

24-25 - Week 2 Nursery & Primary Menu Report

Date: 11/03/2024

Midlothian

Title	Ingredients	Simple Allergens
Baked Beans (filling for Baked Potato)	Brakes Reduced Salt & Sugar Baked Beans in Tomato Sauce Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavouring.	
Baked Potato	Potato	
Boiled White Rice	Brakes Easy Cook Long Grain Rice Parboiled ;Long Grain Rice (100%). Water	
Bubble Salmon	Crown Foods MSC Gluten Free Bubble Crumb Salmon Fillet, 60g, IQF - 3kg MSC Certified Pacific pink salmon (Oncorhynchus gorboscha) (FISH)52.0%, 48% coating (19.8% crumbs (rice flour, vegetable fibre (bamboo), maize dextrose), rapeseed oil, water, flour (maize, rice), starch (maize, potato), salt, spices, onion powder, thickeners (E415), black pepper extract).	Allergens: Fish.
Carrot & Lentil Soup	Brakes Red Lentils Mixed Vegetables Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2%). Parsley, fresh Water carrots Sysco Classic Ground Black Pepper Ground Black Pepper. Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.	
Carrot & Swede Baton Mix	Carrot and Swede Baton Mix Carrots, swedes	
Cheese Best of Both Sandwich	Sunflower Light Spread Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D. Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk), ;Colour(Beta-carotene). Hovis Best of Both Medium Sliced Water, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (Wheat) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, Wheat Protein, Soya Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.	Allergens: Gluten, Milk, Soya, Wheat.

Title	Ingredients	Simple Allergens
Chicken Best of Both Sandwich	Sunflower Light Spread Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D. Sliced British Chicken Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates). Hovis Best of Both Medium Sliced Water, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (Wheat) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, Wheat Protein, Soya Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.	Allergens: Gluten, Soya, Wheat.
Chicken in Gravy	Green Gourmet Raw Chicken Breast Fillet Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates) Knorr Gluten Free Gravy Granules for Poultry Dishes 25L Maltodextrin, starch, flavourings, rice flour, salt, yeast extract, sunflower oil, tomato puree powder*, caramel syrup, onion juice concentrate*, herbs (rosemary, sage), pepper. *Made from sustainably grown ingredients.	
Cosmo Wholemeal Pizza	Wholemeal Cheese & Tomato Pizza Pizza Base: Wholemeal (WHEAT) Flour, WHEAT Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping: Mozzarella Cheese (MILK), (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]. SOURCE OF FIBRE	Allergens: Gluten, Milk, Wheat.
Egg Mayo Best of Both Sandwich	Hovis Best of Both Medium Sliced Water, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (Wheat) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, Wheat Protein, Soya Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid. Egg - George Andersons Egg Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.	Allergens: Eggs, Gluten, Milk, Mustard, Soya, Wheat.
Lentil Soup	. Leeks (100%) Water Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper. carrots Pepper White Pepper. Brakes Red Lentils	
Macaroni Cheese	Milk, semi-skimmed, pasteurised, average Milk Sunflower Light Spread Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D. Colman's English Mustard 100g Water, MUSTARD flour (21%), sugar, salt, WHEAT flour (contains: calcium carbonate, iron, niacin, thiamin), turmeric, acidity regulator (citric acid), thickener (xanthan gum). Sysco Classic Cornflour Maize Starch. Water Sysco Classic Grated Mature Coloured Cheddar Cheese Coloured Cheddar(Milk) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch). Osprio Macaroni (Scotland Only) Durum WHEAT semolina Sysco Classic Ground Black Pepper Ground Black Pepper.	Allergens: Gluten, Milk, Mustard, Wheat.
Mashed Potatoes	McCain Chef's Solutions Simply Mash Potato POTATOES Milk, semi-skimmed, pasteurised, average Milk Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).	Allergens: Milk.
Mixed Salad	Lettuce, average, raw Tomatoes, standard, raw Cucumber, raw, flesh and skin	

