

2024-25 - Week 2 Secondary Menu Report

Date: 14/03/2024

Midlothian

Title	Ingredients	Simple Allergens
Chicken Burger in a Bun	Green Gourmet Breaded Chicken Grill 60g Chicken (46%), Water, Breadcrumbs [WHEAT Flour, Water, Yeast, Salt, Spice, Rapeseed Oil, Paprika], Batter [WHEAT Flour, WHEAT Starch, Maize Flour, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate)], Rapeseed Oil, Breadcrumbs [WHEAT Flour, Salt, Yeast, Rice Flour, Stabiliser (Methylcellulose), Sunflower Oil], Seasoning [WHEAT Flour, Dextrose, Salt, Onion Powder, Spices (Black Pepper, Paprika, White Pepper, Chilli, Fennel), Tomato Powder, Garlic Powder, Herb Extract (Sage)], Burnt Sugar, Vegetable Fibre, WHEAT Protein, Colour (Paprika Extract), Emulsifier (Polyglycerol Polyricinoleate). 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.
Chicken Fajita	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). . Onions carrots Sysco Classic 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 Mission 30cm Bran Tortilla Wrap Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (59%), Water, Vegetable Oils (Rapeseed Oil, Palm Oil), WHEAT Bran (2.4%), Raising Agents (E500, E450), Sugar, Acidity Regulator (E296), Stabiliser (E466), Salt. Brakes Barbecue Sauce Water, Sugar, Tomato Paste, Spirit Vinegar, BARLEY Malt Vinegar, Soy Sauce (Water, SOYA Extract (Water, SOYA Beans, Salt, WHEAT Flour), Salt, Glucose, Spirit Vinegar, BARLEY Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavours (Contain WHEAT , CELERY), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder. Brakes 12mm Cooked Chicken Breast Strips Chicken Breast, Modified Tapioca Starch, Salt, Stabiliser (Pentasodium Triphosphate). Lettuce, average, raw Tomatoes, cherry, raw Cucumber, raw, flesh and skin	Allergens: Barley, Celery, Gluten, Soya, Wheat.
Chicken Meatballs in Tomato Sauce	Green Gourmet British Red Tractor Raw Chicken Meatballs Chicken (70%), Water, Gluten Free Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose Monohydrate). Seasoning (Potato 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). 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. Sysco Classic Cornflour Maize Starch. Sysco Classic Ground Black Pepper Ground Black Pepper. Tomato Puree Tomatoes.	
Chips	Oven Chips Potato (98%) (Origin: EU), Palm Oil. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).	
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(i)), 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.

Title	Ingredients	Simple Allergens
Crusty 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).	Allergens: Gluten, Wheat. May Contain: Barley, 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. 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	Allergens: Gluten, Wheat. May Contain: Barley, Sesame Seeds.
Macaroni Cheese	Milk, semi-skimmed, pasteurised, average Milk 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 (contains: calcium carbonate, iron, niacin, thiamin), turmeric, acidity regulator (citric acid), thickener (xanthan gum). Sysco Classic Cornflour Maize Starch. Water Sysco Classic Grated Mature Coloured Cheddar Cheese Coloured Cheddar(Milk) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch). Osprio Macaroni (Scotland Only) Durum WHEAT semolina 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, vitamins (A and D).	Allergens: Milk.
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	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©.	Allergens: Milk.
Peas	. Peas	
Peas & Sweetcorn	. sweetcorn . Peas	
Potato & Leek Soup	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. . Leeks (100%) McCain Chef's Solutions Simply Potato Dice POTATOES, SALT Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). . Onions Sysco Classic Ground Black Pepper Ground Black Pepper. Parsley, fresh	

Title	Ingredients	Simple Allergens
Salmon & Sweet Potato Fishcake	Harry Ramsden's Junior MSC Salmon and Sweet Potato Fishcake Minced Salmon (FISH) (21%), Water, Diced Sweet Potato (14%), Breadcrumbs (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Salt, Yeast), Potato Flake (Dried Potato, Emulsifier: Mono- and Di-Glycerides of Fatty Acids (E471)), Rapeseed Oil, Seasoning (Salt, Parsley, Natural flavouring).	Allergens: Fish, Gluten, Wheat.
Seasoned 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.	
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, vitamins (A and D). Plain Flour 1WHEAT Flour (with Calcium, Iron, Niacin, Thiamin) Sysco Classic Cornflour Maize Starch.	Allergens: Gluten, Wheat.
Spaghetti	Sysco Classic Spaghetti Durum Wheat Semolina (100%).	Allergens: Gluten, Wheat. May Contain: Mustard, Soya.
Sweet Chilli Quorn Wrap	Pan Asia Sweet Chilli Dipping Sauce 1L Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate). Mission 30cm Bran Tortilla Wrap Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (59%), Water, Vegetable Oils (Rapeseed Oil, Palm Oil), WHEAT Bran (2.4%), Raising Agents (E500, E450), Sugar, Acidity Regulator (E296), Stabiliser (E466), Salt. Quorn Pieces Mycoprotein (95%), Rehydrated Free Range EGG White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate.	Allergens: Eggs, Gluten, Wheat.
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). Tomato Puree Tomatoes.	Allergens: Gluten, Wheat.
Tomato Soup	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Cooks & Co Garlic Puree Garlic (98%), 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. Brakes Vegetable Stewpack Carrot (35%), Turnip (20%), Swede (20%), Onion (15%), Celery (10%). Sysco Classic Ground Black Pepper Ground Black Pepper. Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Caster Sugar Cane Sugar Tomato Puree Tomatoes.	Allergens: Celery.

Title	Ingredients	Simple Allergens
Vegetable Lasagne	<p>. 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 Sysco Classic Cornflour Maize Starch. Brakes Italian Non Pre-Cook Lasagne Durum Wheat Semolina (100%). Milk, semi-skimmed, pasteurised, average Milk Grated Cheddar Cheese Blend 1x2kg MILK, water, palm oil, potato starch, MILK protein, trisodium citrate, salt, tricalcium phosphate, citric acid, beta carotene, starter culture, microbial rennet, anti-caking agent (potato starch) Tomato Puree Tomatoes.</p>	Allergens: Gluten, Milk, Wheat.