EDTA) flavourings, paprika extract)

### Sausage rolls:

Puff pastry ((**Wheat** flour, iron, thiamin, nicotinic acid, calcium carbonate) water, vegetable oil, salt, lemon juice, emulsifier (mono and diglycerides of fatty acids) preservative (potassium sorbate)), pork sausagemeat (pork, salt, seasoning, herbs).

...with one of the following as indicated on the packaging:

- Apple
- Caramelised onion (Red onion, sugar, balsamic vinegar, red wine vinegar, grape must, white wine vinegar, water, molasses, cornflower, salt, garlic puree, black pepper)
- sage
- cheddar cheese (**Milk**)
- Cranberry sauce (Cranberries, sugar, water)

## SWEET

### Chocolate Sponge cake:

**Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), raising agents (calcium phosphate, sodium bicarbonate), vegetable oils (rapeseed, palm, sunflower), water, salt, buttermilk (**milk**), preservative (potassium sorbate), acid (citric acid), emulsifier (mono and diglycerides of fatty acids), flavourings (vitamins A and D), colour (carotene), caster sugar, **egg**, cocoa powder (cocoa powder, acidity regulator (potassium carbonates) cocoa butter), vanilla essence (water, monopropylene glycol, colour (caramel 1509), flavourings)

- *Butter cream:* Butter (butter from **milk**, salt), icing sugar (icing sugar, maize starch)

### Flapjacks:

Margarine (vegetable oils (rapeseed, palm, sunflower), water, salt, buttermilk (**milk**), preservative (potassium sorbate), acid (citric acid), emulsifier (mono and diglycerides of fatty acids), flavourings (vitamins A and D), colour (carotene)), golden syrup (partially inverted refiners syrup), sugar, rolled oats, **wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), raising agents (calcium phosphate, sodium bicarbonate), cornflakes (Maize, sugar, **barley** malt, flavouring, salt)

### Fruit Skewers

All our fruit skewers are fresh fruit. As supplied.


### Rocky road:

Milk chocolate (sugar, cocoa butter, full cream **milk** powder, cocoa mass, emulsifier (**soya** lecithins) flavouring), digestive biscuits ((**wheat** flour, calcium, iron, niacin, thiamin) wholemeal **wheat** flour, sugar, partially inverted sugar syrup, raising agent (sodium bicarbonate, malic acid, ammonium bicarbonate) salt, dried skimmed **milk**), marshmallows (glucose-fructose syrup, sugar, water, pork gelatine, anti-caking agent (maize starch) colour (beetroot red) flavouring), raisins (raisins, sunflower oil)

### Victoria Sponge cake:

**Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), raising agents (calcium phosphate, sodium bicarbonate), vegetable oils (rapeseed, palm, sunflower), water, salt, buttermilk (**milk**), preservative (potassium sorbate), acid (citric acid), emulsifier (mono and diglycerides of fatty acids), flavourings (vitamins A and D), colour (carotene), caster sugar, **egg**, vanilla essence (water, monopropylene glycol, colour (caramel 1509), flavourings)

- *Butter cream:* Butter (butter from **milk**, salt), icing sugar (icing sugar, maize starch)
- *Strawberry Jam:* Glucose syrup, strawberries, gelling agent (pectin), colour (anthocyanins), acidity regulators (citric acid, trisodium citrate).
- *Lemon curd:* Glucose-fructose syrup, water, palm oil, maize starch, dried **egg**, gelling agent (pectins), citric acid, Acidity regulators (acetic acid, sodium citrates), lemon oil, colours (carotene, curcumin) Antioxidant (Ascorbic Acid)



This leaflet lists all of the ingredients that can be found in items included in our Buffet.

Every effort has been made to list all of our ingredients. If you have any specific dietary requirements you need us to be aware of, please speak to the Sybil's Homemade team.

Please note: All items are made in a kitchen that also handles wheat, milk, egg, mustard, nuts and fish.