

26-27 - Week 2 Secondary Menu Report

Date: 12/03/2026

Midlothian

Title	Ingredients	Allergens (Single Column)
Baked Beans	Sysco Classic 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 Long Grain Rice (100%), Water	
Bubble Salmon	Crown Foods MSC Gluten Free Bubble Crumb Salmon Fillet, 60g, IQF - 3kg MSC Certified Pacific pink salmon (FISH) 52.0%, 48% coating (19.8% crumbs (rice flour, vegetable fibre (bamboo fibre), dextrose (maize)), rapeseed oil, starch (maize, potato), flour (maize, rice), salt, spices, onion powder (White Pepper, paprika), onion powder, thickeners (xanthan gum), water, black pepper extract).	Allergens: Fish.
Chicken Burger in a Bun	Green Gourmet British Red Tractor Breaded Chicken Grill Chicken (46%), Water, Breadcrumb [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, Breadcrumb [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), 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.
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 100% Courgette, 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 (98%), Salt, Potato Starch, Stabiliser (Triphosphates), Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane), Onions, Darta 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., Sysco Classic Diced Mixed Peppers Green Pepper, Red Pepper	Allergens: Milk. May Contain: Gluten, Wheat.
Chips	Oven Chips Potato (97%) (origin: EU), Sunflower Oil., Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	
Crusty Bread (Baguette)	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.

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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.
Mixed Salad	Lettuce, average, raw, Tomatoes, standard, raw, Cucumber, raw, flesh and skin	
Naan Bread	La Boulangerie Chapati Water,Wheat Flour(Wheat Flour,Calcium Carbonate,Niacin,Iron,Thiamin),Wholemeal Wheat Flour(Wheat Flour, Wheat Gluten),Rapeseed Oil,Salt.	Allergens: Gluten, Wheat.
Pasta Bolognese	. Onions, Carrot (origin: EU), 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 - 01BEEM11171E 95 vl beef trim., Sysco Classic Tomato Paste 4.5kg Tomatoes., Sysco Classic Diced Mixed Peppers Green Pepper, Red Pepper	Allergens: Gluten, Wheat.
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.
Quorn Korma Curry	Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid., Coriander leaves, fresh, Sysco Classic Ground Ginger Ginger., 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, Quorn Pieces Mycoprotein (95%), Rehydrated Free Range Egg White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate. Allergy Advice: For allergens, see ingredients in bold ., . Onions, Carrot (origin: EU), Sysco Classic Ground Turmeric Ground Turmeric., Ground Cumin Cumin., Sysco Classic Mild Chilli Powder Paprika, Chilli Powder (20%), Coconut Milk Coconut Extract, Water, Stabilisers (Guar Gum, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60), Sysco Classic Cornflour Maize Starch., Sysco Classic Diced Mixed Peppers Green Pepper, Red Pepper	Allergens: Eggs. May Contain: Gluten, Wheat.
Sweetcorn	. Sweetcorn.	

Title	Ingredients	Allergens (Single Column)
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.
Vegan Sausage Roll NEW	Simply Plant Based 6" Unbaked Vegan Sausage Roll Puff Pastry(Wheat Flour[Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin], Pastry Margarine[Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier(Mono- and Diglycerides of Fatty Acids)], Water), Filling(Water, ; Soya Protein Concentrate (13%), Sage and Onion Stuffing[Wheat Flour{ Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin}, Onion, Salt, Sage, Water, Raising Agent(Ammonium Carbonate, Sodium Hydrogen Carbonate), Yeast, Parsley, Barley Malt], Rapeseed Oil, Modified Maize Starch, Stabiliser(Methyl Cellulose), Salt, Mushroom Stock[Mushroom Concentrate, Salt, Rapeseed Oil, Water, Porcini Mushroom Powder, Onion Concentrate, Sugar, Cornflour], Onion Powder, White Pepper, Sage, Nutmeg, Cayenne Pepper[Chilli, Paprika]), Glaze(Water, Wheat Protein, Natural Colour[Carotenes])	Allergens: Barley, Gluten, Soya, Wheat. May Contain: Milk.
Vegetable Medley	Penguin Yellow Carrots, Romano Beans & Broccoli Medley Yellow Carrot (25%), Orange Carrot (25%), Romano Bean (25%), Broccoli (25%)	