

# 2023-24 - Week 2 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
Boiled White Rice		Brakes Easy Cook Long Grain Rice Parboiled ;Long Grain Rice (100%). Water
Broccoli & Cauliflower		Florets Broccoli Cauliflower Florets
Bubble Fish	Allergens: Fish.	Crown Foods MSC Gluten Free bubble crumb fish fillet, 60g MSC Certified Alaska Pollock (Theragra Chalcogramma) <b>(FISH)</b> , 52.0%, coating 48% (19.8% crumbs (rice flour, vegetable fibre (bamboo), maize dextrose), rapeseed oil, water, starch (maize, potato), flour (maize, rice), salt, spices (white pepper, paprika), onion powder, thickeners (xanthan gum), black pepper extract).
Bubble Salmon	Allergens: Fish.	Crown Foods MSC Gluten Free Bubble Crumb Salmon Fillet, 60g, IQF - 3kg MSC Certified Pacific pink salmon (Oncorhynchus gorboscha) <b>(FISH)</b> 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).
Carrot & Coriander Soup	May Contain: Gluten, Wheat.	carrots Potato . Onions 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 Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Brakes Ground Coriander Ground Coriander. Pepper Ground White Pepper. ; Coriander leaves, fresh
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

Title	Simple Allergens	Ingredients
Cheese Best of Both Sandwich	Allergens: Gluten, Milk, 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. Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese ( <b>Milk</b> ), Contains [Colour(Annatto Norbixin)] Hovis Best of Both Medium Sliced Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour ( <b>Wheat</b> ) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, <b>Wheat Protein, Soya</b> Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.
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, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour ( <b>Wheat</b> ) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, <b>Wheat Protein, Soya</b> Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.
Chicken Curry	May Contain: Gluten, Wheat.	Brakes 12mm Cooked Chicken Breast Strips Chicken Breast, Modified Tapioca Starch, Salt, Stabiliser (Pentasodium Triphosphate). Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Greens Chopped Garlic 250g Garlic (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. Water . Onions carrots Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Brakes Ground Turmeric Ground Turmeric. Brakes Mild Chilli Powder Paprika, Chilli Powder (20%). Ground Cumin Ground Cumin. Brakes Ground Ginger Ground Ginger. Brakes Tomato Paste Tomatoes, Acidity Regulator(Citric Acid). Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Coriander leaves, fresh Brakes Cornflour Maize Starch.
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 ( <b>WHEAT</b> ) Flour, <b>WHEAT</b> Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping: Mozzarella Cheese ( <b>MILK</b> ), (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]. <b>SOURCE OF FIBRE</b>
Egg Mayo Best of Both Sandwich	Allergens: Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best of Both Medium Sliced Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour ( <b>Wheat</b> ) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, <b>Wheat Protein, Soya</b> Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid. Egg - George Andersons <b>Egg</b> Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.
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

