

2023-24 - Week 1 Primary Menu Report

Date: 16/03/2023

Midlothian

Title	Simple Allergens	Ingredients
Apple		Apples, eating, raw, flesh and skin
Baby Boiled Potatoes		Potatoes, new and salad, boiled in salted water, flesh and skin
Baked Beans		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
Banana Slices		Bananas, flesh only
Broccoli		Florets Broccoli
Carrot & Lentil Soup		Brakes Red Lentils Brakes Ham Flavour Bouillon Paste Salt, Vegetable Oil(Rapeseed Oil, Sunflower Oil, Palm Oil), Potato Starch, Cornflour, Yeast Extract, Sugar, Flavouring, Colour(Ammonia Caramel), Flavour Enhancer(Disodium 5'-Ribonucleotides, Monosodium Glutamate), Parsley. Mixed Vegetables Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2%). carrots Parsley, fresh Brakes Ground Black Pepper Ground Black Pepper. Water
Carrot Batons		Prepared Baton Carrots Carrot (100%).
Chicken Best of Both Sandwich	Allergens: Gluten, Soya, Wheat.	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.
Chicken Burger in a Bun	Allergens: Gluten, Soya, Wheat. May Contain: Barley, Eggs, Milk, Oats, Rye, Sesame Seeds.	Green Gourmet Breaded Chicken Grill 60g Chicken (46%), Water, Breadcrumbs [WHEAT Flour, Water, Yeast, Salt, Spice, Rapeseed Oil, Paprika], Batter [WHEAT Flour, WHEAT Starch, Maize Flour, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate)], Rapeseed Oil, Breadcrumbs [WHEAT Flour, Salt, Yeast, Rice Flour, Stabiliser (Methylcellulose), Sunflower Oil], Seasoning [WHEAT Flour, Dextrose, Salt, Onion Powder, Spices (Black Pepper, Paprika, White Pepper, Chilli, Fennel), Tomato Powder, Garlic Powder, Herb Extract (Sage)], Burnt Sugar, Vegetable Fibre, WHEAT Protein, Colour (Paprika Extract), Emulsifier (Polyglycerol Polyricinoleate). La Boulangerie Sliced Oval Buns Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).

Title	Simple Allergens	Ingredients
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, potato starch, flavourings, rice flour, salt, yeast extract, sunflower oil, tomato puree powder, caramel syrup, onion juice concentrate, herbs (rosemary, sage), pepper.
Chicken Savoury Rice		. Onions Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Brakes Easy Cook Long Grain Rice Parboiled ;Long Grain Rice (100%). 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. Fresh Flat Leaf Parsley Flat Leaf Parsley Parsley, fresh Brakes Ground Turmeric Ground Turmeric. Brakes Ground Black Pepper Ground Black Pepper. Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). . sweetcorn . Peas Brakes Madras Curry Powder Coriander, Turmeric, Rice Flour, Fenugreek, Ginger, Salt(Salt, Anticaking Agent(Sodium Ferrocyanide)), Cumin, Black Pepper, Paprika, Colour(Paprika Extract), Nutmeg, Fennel. Brakes Mild Chilli Powder Paprika, Chilli Powder (20%). Brakes 12mm Cooked Chicken Breast Strips Chicken Breast, Modified Tapioca Starch, Salt, Stabiliser (Pentasodium Triphosphate).
Chips		Oven Chips Potato, Sunflower Oil. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).
Cosmo Wholemeal Pizza	Allergens: Gluten, Milk, Wheat.	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
Egg Mayo Best of Both Sandwich	Allergens: Eggs, Gluten, Milk, Mustard, Soya, Wheat.	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.
Ice Cream (Reduced Sugar)	Allergens: Milk.	Brakes Essentials Reduced Sugar & Fat Vanilla Flavour Ice Cream Water, Skimmed Milk Powder, Oligofructose, Polydextrose, Sweetener(Sorbitol), Maltodextrin, Sugar, Vegetable Fat(Palm Oil, Palm Kernel Oil), Milk Proteins, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Cellulose Gum, Carrageenan), Flavouring, Colour(Carotenes).
Lentil & Vegetable Soup		. Leeks (100%) Brakes Red Lentils 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 Brakes Ground Black Pepper Ground Black Pepper. carrots
Macaroni Cheese	Allergens: Gluten, Milk, Mustard, Wheat.	Milk, semi-skimmed, pasteurised, average 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, turmeric, citric acid, stabiliser (xanthan gum). Brakes Cornflour Maize Starch. Water Brakes Grated Mature Coloured Cheddar Coloured Cheddar(Milk) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch). Osprio Macaroni (Scotland Only) Durum WHEAT semolina Brakes Ground Black Pepper Ground Black Pepper.