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Muller Healthy Balance Yoghurt	Müller Healthy Balance Smooth Mixed Case Yogurt Smooth Strawberry Yogurt (MILK), Water, Strawberry Puree (5%) , Sugar, Corn Flour, Natural Flavourings, Colouring Food: Beetroot Juice Concentrate;. Culture : Bifidobacterium, BB-12©. Smooth Peach Yogurt (MILK), Water, Peach Puree (5%) , Sugar, Corn Flour, Natural Flavourings, Culture : Bifidobacterium, BB-12©.	Allergens: Milk.
Pear Halves in Juice	Brakes Pear Halves in Juice Pear, Water, Pear Juice from Concentrate, Acidity Regulator(Citric Acid).	
Peas	. Peas	
Potato & Leek Soup	Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper. . Leeks (100%) McCain Chef's Solutions Simply Potato Dice POTATOES, SALT Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). . Onions Sysco Classic Ground Black Pepper Ground Black Pepper. Parsley, fresh	
Potato Wedges (George Anderson)	Potatoes, new and salad, boiled in unsalted water, flesh and skin Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Sysco Classic Paprika Ground ;Paprika.	
Quorn Vegan Dippers	Quorn Vegan Dippers Mycoprotein (55%), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, WHEAT Gluten, Maize Flour, Stabiliser: Carrageenan. WHEAT Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum WHEAT Semolina, Turmeric Extract	Allergens: Gluten, Wheat.
Roast Potatoes	Potatoes, old, wedges, with skin, homemade, cooked in rapeseed oil Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).	
Shortbread	Icing Sugar Sugar (97%), Maize Starch Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D). Plain Flour 1WHEAT Flour (with Calcium, Iron, Niacin, Thiamin) Sysco Classic Cornflour Maize Starch.	Allergens: Gluten, Wheat.
Strawberry Jelly with Berries	Brakes Fruits of the Forest Blackberries,Strawberries,Redcurrants,Blackcurrants,Raspberries. McDougalls Jelly Crystals Strawberry Vegan Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavourings. Water	

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Sweet & Sour Chicken	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Green Gourmet Raw Chicken Breast Fillet Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates) . Onions Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). carrots Sysco Classic 8 Pineapple Slices in Pineapple Juice Saucesome Tomato Ketchup Squeezy Water, Tomato 27%, Thickener (Modi-fied Starch), Sugar, Salt, Acidity Regulator (Acetic Acid), Colour (Plain Caramel), Preservatives (Potassium Sorbate, Sodium Benzoate), Colour (Paprika Extract), Sweetener (Sucralose) Sysco Classic Cornflour Maize Starch. Brakes Distilled Clear Malt Vinegar Distilled Malt Vinegar (from Barley)(Acidity 5%). Water Kikkoman Tamari Gluten Free Soy Sauce 1L Water, SOY beans, Salt, Spirit vinegar Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid.	Allergens: Barley, Soya.
Sweet Chilli Quorn Wrap	Pan Asia Sweet Chilli Dipping Sauce 1L Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate). Mission 30cm Bran Tortilla Wrap Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (59%), Water, Vegetable Oils (Rapeseed Oil, Palm Oil), WHEAT Bran (2.4%), Raising Agents (E500, E450), Sugar, Acidity Regulator (E296), Stabiliser (E466), Salt. Quorn Pieces Mycoprotein (95%), Rehydrated Free Range EGG White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate.	Allergens: Eggs, Gluten, Wheat.
Tiffin	Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D). Full Cream Sweetened Condensed Milk Milk , Sugar (45%). Brakes Digestive Biscuits Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Palm Oil,Wholemeal Wheat Flour (14%),Sugar,Partially Inverted Refiners Syrup,Whey Powder (Milk),Raising Agent(Sodium Hydrogen Carbonate,Ammonium Hydrogen Carbonate),Rapeseed Oil,Salt. Freshers Fat Reduced Cocoa Powder Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum	Allergens: Gluten, Milk, Wheat. May Contain: Soya.
Tomato Soup	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper. Brakes Vegetable Stewpack Carrot (35%), Turnip (20%), Swede (20%), Onion (15%), Celery (10%). Sysco Classic Ground Black Pepper Ground Black Pepper. Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Caster Sugar Cane Sugar Tomato Puree Tomatoes.	Allergens: Celery.
Tuna Mayo Best of Both Sandwich	Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract. Brakes Tuna Chunks In Brine Tuna (Fish), Water, Salt. Hovis Best of Both Medium Sliced Water, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (Wheat) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, Wheat Protein, Soya Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.	Allergens: Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.

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Vegetable Curry	<p>Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. . Onions Sysco Classic Madras Curry Powder Coriander (40%),Turmeric (22%),Rice Flour,Fenugreek (5%),Ginger,Salt(Salt,Anticaking Agent(Sodium Ferrocyanide)),Cumin,Black Pepper,Paprika,Colour(Paprika Extract),Nutmeg,Fennel. Sysco Classic Mild Chilli Powder Paprika, Chilli Powder (20%). Ground Cumin Ground Cumin. ; Sysco Classic Ground Turmeric Ground Turmeric. Sysco Classic Ground Coriander Ground Coriander. carrots Brakes Red Lentils Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper. Water Diced Butternut Squash 20mm Diced Butternut Squash Brakes Sliced Mixed Peppers Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%). Sysco Classic Ground Black Pepper Ground Black Pepper. Tomato Puree Tomatoes.</p>	May Contain: Gluten, Wheat.
Vegetable Medley	Pinguin Yellow Carrots, Romano Beans & Broccoli Medley Yellow Carrot (25%), Orange Carrot (25%), Romano Bean (25%), Broccoli (25%)	