

25-26 - Week 2 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	
Beef Lasagne	Campbell Brothers Beef Mince - 01BEEMI1171E 95 vl beef trim. Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. Milk, semi-skimmed, pasteurised, average Milk . Onions carrots Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid). Sysco Classic Tomato Paste Tomatoes. 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. Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Sysco Classic Cornflour Maize Starch. Valdigrano Lasagne Durum WHEAT semolina Sysco Classic Grated Mozzarella & Cheddar Cheese Mix Mozzarella Cheese (69%)(Milk),Cheddar Cheese (29%)(Milk),Anti-caking Agent(Potato Starch). Sysco Classic Ground Black Pepper Ground Black Pepper.	Allergens: Gluten, Milk, Wheat. May Contain: Eggs, Mustard, Soya.
Boiled White Rice	Brakes Easy Cook Long Grain Rice Parboiled ;Long Grain Rice (100%). Water	
Broccoli & Cauliflower	Florets Broccoli Cauliflower Florets	
Carrots	Sysco Classic Carrot Roundels Carrots	
Chicken Korma	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). Sliced Courgettes Courgettes Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Milk, semi-skimmed, pasteurised, average Milk Brakes Low Fat Natural Yogurt Low Fat Natural Yogurt (Milk). 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%) 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 Garam Masala Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove. Ground Cumin Cumin. Sysco Classic Carrot Roundels Carrots Sysco Classic Cornflour Maize Starch.	Allergens: Milk. May Contain: Gluten, Wheat.
Chicken Meatballs in Gravy	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). 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) Knorr Gluten Free Gravy Granules for Meat Dishes 25L Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.	

Title	Ingredients	Allergens (Single Column)
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%) (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.
Meatball Sub in Tomato Sauce	Water Brakes Caster Sugar sugar Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). KaterVeg! Vegan Meatballs Water, SOYA Protein (19%), Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Greens Chopped Garlic 250g Garlic (100%) . Onions carrots Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid). Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. 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. Sysco Classic Tomato Paste Tomatoes. 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: Gluten, Soya, Wheat. May Contain: Sesame Seeds.
Mixed Vegetables	Brakes Mixed Vegetables Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2.0%).	
Peas	. 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.	
Salmon & Sweet Potato Fishcake	Harry Ramsden's Junior MSC Salmon and Sweet Potato Fishcake Salmon (FISH) (21%), Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sweet Potato (14%), Potato, Rapeseed Oil, Salt, Yeast, Emulsifier (Mono- and Diglycerides of Fatty Acids), Onion, Sage, Parsley, Raising Agent (Sodium Phosphates, Ammonium Carbonate), Pepper Extract, Flavouring.	Allergens: Fish, Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
Sweet Chilli Vegetable Noodles	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). 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). Pinguin Oriental Vegetable Stir Fry Mix Carrot (20%), Onion (20%), Peppers (15%), Bamboo Shoots (15%), Baby Corn (13%), Mushrooms (11%), Mangetout (6%)	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). Sysco Classic Tomato Paste Tomatoes.	Allergens: Gluten, Wheat.