

2024-25 - Week 3 Secondary Menu Report

Date: 14/03/2024

Midlothian

Title	Ingredients	Simple Allergens
Baby Boiled Potatoes	Potatoes, new and salad, boiled in salted water, flesh and skin	
Boiled White Rice	Brakes Easy Cook Long Grain Rice Parboiled ;Long Grain Rice (100%). Water	
Broccoli & Cauliflower	Florets Broccoli Cauliflower Florets	
Broccoli Pasta Bake	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 Ground Black Pepper Ground Black Pepper. Sysco Classic Cornflour Maize Starch. Water McLelland Mild Coloured Grated Cheddar 1Kg (Scotland Only) Pasteurised cow's MILK , salt, anti-caking agent (potato starch), colour (beta-carotene), rennet, cultures. Osprio Macaroni (Scotland Only) Durum WHEAT semolina Florets Broccoli	Allergens: Gluten, Milk, Mustard, Wheat.
Carrots	Brakes Carrot Roundels Carrots	
Chicken Curry	Brakes 12mm Cooked Chicken Breast Strips Chicken Breast, Modified Tapioca Starch, Salt, Stabiliser (Pentasodium Triphosphate). Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Greens Chopped Garlic 250g Garlic (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. Water . Onions carrots Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Sysco Classic Ground Turmeric Ground Turmeric. Sysco Classic Mild Chilli Powder Paprika, Chilli Powder (20%). Ground Cumin Ground Cumin. ; Sysco Classic Ground Ginger Ground ;Ginger. Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Coriander leaves, fresh Sysco Classic Cornflour Maize Starch. Tomato Puree Tomatoes.	May Contain: Gluten, Wheat.
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. Fresh Flat Leaf Parsley Flat Leaf Parsley 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).	

Title	Ingredients	Simple Allergens
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.
Cod Fillet Fish Fingers	Fish Fingers Cod (fish) (58%), wheat flour (wheat ;flour, calcium carbonate, iron, niacin,thiamin), rapeseed oil, water, yeast, salt, colour (paprika extract, curcumin),turmeric. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).	Allergens: Fish, Gluten, Wheat.
Coleslaw	Cabbage, white, raw Carrots, old, raw Onions, raw Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract. Sysco Classic Ground Black Pepper Ground Black Pepper.	Allergens: Eggs, Milk, Mustard.
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.
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 & Sweetcorn	. sweetcorn . Peas	

Title	Ingredients	Simple Allergens
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	
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: 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 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: Barley, Eggs, Gluten, Milk, Soya, Wheat. May Contain: Oats, Rye, Sesame Seeds.
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 WHEAT Flour (with Calcium, Iron, Niacin, Thiamin) Sysco Classic Cornflour Maize Starch.	Allergens: Gluten, Wheat.
Steak Pie	Diced Beef QMS - 01BEEDI2126E 100% Beef . Onions Brakes 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 Meat Dishes 25L Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.	Allergens: Gluten, Wheat.
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(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.

Title	Ingredients	Simple Allergens
Tomato Soup	<p>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.</p>	Allergens: Celery.