Title	Simple Allergens	Ingredients
Mashed Potatoes	Allergens: Milk.	McCain Chef's Solutions Simply Mash Potato <b>POTATOES</b> 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).
Mixed Berry Sponge	Allergens: Eggs, Gluten, Milk, Wheat. May Contain: Soya.	Craigmillar Extra Moist Cake Mix Sugar, <b>WHEAT FLOUR (WHEAT FLOUR</b> , Calcium carbonate, Niacin, Iron, Thiamine), Modified corn starch, <b>WHEY POWDER</b> , Raising agent (Diphosphates, Sodium carbonates), <b>WHEAT GLUTEN</b> , Emulsifier (Mono- and diglycerides of fatty acids, Propane-1,2-diol esters of fatty acids), Palm fat, Rapeseed oil, Stabiliser (Xanthan gum), Flavouring. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Water Brakes Fruits of the Forest Fruits in varying proportions. Blackcurrants, Blackberries, Strawberries, Redcurrants, Raspberries. Egg - George Andersons <b>Egg</b>
Muller Healthy Balance Yoghurt	Allergens: Milk.	Müller Healthy Balance Smooth Mixed Case Yogurt Smooth Strawberry Yogurt ( <b>MILK</b> ), Water, Strawberry Puree (5%) , Sugar, Corn Flour, Natural Flavourings, Colouring Food: Beetroot Juice Concentrate;. Culture : Bifidobacterium, BB-12©. Smooth Peach Yogurt ( <b>MILK</b> ), 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 <b>Wheat</b> 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.
Peach Slices		Brakes Peach Slices in Fruit Juice Concentrate with Added Water Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).
Peas		. Peas
Peas & Sweetcorn		. sweetcorn . Peas
Raspberry & Apple Sponge	Allergens: Eggs, Gluten, Milk, Wheat. May Contain: Soya.	Craigmillar Extra Moist Cake Mix Sugar, <b>WHEAT FLOUR (WHEAT FLOUR</b> , Calcium carbonate, Niacin, Iron, Thiamine), Modified corn starch, <b>WHEY POWDER</b> , Raising agent (Diphosphates, Sodium carbonates), <b>WHEAT GLUTEN</b> , Emulsifier (Mono- and diglycerides of fatty acids, Propane-1,2-diol esters of fatty acids), Palm fat, Rapeseed oil, Stabiliser (Xanthan gum), Flavouring. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Water Vanilla Essence Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Brakes Solid Pack Apple Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid). Brakes Raspberries Raspberries Egg - George Andersons <b>Egg</b>
Roast Potatoes		Potatoes, old, wedges, with skin, homemade, cooked in rapeseed oil Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).
Sliced Carrots & Peas		Brakes Carrot Roundels Carrots . Peas
Steak Pie	Allergens: Gluten, Milk, Wheat.	PGI Beef Shoulder Steak Diced 95% Visual Lean . Onions Brakes Carrot Roundels Carrots Brakes Gluten Free Fine Gravy Granules Potato Starch, Maltodextrin, Salt, Flavourings, Colour (Ammonia Caramel), Palm Oil, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Lactose ( <b>Milk</b> ), Acid (Citric Acid), <b>Milk</b> Proteins. Brakes Puff Pastry Squares <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate).
Strawberry Jelly with Berries		McDougalls Vegetarian Strawberry Flavour Jelly 3.5kg Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring. Brakes Fruits of the Forest Fruits in varying proportions. Blackcurrants, Blackberries, Strawberries, Redcurrants, Raspberries.

Title	Simple Allergens	Ingredients
Tomato & Basil Focaccia	Allergens: Gluten, Wheat. May Contain: Almonds, Barley, Brazil Nuts, Cashew Nuts, Hazelnuts, Macadamia or Queensland Nuts, Milk, Oats, Pecan Nuts, Pistachios, Rye, Sesame Seeds, Soya, Sulphites, Walnuts.	La Boulangerie Part Baked Cherry Tomato & Basil Focaccia <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Cherry Tomato (23%), Water, Olive Oil (2%), Yeast, Salt, Sea Salt, Basil.
Tomato Pasta	Allergens: Gluten, Wheat.	. Onions Greens Chopped Garlic 250g Garlic (100%) Brakes Ground Black Pepper Ground Black Pepper. carrots Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Brakes Tomato Paste Tomatoes, Acidity Regulator(Citric Acid). Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Caster Sugar Cane Sugar 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 Sliced Mixed Peppers Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%). . sweetcorn Osprio Macaroni (Scotland Only) Durum <b>WHEAT</b> semolina Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).
Traditional Mince		Campbell Brothers Beef Mince - 01BEEMI1155E 100% BEEF . Onions Brakes Carrot Roundels Carrots 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.
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 <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract. Brakes Tuna Chunks in Brine ;Tuna ( <b>Fish</b> ), Water, Salt Hovis Best of Both Medium Sliced Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour ( <b>Wheat</b> ) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, <b>Wheat Protein, Soya</b> Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.
Vegetable Lasagne	Allergens: Gluten, Milk, Wheat.	. Onions Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Mushroom. Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). . sweetcorn Brakes Tomato Paste Tomatoes, Acidity Regulator(Citric Acid). Brakes Cornflour Maize Starch. Brakes Italian Non Pre-Cook Lasagne Durum <b>Wheat</b> Semolina (100%). Milk, semi-skimmed, pasteurised, average Grated Cheddar Cheese Blend 1x2kg <b>MILK</b> , water, palm oil, potato starch, <b>MILK</b> protein, trisodium citrate, salt, tricalcium phosphate, citric acid, beta carotene, starter culture, rennet, anti-caking agent (potato starch)