Title	Simple Allergens	Ingredients
Madeira Cake Slice Gluten Free	Allergens: Eggs. May Contain: Almonds, Pecan Nuts, Walnuts.	La Boulangerie Gluten Free Madeira Cake Slice Sugar, Rice Flour, Rapeseed Oil, Egg , Water, Humectant(Vegetable Glycerine), Modified Maize Starch, Rice Starch, Potato Starch, Raising Agents(Disodium Diphosphate, Sodium Carbonate), Stabilisers(Sodium Stearoyl-2-Lactylate, Xanthan Gum), Salt, Preservative(Potassium Sorbate), Flavouring, Acidity Regulator(Citric Acid).
Mashed Potatoes	Allergens: Milk.	McCain Chef's Solutions Simply Mash Potato POTATOES Milk, semi-skimmed, pasteurised, average 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).
Melon Wedges		Melon, Honeydew, flesh only, weighed with skin
Mixed Salad		Lettuce, average, raw Tomatoes, standard, raw Cucumber, raw, flesh and skin
Mixed Vegetables		Brakes Mixed Vegetables Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2.0%).
Muller Healthy Balance Yoghurt	Allergens: Milk.	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©.
Pasta Salad [Mayo Free]	Allergens: Gluten, Wheat.	Brakes Italian Penne Pasta Durum Wheat Semolina (100%). Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Brakes Sweetcorn in Water Sweetcorn, Water. Brakes Ground Black Pepper Ground Black Pepper.
Potato Wedges (George Anderson)		Potatoes, new and salad, boiled in unsalted water, flesh and skin Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Brakes Paprika Paprika.
Quorn Cottage Pie	Allergens: Barley, Eggs, Milk.	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). . Onions carrots Quorn Mince Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free BARLEY Malt Extract. . Peas Knorr Gluten Free Gravy Granules for Meat Dishes 25L Maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder*, tomato puree powder*), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage. *Made from sustainably grown ingredients. Milk, semi-skimmed, pasteurised, average McCain Chef's Solutions Simply Mash Potato POTATOES Brakes Ground Black Pepper Ground Black Pepper.
Quorn Dog Roll	Allergens: Eggs, Gluten, Wheat. May Contain: Sesame Seeds.	Quorn Frankfurters Mycoprotein (49%), Rehydrated Free Range EGG White, Rapeseed Oil, Pea Protein, Flavourings (contains Smoke Flavouring, Colour: Iron Oxide.) Smoked Water, Gelling Agent: Pectin. Brakes Essentials 6.5" Hot Dog Rolls Ingredients List:Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), ;Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).
Roast Beef in Gravy		Scotch Roast Beef Beef Silverside (80%), Water, Pea Protein, Salt, Stabilisers (E450, E451). Knorr Gluten Free Gravy Granules for Meat Dishes 25L Maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder*, tomato puree powder*), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage. *Made from sustainably grown ingredients.

Title	Simple Allergens	Ingredients
Salmon Fish Fingers	Allergens: Fish.	Green Gourmet MSC Gluten-Free Breaded Salmon Fillet Finger 30g Salmon (Oncorhynchus spp) (50%)(FISH), Rice Flour, Water, Maize Flour, Sunflower Oil, Modified Starch, Maize Starch, Stabiliser (Methylcellulose), Dextrose, Vegetable Fibre (Bamboo), Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, Raising Agents (Sodium Carbonates, Diphosphates) Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).
Sliced Carrots & Peas		Brakes Carrot Roundels Carrots . Peas
Tiffin	Allergens: Gluten, Milk, Wheat. May Contain: Soya.	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, 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
Tomato Ketchup		Brakes Tomato Ketchup Sachets ;Water, Tomatoes (30%), Thickener(Modified Maize Starch), Sugar, Acidity Regulator(Acetic Acid), Salt, Paprika Extract, Colour(Plain Caramel), Preservative(Potassium Sorbate), Sweetener(Sucralose), Flavouring, Spice. ; ;
Tuna Mayo Best of Both Sandwich	Allergens: Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.	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.
Yellow Split Pea Soup		Brakes Yellow Split Peas Yellow Split Peas . Onions carrots McCain Chef's Solutions Simply Potato Dice POTATOES, SALT Water Brakes 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.
Yorkshire Pu	Allergens: Eggs, Gluten, Milk, Wheat.	Brakes 3" Fully Baked Yorkshire Puddings Wheat Flour(Wheat Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Egg White, Water, Egg , Rapeseed Oil, Skimmed Milk Powder, Salt.