

25-26 - Week 3 Secondary Menu Report

Date: 08/04/2025

Midlothian

Title	Ingredients	Allergens (Single Column)
Baby Boiled Potatoes	Potatoes, new and salad, boiled in salted water, flesh and skin	
Carrots	Sysco Classic Carrot Roundels Carrots	
Cauliflower & Broccoli Bake	Milk, semi-skimmed, pasteurised, average Milk Florets Broccoli McLelland Mild Coloured Grated Cheddar 1Kg (Scotland Only) Pasteurised cow's MILK , salt, anti-caking agent (potato starch), colour (beta-carotene), rennet, cultures. 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. 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 Ground Black Pepper Ground Black Pepper. Cauliflower Florets Potatoes, new and salad, boiled in unsalted water, flesh and skin Plain Flour 1WHEAT Flour (with Calcium, Iron, Niacin, Thiamin)	Allergens: Gluten, Milk, Mustard, 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. Sysco Classic Tomato Paste Tomatoes.	
Chicken Savoury Rice	. Onions Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Brakes Easy Cook Long Grain Rice Parboiled ;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).	
Chips	Oven Chips Potato (98%) (Origin: EU),Palm Oil. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	
Fish Goujon Roll	Whitby Battered MSC Cod Goujons 450g Cod (FISH)(50%), batter (water, WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salt, raising agents: E450i, E500ii,	Allergens: Fish, Gluten, Wheat.

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	WHEAT starch, xanthan gum E415), breadcrumbs (WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil), rapeseed oil. 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).	May Contain: Crustaceans, Milk, Mollusc, 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. 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 Vegetables	Brakes Mixed Vegetables Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2.0%).	
Peas	. Peas	
Peas & Sweetcorn	. sweetcorn . Peas	
Penne Pasta	Sysco Classic Penne Durum Wheat Semolina (100%).	Allergens: Gluten, Wheat. May Contain: Mustard, Soya.
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.	
Quorn Burger in a Bun	Quorn Burgers Mycoprotein (44%), Rehydrated Free Range EGG White, Textured WHEAT Protein, [WHEAT Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Plain Caramel. Stabiliser: Sodium Alginate.], Onion, MILK Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted BARLEY Malt Extract La Boulangerie 4" Wholemeal Burger buns Wholemeal Wheat Flour, Water, Palm Oil, Yeast, Soya Flour, Salt, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), 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 Agent (Ascorbic Acid).	Allergens: Barley, Eggs, Gluten, Milk, Soya, Wheat. May Contain: Oats, Rye, Sesame Seeds.
Steak Pie	Diced Beef QMS - 01BEEDI2126E 100% Beef . Onions Sysco Classic Carrot Roundels Carrots Brakes Puff Pastry Squares Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate). Knorr Gluten Free Gravy Granules for Poultry Dishes 25L Maltodextrin, starch,	Allergens: Gluten, Wheat.

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	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.	
Sweetcorn	. sweetcorn	
Sweetcorn Cobettes	Brakes Supersweet Sweetcorn Cobettes Sweetcorn	
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(Pain 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.