

25-26 - Week 1 Secondary Menu Report

Date: 02/03/2025

Midlothian

Title	Ingredients	Allergens (Single Column)
Baby Boiled Potatoes	Potatoes, new and salad, boiled in salted water, flesh and skin	
Baked Beans	Sysco Classic Reduced Salt & Sugar Baked Beans in Tomato Sauce Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Flavouring, Paprika Powder.	
Boiled White Rice	Brakes Easy Cook Long Grain Rice Parboiled ;Long Grain Rice (100%). Water	
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.	
Chicken Tikka Massala	Green Gourmet British Red Tractor Cooked Diced Chicken Breast Chicken Breast (92%), Water, Potato Starch, Salt, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate). Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). . Onions Greens Chopped Garlic 250g Garlic (100%) Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). carrots Sysco Classic Ground Ginger Ground ;Ginger. Ground Cumin Cumin. Sysco Classic Garam Masala Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove. Sysco Classic Ground Turmeric Ground Turmeric. Sysco Classic Mild Chilli Powder Paprika, Chilli Powder (20%). Sysco Classic Ground Black Pepper Ground Black Pepper. Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid). Milk, semi-skimmed, pasteurised, average Milk Coriander leaves, fresh Brakes Chicken Flavour Bouillon Paste Potato Starch, Salt, Maltodextrin, Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Chicken Fat, Sugar, Yeast Extract, Flavouring, Herbs (Sage, Rosemary), Chicken Powder(Chicken, Antioxidant(Rosemary Extract)), Carrot Powder, Black Pepper, Antioxidant(Rosemary Extract), Colour(Curcumin). Ubley Low Fat Natural Yogurt Low Fat Yogurt (MILK). Sysco Classic Cornflour Maize Starch. Sysco Classic Tomato Paste Tomatoes.	Allergens: Milk. May Contain: Gluten, Wheat.
Chips	Oven Chips Potato (98%) (Origin: EU),Palm Oil. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	
Cod Fillet Fish Finger Roll	Fish Fingers ;Cod (fish) (58%), wheat flour (wheat ;flour, calcium carbonate, iron, niacin,thiamin), rapeseed oil, water, yeast, salt, colour (paprika extract, curcumin),turmeric. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Sysco Essentials 6.5" Hot Dog Rolls ;Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, 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).	Allergens: Fish, Gluten, Wheat. May Contain: Sesame Seeds.
Garlic Bread (Baguette)	La Boulangerie 10" Part Baked White Sandwich Baguettes ; Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. Parsley, fresh Margarine Vegetable oils in varying proportions (70%)	Allergens: Gluten, Wheat. May Contain:

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	(rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	Barley, Sesame Seeds.
Macaroni Cheese	Osprio Macaroni (Scotland Only) Durum WHEAT semolina Sysco Classic Cornflour Maize Starch. Water 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 Grated Mature Coloured Cheddar Cheese Coloured Cheddar(Milk) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch). 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, vitamin A and D. Sysco Classic Ground Black Pepper Ground Black Pepper.	Allergens: Gluten, Milk, Mustard, Wheat.
Mixed Salad	Lettuce, average, raw Tomatoes, standard, raw Cucumber, raw, flesh and skin	
Pasta Bolognese	. Onions carrots Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). 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. Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. Sysco Classic Ground Black Pepper Ground Black Pepper. Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Sysco Classic Cornflour Maize Starch. Osprio Penne Pasta (SCOTLAND ONLY) Durum WHEAT semolina Campbell Brothers Beef Mince - 01BEEMI1171E 95 vl beef trim. Sysco Classic Tomato Paste Tomatoes.	Allergens: Gluten, Wheat.
Peas	. Peas	
Peas & Sweetcorn	. sweetcorn . Peas	
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.	
Tomato Pasta	. Onions Greens Chopped Garlic 250g Garlic (100%) Sysco Classic 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). 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 WHEAT semolina Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Sysco Classic Tomato Paste Tomatoes.	Allergens: Gluten, Wheat.
Vegetable Burger in a Bun	Sysco Essentials Crispy Crumbed Vegetable Burger Wheat Flour(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (11%),Peas (10%),Sweetcorn (9%),Onion (8%),Red Pepper (6%),Dried Potato,Green Beans (4.5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (2.5%),Potato,Salt,Yeast,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract. 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).	Allergens: Gluten, Soya, Wheat. May Contain: Barley, Eggs, Milk, Oats, Rye, Sesame Seeds.

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Vegetable Curry	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 Cumin. Sysco Classic Ground Turmeric Ground Turmeric. Sysco Classic Ground Coriander 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. Sysco Classic Tomato Paste Tomatoes.	May Contain: Gluten, Wheat.
Yorkshire Pudding	Sysco Classic 3" Fully Baked Yorkshire Puddings Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Egg , Water, Rapeseed Oil, Skimmed Milk Powder, Salt.	Allergens: Eggs, Gluten, Milk, Wheat.