

2023-24 - Week 3 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
Beef Burger in a Bun	Allergens: Celery, Gluten, Soya, Wheat. May Contain: Barley, Eggs, Milk, Oats, Rye, Sesame Seeds.	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). Brakes 90% Beef Burgers Beef (90%), Water, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Seasoning(Salt, Dextrose, Wheat Flour, Onion Powder, Yeast Extract, Celery Extract, Celery , Onion Extract, Raising Agent(Ammonium Carbonate)), Pepper, Salt, Raising Agent(Ammonium Carbonate).
Boiled White Rice		Brakes Easy Cook Long Grain Rice Parboiled ;Long Grain Rice (100%). Water
Brakes Pear Halves in Juice		Brakes Pear Halves in Juice Pear, Water, Pear Juice from Concentrate, Acidity Regulator(Citric Acid).
Broccoli & Cauliflower		Florets Broccoli Cauliflower Florets
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 & Swede Baton Mix		Carrot and Swede Baton Mix Carrots, swedes
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 (Milk), Contains [Colour(Annatto Norbixin)] 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, Preservative (Sodium Benzoate), Flavouring (Calcium Lactate), Colour(Annatto Norbixin), Flavouring (Ascorbic Acid). Generated with Simba. Log ID: 1216171; page reserved by; 28/01/2023 Generated with Simba. Log ID: 1216171; page reserved by; 28/01/2023

Title	Simple Allergens	Ingredients
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 (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 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 Meatballs in Gravy	Allergens: Gluten, Wheat.	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Green Gourmet British Red Tractor Raw Chicken Meatballs Chicken (70%); Water; Rusk [WHEAT flour (with calcium carbonate, iron, niacin and thiamin), salt]; Chicken Fat; Seasoning (potato starch, WHEAT starch, salt, spices, onion powder, sugar, yeast extract, spice extracts) 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.
Chocolate Brownie	Allergens: Eggs, Gluten, Milk, Wheat. May Contain: Soya.	Craigmillar Chocolate Extra Moist Cake Mix 3.5kg Sugar, WHEAT FLOUR (WHEAT FLOUR , Calcium carbonate, Niacin, Iron, Thiamine), Fat reduced cocoa powder (7%), Modified corn starch, Raising agent (Diphosphates, Sodium carbonates, Calcium phosphates), WHEY POWDER , Emulsifier (Mono- and diglycerides of fatty acids, Propane-1,2-diol esters of fatty acids), WHEAT GLUTEN , Salt, Palm fat, Rapeseed oil, Flavouring, Stabiliser (Xanthan gum). Beetroot, raw Carrots, old, raw Water Courgette, raw Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Egg - George Andersons Egg
Cod Fillet Fish Fingers	Allergens: Fish, Gluten, Wheat.	Fish Fingers Cod (Fish) (58%), Wheat Flour (Wheat Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Yeast, Salt, Colours (Paprika Extract, Curcumin), Turmeric. 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
Diced Potatoes		Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). McCain Chef's Solutions Simply Potato Dice POTATOES , SALT Brakes Paprika Paprika.
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.

Title	Simple Allergens	Ingredients
Grated Cheese Filling (for Baked Potato)	Allergens: Milk.	McLelland Mild Coloured Grated Cheddar 1Kg (Scotland Only) Pasteurised cow's MILK , salt, anti-caking agent (potato starch), colour (beta-carotene), rennet, cultures.
Green Beans		Brakes Sliced Green Beans Green beans
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
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).
Mixed Salad		Lettuce, average, raw Tomatoes, standard, raw Cucumber, raw, flesh and skin
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	Allergens: Gluten, Wheat.	Brakes Italian Penne Pasta Durum Wheat Semolina (100%).
Peach Slices		Brakes Peach Slices in Fruit Juice Concentrate with Added Water Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).
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 Bolognese	Allergens: Barley, Celery, Eggs, Gluten, Wheat.	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. . Onions Tomato Puree Tomatoes. Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Vegetable Paste Bouillon Salt, vegetable oil (palm, sunflower), potato starch, sugar, maltodextrin, flavourings (contain CELERY), yeast extract, carrot powder* (2.4%), onion powder* (2%), spices (CELERY seeds (1%), turmeric*, pepper), parsley*. *made from sustainably grown ingredients. Find out more at www.ufs.com/knorrprofessional Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Carrots, old, raw Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Brakes Italian Short Cut (10") Spaghetti Durum Wheat Semolina (100%).
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).

Title	Simple Allergens	Ingredients
Shortbread	Allergens: Gluten, Wheat.	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) Brakes Cornflour Maize Starch.
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. ; ;
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 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.
Vanilla Sponge	Allergens: Eggs, Gluten, Milk, Wheat. May Contain: Soya.	Craigmillar Extra Moist Cake Mix Sugar, WHEAT FLOUR (WHEAT FLOUR , Calcium carbonate, Niacin, Iron, Thiamine), Modified corn starch, WHEY POWDER , Raising agent (Diphosphates, Sodium carbonates), WHEAT GLUTEN , 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. Egg - George Andersons Egg
Vegetable Curry	May Contain: Gluten, Wheat.	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. . Onions 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%). Ground Cumin Ground Cumin. Brakes Ground Turmeric Ground Turmeric. Brakes Ground Coriander Ground Coriander. carrots Brakes Red Lentils Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Brakes Tomato Paste Tomatoes, 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%). Brakes Ground Black Pepper Ground Black Pepper.
Vegetable Medley		Pinguin Yellow Carrots, Romano Beans & Broccoli Medley Yellow Carrot (25%), Orange Carrot (25%), Romano Bean (25%), Broccoli (25%)
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.

Title	Simple Allergens	Ingredients
Yorkshire Pudding	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.