

2023-24 - Week 2 Secondary Menu Report

Date: 16/03/2023

Midlothian

Title	Simple Allergens	Ingredients
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.
Broccoli		Florets Broccoli
Cauliflower		Cauliflower Florets
Chicken Fajita	Allergens: Gluten, Wheat.	. Onions Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. Brakes Mild Chilli Powder Paprika, Chilli Powder (20%). Freshers Fat Reduced Cocoa Powder Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum Tomato Puree Tomatoes. Water Brakes 12mm Cooked Chicken Breast Strips Chicken Breast, Modified Tapioca Starch, Salt, Stabiliser (Pentasodium Triphosphate). Brakes Cayenne Pepper Cayenne Pepper. Mission 30cm Bran Tortilla Wrap Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Wheat Bran, Raising Agents (E500, E296, E450i), Sugar, Stabiliser (Sodium Carboxymethyl Cellulose), Salt. Lettuce, average, raw Tomatoes, standard, raw Cucumber, raw, flesh and skin
Chicken Meatballs in Tomato Sauce	Allergens: Gluten, Wheat.	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) 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 Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Brakes Tomato Paste Tomatoes, Acidity Regulator(Citric Acid). Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Water Brakes Caster Sugar 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 Cornflour Maize Starch. Brakes Ground Black Pepper Ground Black Pepper.
Chocolate Cookie	Allergens: Eggs, Gluten, Wheat. May Contain: Milk, Soya.	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(i)), Dextrose, Maltodextrin, Colour (Caramel Powder), Dried Whole EGG Powder, Dried EGG White Powder, Chocolate Flavouring (0.35%), Flavouring. Water
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).
Crusty Bread	Allergens: Gluten, Soya, Wheat. May Contain: Eggs, Milk.	Craigmillar Pizza & Bread Mix with Added Fibre 3.5kg WHEAT FLOUR (WHEAT FLOUR , Calcium carbonate, Iron, Niacin, Thiamine), WHEAT FIBRE , Yeast, Salt, Palm fat, Rapeseed oil, WHEAT GLUTEN , SOY FLOUR , Dextrose, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, Mono- and diglycerides of fatty acids), Flour treatment agent (Ascorbic acid). Water

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Garlic Bread	Allergens: Gluten, Soya, Wheat. May Contain: Eggs, Milk.	Craigmillar Pizza & Bread Mix with Added Fibre 3.5kg WHEAT FLOUR (WHEAT FLOUR, Calcium carbonate, Iron, Niacin, Thiamine), WHEAT FIBRE, Yeast, Salt, Palm fat, Rapeseed oil, WHEAT GLUTEN, SOY FLOUR, Dextrose, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, Mono- and diglycerides of fatty acids), Flour treatment agent (Ascorbic acid). Water Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. 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. Parsley, fresh
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). Osrpio Macaroni (Scotland Only) Durum WHEAT semolina Brakes Ground Black Pepper Ground Black Pepper.
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
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	Allergens: Gluten, Wheat.	Brakes Italian Penne Pasta Durum Wheat Semolina (100%).
Peas		. Peas
Raspberry Jelly		McDougalls Vegetarian Raspberry Flavour Jelly 3.5kg Sugar, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colour (Beetroot Red), Flavouring. Brakes Raspberries Raspberries
Seasoned Potato Wedges		Potatoes, new and salad, boiled in unsalted water, flesh and skin Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Brakes Paprika Paprika.

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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 WHEAT Flour (with Calcium, Iron, Niacin, Thiamin) Brakes Cornflour Maize Starch.
Sweetcorn		. sweetcorn
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 WHEAT 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.
Vegetable Fajita Noodles	Allergens: Eggs, Gluten, Wheat.	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). . Onions carrots Major Fajita Mari Base 1.25L Water, sunflower oil, spices (chilli pepper, black pepper, cumin, red pepper, coriander), sugar, lime juice concentrate, salt, thickener; modified waxy maize starch, maltodextrin, yeast extract, herbs (oregano & thyme), onion powder, emulsifying salt; trisodium phosphate, garlic powder, vegetables, acidity regulator; citric acid, granulated garlic, red bell pepper powder, preservative: potassium sorbate, natural flavouring . Brakes Ground Black Pepper Ground Black Pepper. Mushroom. Spring onions, bulbs and tops, raw Brakes Sliced Mixed Peppers Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%). Beansprouts, mung, raw Brakes Medium Egg Noodles Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Egg (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric 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 Wheat Semolina (100%). Milk, semi-skimmed, pasteurised, average Grated Cheddar Cheese Blend 1x2kg MILK , water, palm oil, potato starch, MILK protein, trisodium citrate, salt, tricalcium phosphate, citric acid, beta carotene, starter culture, rennet, anti-caking agent (potato starch)
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.