

26-27 - Week 1 Secondary Menu Report

Date: 12/03/2026

Midlothian

Title	Ingredients	Allergens (Single Column)
Baby Boiled Potatoes	Potatoes, new and salad, boiled in salted water, flesh and skin	
Boiled White Rice	Brakes Easy Cook Long Grain Rice Long Grain Rice (100%), Water	
Broccoli & Cauliflower	Florets Broccoli, Cauliflower Florets	
Bubble Fish	Crown Foods MSC Gluten Free bubble crumb fish fillet, 60g MSC Certified Alaska Pollock (Theragra Chalcogramma) (FISH), 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).	Allergens: Fish.
Carrot & Lentil Soup	Brakes Red Lentils, Mixed Vegetables Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2.0%), Parsley, fresh, Water, Carrot (origin: EU), 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.	
Chicken Savoury Rice	. Onions, Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane), Brakes Easy Cook Long Grain Rice 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., Parsley, fresh, Sysco Classic Ground Turmeric Ground Turmeric., Sysco Classic Ground Black Pepper Ground Black Pepper., Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%), . Sweetcorn., . Peas, 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%), Brakes 12mm Cooked Chicken Breast Strips Chicken Breast, Modified Tapioca Starch, Salt, Stabiliser (Pentasodium Triphosphate).	
Chocolate Cookie	Middleton Chocolate Cookie Mix (Scotland Only) WHEAT Flour (WHEAT, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (3.5%), Raising Agents (E500(ii), E450(ii)), Dextrose, Maltodextrin, Colour (Caramel Powder), Dried Whole EGG Powder, Dried EGG White Powder, Chocolate Flavouring (0.35%), Flavouring., Water	Allergens: Eggs, Gluten, Wheat. May Contain: Milk, Soya.
Coleslaw	Cabbage, white, raw, Carrots, old, raw, 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., Red Onions, Sysco Classic Ground Black Pepper Ground Black Pepper.	Allergens: Eggs, Milk, Mustard.

Title	Ingredients	Allergens (Single Column)
Garlic Bread (Baguette)	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%) (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.	Allergens: Gluten, Wheat. May Contain: 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.
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, vitamin A and D.	Allergens: Milk.
Meat-Free Chilli	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane), . Onions, Darta Chopped Garlic 250g Garlic (100%), Sysco Classic Mild Chilli Powder Paprika, Chilli Powder (20%)., Sysco Classic Paprika Ground ;Paprika., Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid), Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%)., Red Kidney Beans in Water Red Kidney Beans, Water, Firming Agent: Calcium chloride., 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., Katerveg! Meat Free Mince Rehydrated Textured SOYA Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper], Tomato Puree Tomatoes.	Allergens: Soya.
Mixed Salad	Lettuce, average, raw, Tomatoes, standard, raw, Cucumber, raw, flesh and skin	
Muller Healthy Balance Yoghurt	Müller Healthy Balance mixed Strawberry & Peach 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.
Peas	. Peas	
Prepared Skin-on Wedges	Prepared Skin On Potato Wedges Potatoes, Preservative (Sodium Metabisulphite), Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane), Sysco Classic Paprika Ground ;Paprika.	Allergens: Sulphites.
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, vitamin A and D., Plain Flour 1 WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Sysco Classic Cornflour Maize Starch.	Allergens: Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
Steak Pie	Diced Beef QMS - 01BEEDI2126E 100% Beef, . Onions, Sysco Classic Carrot Roundels Carrots, Brakes Puff Pastry Squares Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate)., 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.	Allergens: Gluten, Wheat.
Sweetcorn Cobettes	Brakes Supersweet Sweetcorn Cobettes Sweetcorn	
Tomato Pasta	. Onions, Darta Chopped Garlic 250g Garlic (100%), Sysco Classic Ground Black Pepper Ground Black Pepper., Carrot (origin: EU)., 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 4.5kg Tomatoes.	Allergens: Gluten, Wheat.
Turkey Burger in a Bun NEW	Carisma Buttermilk Turkey Burger Turkey Breast (60%), WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Rice Flour, Modified Potato Starch, Potato, Maltodextrin, Potato Starch, Buttermilk Powder (3%) (MILK), Salt, Sugar, Yeast Extract, Yeast, Garlic Powder, Onion Powder, Rapeseed oil, White Pepper, Raising Agents (E450, E451), Citric Acid (E330), Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).	Allergens: Gluten, Milk, Soya, Wheat. May Contain: Barley, Eggs, Oats, Rye, Sesame Seeds.
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., Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides 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.